# SATURDAY • SEPTEMBER 29, 2018

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

### 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.

### 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.

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**2:30 pm – 3:30 pm**  
**Texas Pharmacy Law Update**  
**Allison Vordenbaumen 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.

**3:30 pm – 3:45 pm**  
**Break/Exhibits**

**3:45 pm – 4:15 pm**  
**Texas Pharmacy Law Q/A**  
**Allison Vordenbaumen Benz, R.Ph., M.S.**  
Executive Director/Secretary  
Texas State Board of Pharmacy

- Critically discuss practice scenarios/questions regarding Texas pharmacy laws and rules.
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| 11:10 am – 12:40 pm | **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. |
| 12:40 pm – 1:35 pm | LUNCH                                                                                           |
| 1:35 pm – 2:35 pm | **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. |
| 2:35 pm – 3:35 pm | **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 3 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).*