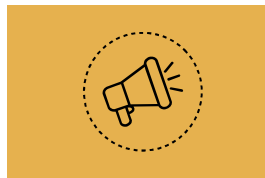




HIGHLIGHTS:



LAND, AIR, SEA...
METC PHARMACY

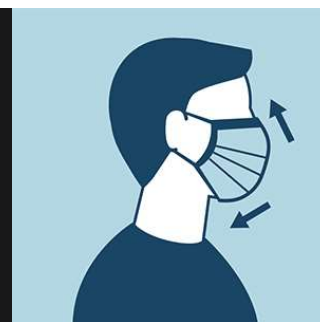
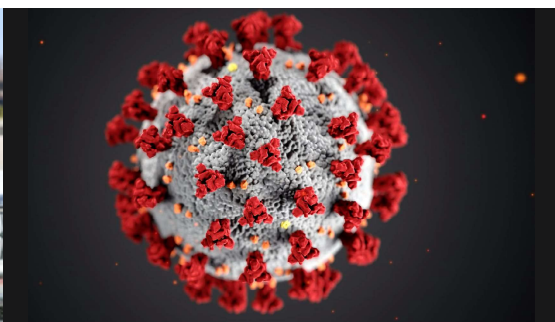


VOLUNTEER
OPPORTUNITIES



ENLISTED
PERSPECTIVE

SOCIETY OF AIR FORCE PHARMACY



SUMMER 2020

Friends and Colleagues, if your summer has been anything like mine, it has been full of steps both forward and backward. For every bit of headway we feel we have made toward some semblance of normal, there has been an equal or greater pendulum swing back into restrictions. My greatest surprise came in the form of all of the amazing innovations and improvements we have seen from the field, all in the name of service to our patients. I have been truly humbled by the great lengths taken by our pharmacies to ensure the mission continues.

In this issue you will take a step back in time to review our last pharmacy conference that took place in-person before travel restrictions were instituted. Hopefully this glimpse at our recent past will remind us of the importance of gathering together for the sharing of experiences and ideas

across pharmacies, services, and even countries. One of our most valued traits as a profession and as a corps is diversity. Whether that be diversity of race, creed, religion, background, or simply of ideas, it is the core of what makes us so strong. While we do not look the same, come from the same place, or approach problems from the same perspective, we are united in our calling to serve our country and our brothers and sisters in arms in their time of need.

We hope you enjoy the content we have prepared for you in this issue. We are always soliciting for articles on any topic affecting military pharmacy. Are you a member of one of our sister services and would like to share your experience or some tips for success? Let us know! We will gladly help you get your message out to our readership.

Maj Josh Stallings,
Editor



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*Lt Col Matt Cowan,
SAFP Board Member*

A Review of What Life Was Like Before COVID: SAFP Pacific Pharmacy Seminar 2020 Summary

Editor's Note: This article was written post-seminar, pre-COVID restrictions, but was missed during review for publication of the last newsletter. We are publishing it in this issue because of the great impact of the seminar and as a reminder to all of us what life was like in a simpler time.

Back to the land of the rising sun! On behalf of the SAFP, it was my pleasure to assist with the second annual Pacific Pharmacy Seminar 2020. After factoring in logistics, accessibility, costs and the Japanese hospitality experienced in 2019, a return to the Narita, Japan area was an easy choice. This year's seminar was at the wonderful Hilton Narita Airport Hotel. There, 25 Total Force members and vendors had the opportunity to earn 14 hours of accredited continuing education within two days.



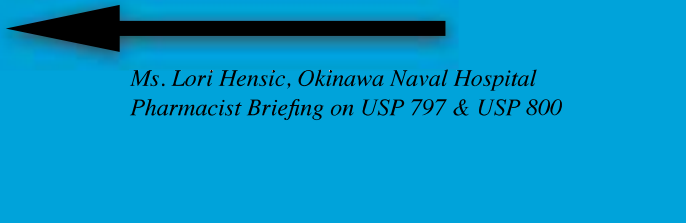
MSgt Mitchel Sullivan briefing Continuous Process Improvement

The weekend brought together pharmacists and technicians from the Army, Navy, and the Air Force to learn about multiple topics. The presentations included global health engagement, USP 797/800, law, and readiness strategies for the INDO-PACOM region. The high quality information, along with a smaller venue, generated outstanding discussion, interaction, and networking opportunities among the attendees. The attendees also had the pleasure of welcoming Colonel Randy Dorsey of the United States Army. He represented the Defense Health Agency (DHA), Pharmacy Operations Division as a Market Consultant to provide timely information on the state of the DHA transition.

Continued on next page...



Col Brad Beotig speaking on Global Health Engagement



Ms. Lori Hensic, Okinawa Naval Hospital
Pharmacist Briefing on USP 797 & USP 800



Thank you to the Society of Air Force Pharmacy, all attendees, our industry partners, Air Force leadership and everyone that provided continuing education! Specifically, I wish to acknowledge the herculean efforts of Lt Colonel Zachary Finney and Major Ammon Hardy. Their work was critical for another successful seminar. We look forward to continuing the Society's educational reach in the Pacific for a third time in February 2021.



Volunteer Opportunities :
Looking for...

- 1 **A new SAFP Logo design!!**
(submit entries to any member of the Newsletter Team)
- 2 **SAFP Webmaster**
(maintains the SAFP website regularly)
- 3 **SAFP Social Media Manager**
(periodically updates Facebook/Instagram accounts)

***** If interested, contact any member of the Newsletter Team.***

FEDERAL PHARMACY: COLLABORATION AND INNOVATION IN PHARMACY

JFPS 2020

VIRTUAL

JOINT FEDERAL PHARMACY SEMINAR ★ NOVEMBER 2020

The 2020 Joint Federal Pharmacy Seminar (JFPS) will be offered as an exclusively virtual program. This 2-day event will include keynote speakers, live and recorded educational sessions, the poster program, and lots more. You can anticipate a quality, virtual program that is filled with professional education, career enhancement, and networking opportunities. Visit the JFPS website at <http://jfpsmeeting.pharmacist.com/> for more information and details. ****Note: The official website is scheduled to launch during the week of 21 September 2020****

Event Dates: **13 – 14 November 2020**
 Registration Fees: **\$99 for APhA members; \$129 for non-members**
 Virtual Platform: **Cadmium CD**



Land, Air, Sea... METC Pharmacy! Train for the Mission, Education for a Lifetime

Recently, the Medical Education and Training Campus (METC) celebrated its 10 year anniversary. METC opened their doors during a ribbon cutting ceremony on June 30, 2010. Shortly thereafter, the world's greatest pharmacy technician training program kicked off its inaugural class at Heritage Hall at JBSA - Ft. Sam Houston. Several of the finest Air Force, Army, and Navy Corpsmen, pharmacy technicians and pharmacists were selectively brought together to train the future generations of DoD pharmacy technicians.

Over the past decade, METC has graduated 59 classes and produced over 3,147 new pharmacy technicians for the Air Force, Army, Navy, Coast Guard, and Allied Nations. These successful results could only be accomplished by a team of the world's finest instructors. Since its debut in November 2010, the pharmacy program at METC has hosted 118 instructors, comprised of 16 pharmacists and 102

technicians, to develop these future pharmacy leaders. Throughout the past three years, METC witnessed its byproduct come full circle, welcoming the first wave of prior students to return as instructors. The Air Force and Navy combined have eight alumni-instructors currently assigned.



Currently, the pharmacy program is navigating a curriculum rewrite to standardize resident training and update coursework; this will ensure all Services receive the same quality training. With these revisions in place, students will complete 15 weeks of instruction in pharmacology, pharmacy administration, law, pharmaceutical calculations and compounding, as well as inpatient and outpatient operations. Following this period of instruction, students will participate in a week-long field training exercise aimed to prepare them for future deployments.

Continued on next page...



JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas - The first Medical Education and Training Campus graduates were four Air Force students who completed a two-week pharmacy craftsman course that was required for advancement. The course was previously taught at Sheppard Air Force Base in Wichita Falls, Texas, and became a joint-service course following the move to METC.

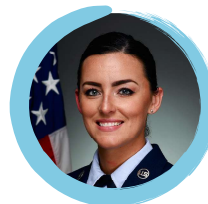
<https://www.jbsa.mil/News/News/Article/2205444/metc-celebrates-10-years-training-enlisted-medical-force/>

Students will then transition to Phase 2 clinical training which will provide hands-on experiential training. This is conducted at military and/or civilian facilities such as Brook Army Medical Center, San Antonio VA Hospital, Wilford Hall Ambulatory Surgical Center, Keesler Medical Center, David Grant USAF Medical Center, or Eglin AFB. As an added bonus, all students will challenge the National Healthcare Association exam to become a Certified Pharmacy Technician (CPhT) prior to graduation.

As we maneuver through the present and into the future of military medicine, METC students will learn how to operate our newest systems such as Pyxis ES; while we transition with the DHA and DoD starts phasing out decades old systems like the CHCS, our students will soon learn to operate pharmacy with MHS Genesis. METC will also host a revitalized supplemental course geared towards Air Force junior NCOs. The Pharmacy Enlisted Supervisory Course will aim to enhance

professionals to effectively lead pharmacy teams in areas of program management and technical expertise. These are a few great examples of how the METC pharmacy technician program team is molding the future of DoD Pharmacy by producing the world’s finest medics, corpsman and technicians.

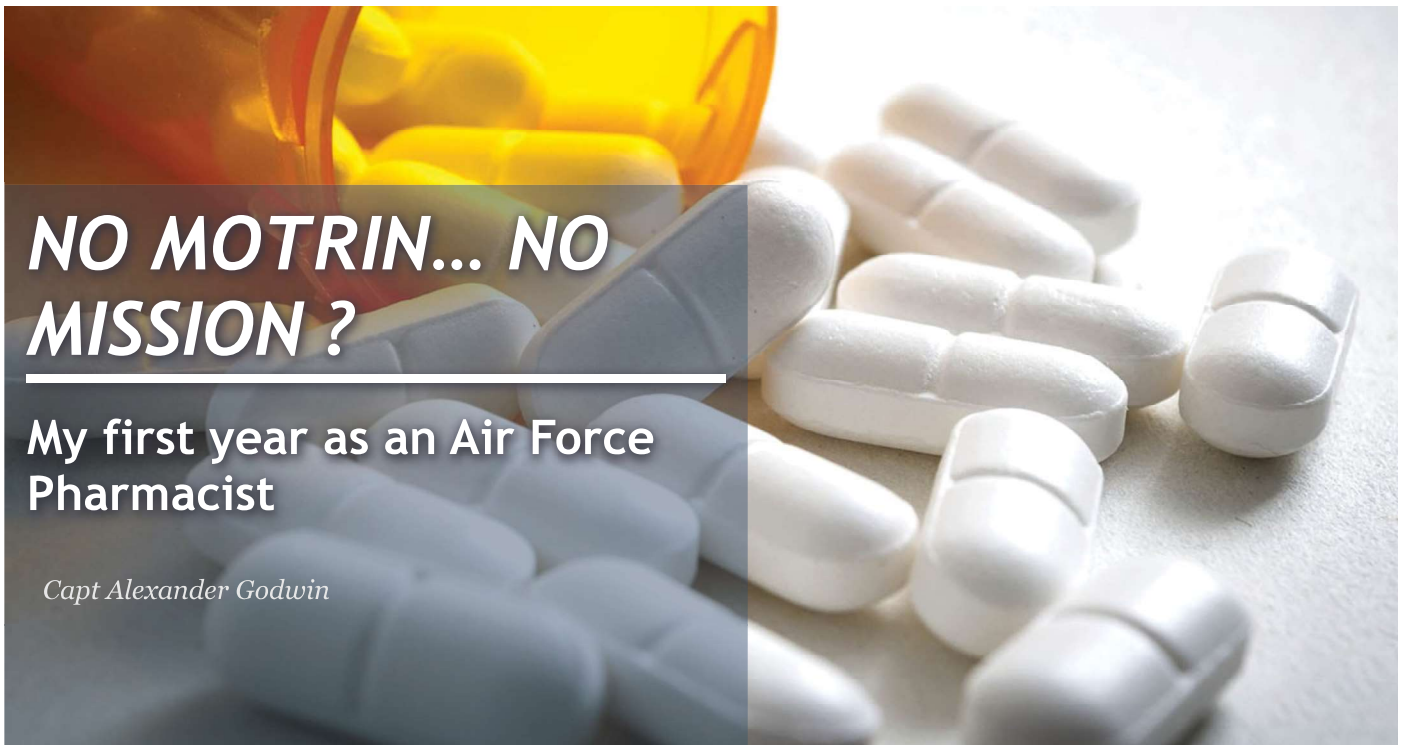
Written by:



TSgt Kenda Gallo



SSgt Dylan Shuderbrehm



NO MOTRIN... NO MISSION ?

My first year as an Air Force Pharmacist

Capt Alexander Godwin

Fly! Fight! Pharmacy? Whatever stage an officer is at in their career, it is unlikely that their younger self knew exactly what they were signing up for. The purpose of this document is to provide my perspective as a new Air Force pharmacist. I am a generation-Z Pharm.D. with 2 years of experience in a corporate retail pharmacy in Maryland and Virginia. Last year was my first year operating as an active duty pharmacist at Joint Base McGuire Dix-Lakehurst. I will provide my current insight of Air Force pharmacy duties, support,

and purpose.

“Officer first, pharmacist second!” The first time I heard this statement was during a phone interview for the Health Professions Scholarship Program, years before I stepped foot in my first Air Force pharmacy. Approaching the completion of my first full year, I now know that this will continue to be more relevant with time. What this has meant in my career as an Air Force pharmacist is that I am given much more autonomy in the pharmacy, which I must balance

“ ***Officer first, pharmacist second!*** ”

with responsibility. Most things that can be legally amended inside the pharmacy, I have a significant say in changing. But in addition to pharmacy practices, you also have to concern yourself with training and other operations not necessarily specific to pharmacy. Another privilege are the seemingly endless opportunities to develop yourself. Leading different events,

meeting other people, and traveling to different places are all prospects that the Air Force offers. In addition to opportunity, the pharmacy process is often more efficient than outpatient pharmacy mostly due to insurance, specifically its lack of presence in the pharmacy. Such a significant

Continued on next page...

amount of time is spent in civilian pharmacies calling insurance companies, explaining to the patient why prices changed, calling doctor's offices for prior authorizations... Remove the insurance from the pharmacy and it gives the staff more time to actually focus on pharmacy.

The next area of change in Air Force pharmacy is support. This may seem insignificant at first but it goes a long way. Despite the training, assignments, meetings, taskers, and endless other requests, your voice seems more significant. My experience has resulted in a better sense of belonging in the Air Force. The culture of the Air Force encourages the view that everyone has potential – a radical concept. Younger or newer Airmen are the future of the Air Force that more experienced Airmen can mentor, while outstanding leaders serve as an example for these

same airmen to mature into. This environment encourages a unique respect for leaders, because it is likely that in the future you could be in a similar situation that your senior officer is currently challenged with. It promotes a more open dialogue about lessons learned when I believe that my leaders see more than just a pharmacist.

Arguably, the most significant distinction of Air Force pharmacy is mission. My first introduction to AF pharmacy was actually Total Force Officer Training, (previously COT). While this is not specifically related to pharmacy, it shows the AF puts time into developing officers.

Several months later, I arrived at my first AF pharmacy and saw the priority for excellent patient care for the patient was supporting the



“ *No one told me I was allowed to smile in an official photo...* ”

Capt Alexander Godwin

the most important aspect, the mission. This combination of mission, patient, and officer has produced one of the most fulfilling careers for a pharmacist. People are essential to the mission and providing excellent healthcare, including filling prescriptions, allows people to be the best they can be. Daily activities that can become tedious seem worthwhile when you realize how your job supports the mission. Whether you tie your daily duties into the group, wing, or Air Force mission, knowing you support something so much greater than yourself can give you a sense of pride that is unmatched elsewhere. This same mission allows Air Force pharmacy to be more unique. I have the ability as an Air Force pharmacist to serve Active Duty members, the

family members that support them, and even those whose esteemed presence in history influenced the Air Force that I serve in today.

Any senior pharmacist who has been in the military long enough knows better than anyone that the duties expected of a pharmacist in the Air Force will continue to exceed the parameters of civilian pharmacy. Despite these supplemental challenges, I am grateful for my presence in the pharmacy and the impact I can have beyond those walls. I am fortunate to have been stationed at a base with exemplary senior officer pharmacists I look up to and learn from. Most of all, I am excited that even something as simple as filling a prescription for Motrin can support the mission.

**MISSION
ACCOMPLISHED!!**

**A BIG THANK YOU
TO ALL OUR
PRESENTERS!**

Summer of Live CEs

In true Military Pharmacy fashion, adversity leads to innovation. When the Society of Air Force Pharmacy Midyear Conference was cancelled, the leadership team knew that many in our membership would be missing out on required annual continuing education credits. To remedy this, the in-person credits would now be offered virtually. Through this initiative, professionals from all branches of service earned over 550 live continuing education credits. Way to go team!

Although the opportunity to view the presentations live has passed, the presentations are available on the Society's website by following the links below. To view the live recordings and claim home study CE credits, please log in to your account by going to www.af-pharmacists.org and click on "SAFP Home Study CE Presentations".

23 June 2020

Capt Katelyn M. Zeringue

[Force Health Protection Prescription Products \(FHPPP\) Mass Distribution and Return](#)

30 June 2020

Lt Col Tara A. Stogdill and Maj Tiffany S. Gooding

[USP 797/800 \(Compounding\)](#)

7 July 2020

Col(ret) Jeffrey Johnson

[Cannabis: Cures or Curse](#)

14 July 2020

Col(ret) David Bobb

[Case Law Update: "Not obliged to ferret through a complaint searching for viable claims..." \[Law\]](#)

28 July 2020

Maj John A. Blue Star

[Seeing the Whole Person with Chronic Pain \[Pain Management\]](#)

14 July 2020

Maj Jacob A. Mock

[43P/4P in the AF Reserve & the Air National Guard: A Primer](#)

Supplemental: [Building an IMA Position](#)

4 August 2020

Capt Ana N. Chavis

[Why Keep Our Patients Waiting: Express Prescription Pickup](#)

11 August 2020

Maj Miranda Smith

[Game of Ohms: What's the Word on E-Cigarettes and Vaping?](#)

18 August 2020

Col Brian K. White

[Antibiotic Stewardship: How-to Guide](#)

25 August 2020

Capt Ciera Williams

[Patient Centered Workflow](#)

Enlisted Perspective



The things you take for granted, someone else is praying for –Unknown.



Message from CMSgt Awolusi



The year 2020 has undoubtedly shed some light on things that we need to reevaluate in our lives. Society has changed the way it views reliable employment, steady source of income, ability to roam freely, who is an essential worker or even giving a hug. At the start of the New Year, I sat in the office that I shared with a fellow career field manager, and talked about 2020 being the year of vision. Well, it sure wasn't what we discussed. However, the tumult has generated some observable lessons that I'll share later in this article.

To recap what we've gone through this year: the novel coronavirus disease 2019 (COVID-19), addressing social and racial injustice issues in the department of defense, California wildfires, devastating meteorological phenomenon, the helicopter crash that claimed the lives of nine passengers including legendary NBA player Kobe Bryant, and that's just some of it. It would be an understatement to say it hasn't been a whirlwind.

As mentioned earlier, there are lessons to be learned from 2020. Among them are:

CMSgt Oluwasina Awolusi

Continued on next page...



Appreciate the Little Things:

What was the deal with the toilet paper and paper towels? I guess we'll never know. But seriously though, moving about freely, unconditionally enjoying meals at restaurants, traveling, walking about without face covering, and hugging my parents are examples of little things I know will take on a new level of appreciation when the pandemic ends. In the meantime, I hope we are thankful for employment that enables us to provide the necessities that our families require. Remember, "As bad as your situation may be, someone else always has it worse than you" – George Foreman. We have adapted to connecting virtually, but it's not the same as being in the same space. If you aren't doing it yet, then please appreciate each other and your teammates every day.



Be Flexible:

The novel coronavirus pandemic brought some challenges that have affected our routines and plans. One of the significant impacts to our military members is the permanent change of station and temporary duty assignment process. Many service members and their families had to adjust to the uncertainty of when they could depart from one installation to another, sell their homes, return from deployed locations, and many more. And that's not all. The kiddos in our Pharmilies transitioned to online schooling, which many of you 'hadn't planned for' at the beginning of the school year. Some folks had to dust off the good old cerebrum to become the teachers you are today. I would like to see us return to some form of normalcy in the future but I urge you to remain flexible.



Creativity Matters:

I cannot even tell you how much each of you has impressed me. You swiftly sprang into action to respond to the COVID-19 epidemic that has plagued the globe. In the early days of social distancing, Team Aviano shared their lessons learned, which served as a template for in-clinic, no-contact operations. Within days, drive-through and curbside pharmacy operations popped up at many installations to continue providing care for our many beneficiaries. We'd always been essential in my mind, but the events certainly made that apparent to our fellow medical staff and customers. Keep coming up with your game-changing ideas. Your ingenuity is what has, and will continue to keep our Air Force the best in the world.

This message is a shift from traditional military messages. However, the context can be applied in both your on and off-duty environments. I hope that you all have lessons to share as we traverse these tough times. This too shall pass, and we shall arise from the other side as better human beings.



The Society of Air Force Pharmacy Midyear Meeting is postponed until 2021 at the earliest due to health and safety concerns. New dates are currently being considered. For those of you who have already registered, refunds were issued automatically to the card that was initially used for registration. For any questions regarding billing, please contact the Treasurer at treasurer@af-pharmacists.org.



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