# Pharmacy Practice Seminar

**September 29-30, 2018 • Austin, Texas**

**SATURDAY • SEPTEMBER 29, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 am – 7:45 am</td>
<td>Registration/Breakfast/Exhibits</td>
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<tr>
<td>7:45 am – 8:00 am</td>
<td>Welcome and Opening Remarks</td>
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<td>8:00 am – 9:30 am</td>
<td><strong>The DEA Whistle Blower: How the Opioid Crisis was Fueled by</strong> Joe Rannazzisi</td>
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<td>• List the trends in opioid distributions that the DEA were able to identify during the height of the epidemic.</td>
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<td>• Identify measures the DEA could formerly take to hamper the distribution of dangerous quantities of opioids to pharmacies, and ultimately to patients.</td>
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<td>• Explain how Congress has intervened with the DEA being able to take action against large distribution companies, despite the documented risk to public health.</td>
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<td>9:30 am - 9:50 am</td>
<td>Break/Exhibits</td>
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<td>9:50 am – 11:05 am</td>
<td><strong>In the Weeds: A Practical Approach to Herbal Medicine in Clinical Practice</strong> Lisa J. Taylor-Swanson, PhD, MAcOM, EAMP</td>
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<td>• Discuss history and cultural significance of herbal and alternative medicines.</td>
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<td>• Differentiate between FDA/USP oversight of legend drugs vs. herbal formulations and complementary medicines.</td>
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<td>• Discuss commonly used OTC herbal products and indications.</td>
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<td>• Review current literature on efficacy of herbal products and common drug-herbal interactions.</td>
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<td>11:05 am – 12:20 pm</td>
<td><strong>Practical Implications of the 2017 Heart Failure &amp; Hypertension Updated Guidelines</strong> James A. Karboski, PharmD</td>
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<td>• Identify appropriate blood pressure treatment goals for a patient with hypertension.</td>
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<td>• Identify appropriate symptom and treatment goals for a patient with heart failure.</td>
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<td>• Examine the most recent evidence-based guidelines to optimize drug treatments used in the management of heart failure and hypertension.</td>
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<td>12:20 pm – 1:15 pm</td>
<td>Lunch/Exhibits</td>
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<tr>
<td>1:15 pm – 2:30 pm</td>
<td><strong>Autism with Extra Sprinkles: A Typical Day in an Atypical Life</strong> Jackie Cox, Pharm.D. BCPS</td>
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<td>Research Pharmacist, Pharmacy Services</td>
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Pharmaceutical Product Development, LLC (PPD)

- Review current research about proposed causes of Autism Spectrum Disorder (ASD).
- Discuss evidence-based pharmacological and non-pharmacological treatment options used in current practice, and potential future pharmaceutical targets.
- Recognize the importance of awareness, acceptance, and advocating for the growing population of individuals with ASD, who require varied levels of support.

### 2:30 pm – 3:30 pm

**Texas Pharmacy Law Update ● ✫**

*Allison Vordenbaum Benz, R.Ph., M.S.*

Executive Director/Secretary
Texas State Board of Pharmacy

- Cite recent changes in pharmacy laws and rules and their impact on daily practice.

### Break/Exhibits

### 3:30 pm – 3:45 pm

**Texas Pharmacy Law Q/A ● ✫**

*Allison Vordenbaum Benz, R.Ph., M.S.*

Executive Director/Secretary
Texas State Board of Pharmacy

- Critically discuss practice scenarios/questions regarding Texas pharmacy laws and rules.

### 4:15 pm – 5:45 pm

**Alzheimer’s: Is There Hope on the Horizon?**

*Stephen Peroutka, MD, PhD*

Vice President, Global Product Development
Pharmaceutical Product Development, LLC (PPD)

- Briefly review the epidemiology, pathology, clinical features, & diagnosis of Alzheimer’s.
- Discuss currently available treatments (drug and non-drug).
- Explain the drug development landscape, the current hurdles in clinical development, and what the future may bring.

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### SUNDAY • SEPTEMBER 30, 2018

#### 7:10 am – 7:40 am

**Breakfast**

#### 7:40 am – 8:40 am

**The Health Benefits of Mindfulness Meditation**

*David Zuniga, Ph.D., MDIV, MA*

Licensed Psychologist

- Define mindfulness meditation and differentiate from other forms of meditation.
- Review evidence-based health benefits of mindfulness meditation.
- Discuss how mindfulness can decrease stress and worry, to improve overall quality of life, but in rare instances it is contraindicated.
- Demonstrate a 5-minute mindfulness meditation.

#### 8:40 am – 9:40 am

**Evidence-Based Treatments for Post-Traumatic Stress Disorder (PTSD)**

*Saadia Basit, Pharm.D., BCPP*

Clinical Pharmacy Specialist – Mental Health
Michael E. DeBakey VA Medical Center

- Recall the symptomatology and pathophysiology of PTSD.
- Describe the VA guidelines for treatment of PTSD.
- Evaluate current literature on pharmacotherapy and treatment for PTSD.

#### 9:40 am – 9:55 am

**Break**

#### 9:55 am – 11:10 am

**2018 New Drug Update**

*Laurajo Ryan, PharmD, MSc, BCPS, CDE*
Clinical Associate Professor  
The University of Texas College of Pharmacy  
UT Health San Antonio  
- AND -  
Bryson Duhon, PharmD, BCPS  
Assistant Dean of Student Success  
The University of Texas College of Pharmacy  
Clinical Assistant Professor  
Health Outcomes and Pharmacy Practice  
- Describe the pharmacology, adverse effects, drug interactions, therapeutic uses and dosing of selected prescription drugs recently marketed.

Reigniting from Professional Burnout ✤  
Paul Radde, Ph.D., CEO  
Thrival INstitute  
- Identify the five stages of professional burnout syndrome, and assess a colleague's or your own stage.  
- Develop a reversal strategy with specific tips, tools and techniques for each stage of the burnout syndrome.  
- Describe core issues in the prevention of burnout syndrome from an organizational, professional and personal standpoint.

This is Your Pet on Drugs......  
Amy Savarino, PharmD  
Clinical Pharmacist  
Veterinary Pharmacy, Texas A & M University  
- Identify 10 common pharmacy-related questions that pharmacists receive about pets, and identify the appropriate answers to these questions.  
- Identify pet medications that are starting to enter mainstream community pharmacy.  
- Discuss key human prescription medications that have notably different dosing for pets, and can sometimes appear alarming to pharmacists.  
- Identify references/resources for pharmacists to consult when needing an answer to a pet-related question.

STOP the Burn! How to Counsel Patients About PPIs & H2 Antagonists  
J. Niles Barnes, PharmD, EMT-P(LP), BCPS  
Health Outcomes & Pharmacy Practice Division  
College of Pharmacy, The University of Texas at Austin  
- Briefly review the pathology and incidence of gastroesophageal reflux disease (GERD), including symptoms of worsening disease.  
- Review a basic GERD algorithm for determining referral to physician, or treatment with over-the-counter (OTC) options (e.g. Antacids, H2 Antagonists, PPIs).  
- Identify evidence-based recommendations for dosing and duration of therapy for Proton Pump Inhibitors (PPIs), including any safety concerns.  
- Describe individualized over-the-counter (OTC) recommendations based on case-based patient factors.

This presentation has been reviewed by the Joint Committee on Internship Programs and has been designated as preceptor education and training for Texas Pharmacy Preceptors (seminar offers 2.5 CPE hours).  
This presentation has been designated as Texas Pharmacy Opioid CPE (seminar offers 1.25 CPE hours)  
This presentation has been designated as Texas Pharmacy Law CPE (seminar offers 1.5 CPE hours)