



# OCTOBER 2018 NEWSLETTER



## SOCIETY OF AIR FORCE PHARMACY

### WHY ARE WE HERE?

We are here because... (fill in the blank). Some of you might say "the Big Bang Theory" or evolution, while others may say education, a duty to serve, or a myriad of other possible reasons. Whatever the logic, we are all here for a purpose and because of decisions we have made.

One of the many reasons we are here is to provide a service to our great nation and to the beneficiaries that we have the pleasure of encountering every day at our facilities. Both objectives are not so far off from each other, because you can't serve the nation without taking the care of its people, past, present and future.

You may ask, "How do we achieve this?" Through delivery of world-class healthcare, also known as "Trusted Care." Yeah yeah, you've heard it before— Better Health, Better Care, and Best Value, but in reality, by realizing how you fit in and by working smartly and efficiently, you can help with attainment of these goals. We are all pieces to a bigger puzzle.

Delivering trusted healthcare in the Air Force medical service is centered on readiness! To make that happen all of the pieces to the puzzle have to be played... administratively, logistically, pharmaceutically...

To summarize, we are here to lend our unique talents as part of a bigger mission to ensure military readiness, while delivering innovative and world class healthcare to all who we serve. As you go about your day, think about how you fit into the big picture, the benefit and service you provide, and how you contribute to the fight. I am proud to serve with each one of you on a daily basis and stay "Dedicated to the Medicated!"

Airmen are forward thinkers. We have remained the greatest Air Force on Earth because of the men and women who proudly serve and continue to innovate to keep us at the forefront. Men such as Chuck Yeager, General Doolittle, and General "Hap" Arnold paved the way in air campaigns and warfare. For the medical service, modern day medical advancements have been significantly influenced by service members, such as you, based on tried and tested practices in expeditionary settings and on the home front.

For example, in the AF medical pharmacy community, Lt Col Justin Lusk and the Tech Sig Team have sought and developed technological ways for us to do business better.

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*CMSgt Oluwasina Awolusi  
4P Career Field Manager*

### In This Issue:

- *Why Are We Here?, Cover Page*
- *43P in Readiness?, pg. 2*
- *JFPS Registration Info, pg. 3*
- *European Pharmacy Symposium Recap, pg. 4*
- *That's a Good Idea!, pg. 5-6*

### NEWSLETTER TEAM:

MAJ EMILY DIETRICH  
MAJ JULIE MENEGAY  
MAJ ADAM COOPER  
CAPT KYLE SMITH

### Looking for CE? We can help!

THE NEWSLETTER TEAM  
MOVED CE  
OPPORTUNITIES ONLINE!

CE is posted at **af-pharmacists.org** or you can utilize the below links.

"Pharmacy's Role in the Management of Asthma"

<http://elearning.pharmacist.com/products/4903/pharmacys-role-in-the-management-of-asthma-home-study>

"Current Treatment Approaches for Allergic Rhinitis"

<http://elearning.pharmacist.com/products/4360/current-treatment-approaches-for-allergic-rhinitis>

"What Could Go Wrong? Preventing Errors Before They Happen"

<http://elearning.pharmacist.com/products/4429/what-could-go-wrong-preventing-errors-before-they-happen>

## Feature: 43Ps in Readiness

In today's mission, one thing is certain...Change! Our AFMS is currently in a unique time within a dynamic environment, and the pharmacist plays a crucial role. No matter the mission or who we are working for, our pharmacist skills will be needed. Subject matter expert knowledge and officership can be applied in a variety of settings, including medical readiness.

I have been blessed to serve as an Operational Planner in the Medical Readiness Division at Air Staff. Perhaps some believe a pharmacist cannot work in readiness. I beg to differ. Pharmacists have a unique skill set that can be utilized to better fulfill the mission. We have applicable skills as clinicians and specialists, and both apply to the readiness mission. Readiness is our Surgeon General's top priority and will be at the forefront of Air Force leadership's goals indefinitely. Medical Readiness at Air Staff is broken down (currently) into 4 components or branches. Training and doctrine, chem/bio defense, international healthcare specialist, and futures/analysis. A pharmacist can work in any readiness branch, as a 43B (bio-medical scientist). The tools needed changes as the needs of the mission change. As an Officer, you need to adjust your skill set and leadership style to where you work. What is important is knowing how to apply the right abilities.

The question, "how do I get to readiness?", is often asked and the answer is simple. Go to your readiness flight and talk to the team. Ask about Unit Type Codes (UTCs), which are defined as potential capabilities focused upon specific missions that a service can provide. It typically consists of a manpower force element and an equipment package. The Medical Readiness Decision Support System (MRDSS) is how we align UTCs to MAJCOMs and report readiness training. Also, do yourself a favor and don't call it MERDESS. Readiness folks despise that. Get involved (you already should be) w/Home Station Medical Response (HSMR) and Point of Dispensing (POD) exercises. Review your Disease Containment Plan (DCP) and see when the next event is going to be held. From there ask how you can participate. These are crucial programs and opportunities that you will need to know and understand in the readiness realm. Last but not least, be the best at where you are. Said another way, grow where you are planted. You are a leader in your own right and should be making an impact right now. Too many times, officers are looking for the next great thing. Yes, it is important to plan for the future assignments, but at the end of the day, our leadership is looking for us to be exceptional at what we do where we are right now.

We wear the uniform to serve and that means in any capacity. Pharmacy is a great way to serve our great Nation, and there are many different areas where our unique knowledge set can be applied to bolster the mission. If you want to step into readiness, take baby steps first and show your leadership that you have what it takes by leading where you are.

### ***About the Author:***

*Maj Gawlikowski is currently serving as Chief, Operational Planning at AFMSA. He received his PharmD from the Philadelphia College of Pharmacy.*



"Every Airman offers a unique contribution to national security, and they do so with a true service-before self attitude. They serve far forward on the battlefield, on the ground and in the air, providing lifesaving care to ensure our wounded warriors make it home."

-Lt. Gen. Dorothy Hogg  
Air Force Surgeon General

## THERE'S STILL TIME!! Register today!



FEDERAL PHARMACY: CONNECT • COLLABORATE • INNOVATE

# JFPS 2018

JOINT FEDERAL PHARMACY SEMINAR ★ KANSAS CITY, MISSOURI ★ OCTOBER 21-24, 2018

### JFPS 2018 Registration

#### The deadline for pre-registration is Friday, October 19.

The registration fee is \$195 for APhA members and \$250 for nonmembers. You may register online at:

<https://jfpsmeeting.pharmacist.com/jfps2018/registration>

Registration is open to all pharmacists and technicians in the following categories: Army, Navy, Air Force, Coast Guard, VA, USPHS, Active Duty, Reservist, Civilian, and Retired. Registration includes:

- Education Sessions
- CPE Credits
- Exhibit Hall
- Exhibit Hall Opening — Meet Your Industry Partners
- Signature Event — An Evening of Networking
- Closing Reception and Awards (or Service) Program

JFPS is offering a one-day rate of \$125 to include everything offered on that day. As an added bonus, all one-day registrations include access to the Sunday evening Opening Event inside the Exhibit Hall.

Guest registration is \$75. Registration includes the exhibit hall, general sessions, and evening events.

*Guests are not permitted in education sessions and will not receive any CPE credit. Children 18 and under are not permitted in the education sessions or exhibit hall, including the Exhibit Hall opening.*

### JFPS 2018 Hotels

Located in the heart of downtown Kansas City, the Kansas City Marriott Downtown and the Crowne Plaza Kansas City Downtown place guests a short walk away from the area's premier entertainment, nightlife, and dining destinations as well as mere steps away from the Kansas City Convention Center. In addition to the stunning views of historic downtown Kansas City, both hotels include complimentary Wi-Fi, fitness center, and various on-site restaurants.

#### **Crowne Plaza Kansas City (Headquarters Hotel)**

Military/Federal: \$121\*

Civilian/Exhibitor: \$149

#### **Kansas City Marriott Downtown**

Military/Federal: \$121\*

Civilian/Exhibitor: \$172

*\*The military/federal rates quoted are the GSA Per Diem Rates for the current fiscal year and may change October 1, 2018.*

#### **To Make Your Hotel Arrangements:**

To receive the negotiated group rate, you must make your reservations through the JFPS Hotel Reservation Office at:

<https://jfpsmeeting.pharmacist.com/jfps2018/travel-hotel>

**JFPS Air Force Education Committee Representative:  
Maj Crystal Brown-Scott**



## ***European Pharmacy Symposium (EUROPS) Recap***

Historically, the Army Regional Health Command-Europe will sponsor a spring education conference that the pharmacy has capitalized on to include sister services and technicians. Due to external limitations, this year the Air Force (Ramstein Pharmacy, chaired by Capt Chase Ballinger) hosted the inaugural *European Pharmacy Symposium* in Garmisch, Germany on May 18-20, 2018. Over 100 attendees took advantage of the 12 CE hours offered through the generous support of the Society of Air Force Pharmacy.

The weekend kicked off with a networking gathering of military and civilian pharmacists and technicians from all services. Participants had access to top-notch educational topics and senior pharmacy leaders who normally speak state-side at JFPS and the SAFFP-Midyear

meetings. Education offerings included a few breakouts between Air Force and Army, as well as a options targeting specifically pharmacists and technicians. Some topics included updated hypertension guidelines, depression and psychotropic polypharmacy, logistics training, pharmacy readiness education, and pharmacy law. New this year, a huge success in its own, was a Pharmacy IT Automation Systems Training Hall, which included updates from Carefusion (Pyxis), Q-Flow, and virtual reality training from Parata! We signed up a few new members to SAFFP, to include our first Army Pharmacist – LTC Leslie Walthall, and our first Navy Pharmacist – LT Danielle Rakich. We made sure to recognize them with a Society coin.

Your European Pharmacy Team sends a huge THANK YOU to SAFFP for providing support abroad and sponsoring our CE. We hope to continue our education efforts next year!

*Lt Col Julie Meek*

### **Pharmacy Team in Garmisch**



## ***That's a Good Idea!***

Featuring: Misawa AB Duty Hours Reduction

Misawa AB Pharmacy personnel identified that duty hours were not matching up with the number of patients served. The pharmacy hours were originally Monday through Friday from 0700 until 1700. Of course, staff would have to stay later than 1700 for stragglers or emergencies. With some research and analysis, we were able to reduce our hours to 0730 until 1630 and give an extra 5 hours per week back to our hard working staff.

First, the Pharmacy staff working the front line began keeping track of all patients arriving between 0700-0730 and 1630-1700. After 6 months, we had hard data that indicated that we were experiencing “dead” times where few patients were seen. The data tracking found that from 0700-0730, we saw an average of 0-1 patients each day, and from 1630 to 1700, we saw an average of 1-2 patients per day. We also calculated the average number of scripts each patient had during these “dead” times, and found that we typically would fill 1-3 scripts per patient. Thus, we determined that very little value was found in staying open for longer hours. We compared our duty hours to other pharmacies in PACAF and found that most were open for an average of 9 hours per day versus our 10 hours per day.

*Continued on page 5*



*Continued from page 4*

*That's A Good Idea!*

However, we still had to consider our inpatient coverage. While Misawa typically does not have a large inpatient census, 24 hour on-call coverage is necessary to support surgical services, a bustling L&D unit, and the UCC. The on-call pharmacist/technician is responsible for any after-hours emergencies and medical needs that cannot be met through use of the Pyxis inventory, i.e. most IV orders. Thus, we adjusted the on-call individual's schedule to 0830-1730. This allowed that individual to stay later to cover any late admissions or last minute prescription orders. And, if that person was called in to work after hours, then a later start time allowed him or her to catch up on sleep missed or PT sessions. Changing the on-call person's schedule allowed us to still have a large span of coverage, representative of other pharmacies in the MAJCOM.

When we presented our plan to leadership, there was very little opposition to the change. The recommendation to reduce to a 9 hour duty day was supported by 6 months' worth of research that indicated that we were serving little to no patients during "dead" times. We further supported our recommendation by researching what other pharmacies were doing. Lastly, we were able to provide a viable COA for emergencies and late-entry prescriptions without extending the duty hours of any one technician or pharmacist. This analysis could be applied to any pharmacy in the DoD and could prove useful in establishing reduced duty hours without affecting patient care or our precious manning. Our pharmacy is still filling the same number of prescriptions, just within a slightly shorter and more convenient block of time.

*Capt Miranda Debelevich*

## SAFP CAN PUBLISH YOU AS AN AUTHOR!!!

*Do you ever wonder about where we get the content for these newsletters or continuing education (CE)? We take a fairly formulaic approach to the newsletter with a little bit of flexibility in each issue. We always start with any messages that our leadership team might want to communicate to the readers. We try to view the newsletter with a goal of incorporating a common theme that ties the articles together with the end result being an easy to read digest of useful information, hopefully! We want to know what you know and share it with the rest of the Air Force Pharmacy team.*

*For example, we have worked through the residency program at Travis AFB to provide high value CE to our fellow team members. The ability to publish continuing education through an institutional review board is an exciting opportunity that the Society of Air Force Pharmacy can extend to each one of you. This process is thorough and lengthy, but ends with your name(s) as published authors! In this way, SAFP can give back to you and help to provide opportunities to expand in terms of your career(s).*

*The SAFP newsletter is also constantly looking for useful information to distribute to our readers around the globe. We started a section in each newsletter sharing a best practice that was instituted at one of our pharmacies that may work well at your pharmacy too. We also look to past leaders to share their experiences that might help drive home the importance of our mission and what we do on a day to day basis. This helps to provide a focus when the monotony of the week starts to get to each of us.*

*What are you doing that you can share with your pharmacy brothers and sisters from another base? Your team may be killing it with this process, while the rest of us struggle through it. Perhaps you've solved the upcoming DHA transition, the third party collections issues, or have some uplifting point of view that helps to keep you performing at the top of your game. Maybe you just finished an important study that is begging to be published. We want to hear about it! Send an email to [emily.g.dietrich.mil@mail.mil](mailto:emily.g.dietrich.mil@mail.mil) to detail what you would like to tell the rest of Air Force pharmacy. The Society of Air Force Pharmacy is committed to providing you with outlets to expand upon all of your hard work!*