



Newfoundland and  
Labrador Pharmacy  
Board

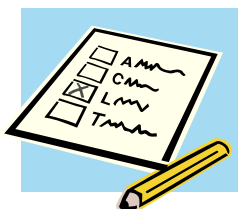
*The Apothecary is the  
newsletter of the  
Newfoundland &  
Labrador Pharmacy  
Board.*

*It contains  
information on a wide  
variety of topics  
intended to enhance  
the practice of all  
pharmacists in the  
province of  
Newfoundland &  
Labrador.  
Pharmacists are  
responsible for  
reviewing any and  
ALL INFORMATION  
contained within  
including documents  
which are made  
available on the NLPB  
website via links  
throughout the  
newsletter.*

*The Apothecary is  
now circulated  
electronically and is  
available in hard  
copy format only  
upon specific request.*

# The Apothecary

Fall 2011



## NLPB Board Elections

This year's election of NLPB board members is now completed. The election began with a Call for Nominations in Zone 3, (due to the resignation of Dorothy Ainsworth) and the "At Large" Zone on June 14, 2011. Nominations were received for David Cramm and Theresa Hill in Zone 3 and for Keith Bailey, Sheldon Baines, Linda Hensman, Jeremy Reid and Shawn Vallis in the "At Large" Zone. Subsequently, prior to circulation of the ballots, Linda Hensman withdrew her name from consideration. Ballots were mailed to all registered pharmacists and were counted on September 12, 2011 with the results as follows:

<u>Zone 3 (1 seat)</u>	<u>At Large (3 seats)</u>
David Cramm	Keith Bailey    Sheldon Baines Shawn Vallis

The new members began their terms of office on September 17, 2011 at the 2011 Annual General Meeting, where, additionally, Christina Tulk completed her term of office as Board Chair assuming the position of Past-Chair. Immediately following the AGM, at a Special Meeting of the Board, a new Executive was elected with Debbie Kelly assuming the Board Chair, Ray Gulliver elected Vice Chair and Sheldon Baines elected Executive Member. For a complete list of the current Board as well as the Executive Committee members, please see the back page of this *Apothecary* or the [Contacts](#) page of the NLPB website.

## Get to Know Your New Board Members

### Keith Bailey

Keith, a long time NLPB Board member, has been a strong advocate for the expanded role of the pharmacist in the ever changing health care system during his fifteen year career and looks to continue that work at the Board level. Ensuring pharmacists have optimal use of their skills in patient care is critical & priority one. He is proud of the trusted role of the pharmacist & believes pharmacists should remember the past while embracing the future.

Keith is a MUN School of Pharmacy graduate (Class of 1996) and also holds an MBA from MUN (2004). He has practiced in various roles at independent pharmacies, Wal-Mart and Shoppers Drug Mart. He is currently Pharmacy Operations Specialist for Shoppers Drug Mart in Atlantic Canada and also a guest lecturer at Memorial's School of

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Pharmacy where he teaches Pharmacy Administration. He is a past Chair of the Newfoundland and Labrador Pharmacy Board and a past president of the Pharmacists' Association of Newfoundland and Labrador, still serving on various committees for both.

Keith, originally from Twillingate, now lives in St. John's with his wife, Stacey, and two children, Simon and Isaac.

### **David Cramm**

David graduated from Memorial University School of Pharmacy in 1998 and started his pharmacy career at Shoppers Drug Mart in Gander. David moved back to his hometown of Lewisporte in 2002 and worked at Lawtons Drugs for two years before moving to Shoppers Drug Mart in Lewisporte in 2004. In 2008, David and his family moved to Montague, PEI to take a position as pharmacist/owner with Shoppers Drug Mart. He returned again to Lewisporte in 2010 to become the pharmacist owner at the Shoppers Drug Mart there.

David presently serves on the Board for the Lewisporte and Area Chamber of Commerce. He has been married to his wife, Vicki, for 12 years and has two daughters, Abigail (10) and Sophia (7).

### **Shawn Vallis**

Shawn grew up in the town of English Harbour West on the south coast. He graduated from Memorial University School of Pharmacy in 1999 and began working with The Drugstore Pharmacy in Long Pond, Clarendville and Mt. Pearl. In 2000, he began working at Sagona Drugs, where he still works today. He lives in Harbour Breton with his wife Sheena and two year old daughter, Madelynn.

Shawn has volunteered for many years, beginning in high school and continuing during his time at the School of Pharmacy where he served as MUPS treasurer. Since moving to Harbour Breton, he has been heavily involved in the community, spending several years volunteering with the Lion's Club and the local Army Cadet corps. He has also worked with RCLTS Greenspond which offered advanced training

to cadets from all across central Newfoundland. He currently sits on the board of HBIC which tries to recruit investment opportunities to the area and is Vice President of the Harbour Breton Lions Mens Dart League. He is a volunteer fire fighter and has held executive positions with the Lions Club and local fire department in the past. He has also served on the 65 Plus Plan committee which included members of the pharmacy profession and the Department of Health.

### **Sheldon Baines**

Sheldon Baines chose to pursue Pharmacy as his second career after working as a software engineer with Nintendo in Seattle for nearly 6 years. He served on the CAPSI national council his entire time as a pharmacy student at Memorial University, accepting the role of Vice President of Inter-professional Affairs on the national executive in his final year. After graduation in 2007, he became a manager with Walmart Pharmacy in Edmonton after moving there with his wife. He returned to Newfoundland as the proud father of a young son in January of 2010 to open an independent pharmacy with a focus on biologics and temperature sensitive medications inside a clinical research facility. His was one of the first pharmacies on the island connected to the Pharmacy Network and was awarded the Nycomed Magnum Opus last year for innovative practice. He helped frame the PEBC Evaluating Exam for Pharmacy Technicians and served on the CPhA Practitioner Review Board for the new Compendium of Self-Care Products and Patient Self-Care publications. He currently volunteers on the NLPB Professional Practice Sub-Committees for Pharmacy Technology Standards and Advanced Practice. He also serves on PANL's Professional Practice committee and has hopes of improving communication between the organizations and coordinating efforts to help guide the profession through the evolution of practice in the province.

### Message from the new Board Chair

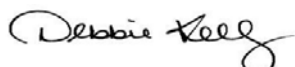
These are exciting and challenging times in the pharmacy profession. The role of the pharmacist is evolving, to the benefit of the public, I believe. When health professionals work together collaboratively and to their full scope of practice, everyone wins --- health providers experience professional satisfaction when they fully utilize their knowledge and skills in providing care; the healthcare system realizes efficiencies in access to care; and most importantly, the public receives optimal care, when they need it.

We are on the way to realizing this vision, and the new 2011-2013 Strategic Plan of the NLPB will help to take us there. The Board is hard at work preparing for the legislative changes and regulatory framework to enable advancing scope of practice and technician regulation. We look forward to dialoguing with pharmacists throughout the province on these important issues over the next few months. Also, pharmacists can look forward to seeing a new database installed at the NLPB over the coming year, which will enable easier pharmacist registration renewals and tracking of continuing professional development activities. Stay tuned for these changes soon!

At this time, I would like to thank our outgoing chair, Christina Tulk for her vision and leadership over the past year, as well as our other board members who are leaving us this year: Linda Hensman and Brian Healy, for your dedication and support. I am very much looking forward my tenure as chair of the Newfoundland and Labrador Pharmacy Board, and to working with our new board, including newly elected members Sheldon Baines, David Cramm and Shawn Vallis.

There is a lot of work ahead of us as we prepare for these necessary and imminent changes. I encourage all pharmacists to participate in this process, whether by volunteering on committees or by coming out to zone meetings to dialogue and share your thoughts. Please feel free to contact me with your ideas, comments or concerns: [dvkelly@mun.ca](mailto:dvkelly@mun.ca). Come forward and be part of the change!!

Respectfully,



Debbie Kelly

### **Call for Expression of Interest**

#### **Eastern Health Medication Reconciliation Advisory Committee**

Eastern Health is looking for a community pharmacist to serve on its Medication Reconciliation Advisory Committee. This committee provides organizational direction to standardize processes and ensure consistency with implementation of Medication Reconciliation (Med Rec) throughout all relevant programs / service areas of Eastern Health. Pharmacists can contact Melanie Healey ([mhealey@nlpb.ca](mailto:mhealey@nlpb.ca)) for more information about the committee, including membership, frequency of meetings or reimbursement or to express their interest in volunteering to serve on the committee.

## Miscellaneous Notes and Reminders

### **Important Notice to Pharmacists** **Regarding Pradax™**

We have recently become aware of two separate incidents concerning the anticoagulant medication, Pradax™ where, in both cases, the pharmacist dispensed the incorrect strength of the medication. When reviewing the incident and the possible contributing factors, it was discovered that both pharmacists were unaware that the medication was available in multiple strengths.

In fact, Pradax™ is available as 75mg, 110mg and 150mg capsules with varying dosage regimens depending on patient factors and indication. In some cases 75mg BID is warranted while in others 220mg OD is the correct dosage.

Pharmacists are advised, if there is ever any doubt whatsoever as to the completeness or correctness of a prescription, they should contact the prescriber for clarification. In addition, the increasingly regular introduction of new medications, new and changing indications and updated safety information makes it critical that pharmacists stay up-to-date at all times. One way to do this is to check the [NLPB website](#) regularly for Adverse Reaction Newsletters as well as Health Canada Advisories for both health professionals and the public. Pharmacists should also make an effort to regularly review publications such as [Pharmacy Practice](#) and the [Canadian Pharmaceutical Journal](#) which regularly list these changes in a concise and easy-to-read format.

### **Tamper Resistant Prescription Pad** **Program Regulations**

As you are aware, the regulations related to the Tamper Resistant Prescription Pad (TRPP) program are found in the regulations to the Pharmaceutical Services Act. This act is administered by the Pharmaceutical Services Division of the Department of Health and Community Services.

With the amendment to the Pharmacy Act in 2009, the province legally recognized prescriptions from

physicians outside the province. Therefore, NL residents can get some prescriptions filled in NL that are written by licensed physicians in other provinces. However, residents cannot get prescriptions from out-of-province physicians filled for medications that are listed on the Schedule of Drugs because they must be written on the tamper resistant pad.

It has been acknowledged that at various times during the year this becomes an issue for patients. At times the Opioid Treatment Centre in Pleasantville will receive requests from patients enrolled in out of province methadone programs who wish to return to the province. With the increasing wait list being experienced by the clinic, these requests cannot be accommodated in a timely manner. In addition, the few private clinics specializing in methadone maintenance do not have the capacity to accept new patients.

After reviewing a number of options, the Department of Health and Community Services has decided to accept requests from out of province registrants (physicians) for a tamper resistant pad. Several conditions apply to the use of this pad:

- The requesting physician will be provided with ONE pad containing 25 sheets with a note clearly printed on each sheet "VALID FOR METHADONE MAINTENANCE ONLY".
- The pad is only to be used for prescriptions for methadone for addictions purposes only.
- As part of their continuum of care, the physician will be asked to make arrangements with the patient's pharmacy of choice prior to travel
- The physician should note, in their handwriting, the name of the pharmacy indicated above on the prescription.

Pharmacists are still expected to take the same reasonable steps to ensure that an out of province prescriber is licensed and practicing in Canada that they would have taken up till now to ensure that a prescriber unknown to them is licensed to practice in this province.

In addition, as with any prescription, pharmacists are

(Continued from page 4)

expected to use due care and caution to verify both the identity of the prescriber and the validity of the prescription before deciding to dispense the prescription. Prescriptions should not be dispensed if the pharmacist is not convinced of the identity of the prescriber and the validity of the prescription.

For more information on this, please refer to NLPDP Bulletin #94 available on the [NLPDP website](#) or contact the Pharmaceutical Services Division of the Department of Health and Community Services at 709-729-6507 or 1-888-222-0533.

The Regulations to the Pharmaceutical Services Act, along with the TRPP Brochure, is available via the [Legislation](#) page of the NLPB website.

### **Pharmacists are Custodians Under the Personal Health Information Act (PHIA)**



We have become aware of the fact that many pharmacies have still not implemented many of the recommendations made based on the introduction of the new privacy legislation, PHIA. Pharmacists are

reminded that PHIA applies to "custodians" of personal health information and that pharmacists are included as custodians as defined by the Act.

The Department of Health and Community Services has put together a number of resources for custodians to make it easier to be compliant with the legislation. These are detailed on a special government webpage that is linked through the [Professional Practice Resources](#) page of the NLPB website. This page also contains a "Privacy Checklist" that was developed to help custodians start their privacy analysis and to consider whether they have fulfilled their high-level requirements under PHIA.

In addition, the Pharmacists Association of Newfoundland and Labrador (PANL) has developed a list of recommendations related to PHIA for pharmacies to review. This is available on the PANL website at [www.panl.net](http://www.panl.net).

Pharmacists are reminded that this is an important legislated requirement and that they are responsible for ensuring that their practices are compliant with the legislation.

### **Quick Bits**

*Pharmacists, Pharmacists-in-Charge and Pharmacy Owners are reminded that Notices of Annual Renewal of Pharmacist Registration and Pharmacy Business License will be circulated within the next few weeks and must be returned no later than NOVEMBER 30, 2011. We would further remind you that the Board has approved increases to the fees associated with these renewals that will come into effect at this time.*

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*The Board would like to thank all pharmacists who acted as preceptors to pharmacy students and interns over the past year. Your dedication to the future members of our profession is greatly appreciated.*

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*Pharmacists are reminded that when sending information related to incidents or pharmacy programs out of the pharmacy (for example to a head office) this information should be deidentified to protect the patient's right to confidentiality unless they have waived their right for this specific purpose.*

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*We would like to remind pharmacists of the recent Call for Expression of Interest in Serving on NLPB Committees. This call is extended to all pharmacists regardless of whether they currently sit on a committee or not. We are always looking for new volunteers who are interested in serving on our committees which are vital to us in meeting our goals.*

*If you already sit on a committee, we would welcome you to continue to do so. Please let us know by responding to the specific letter that current committee members should have received via postal mail.*

## Recent Updates to the NLPB Website

### About the Board

- ⇒ Board Meeting Minutes - June 10, 2011 Regular Meeting & July 27, 2011 Special Meeting

### Contact Us (Find A...)

- ⇒ Pharmacists & Pharmacies Registers updated
- ⇒ Optometrists list updated

### "The Apothecary" & Other Communications

- ⇒ Memo to Pharmacies Concerning Pharmacy Security
- ⇒ Notice to Pharmacists-in-Charge - New Regulations Established

### Legislation

- ⇒ NLPB Bylaws updated to reflect changes approved at September Board meeting
- ⇒ NLPB Manual files updated

### Professional Practice Resources

Canadian Adverse Reaction Newsletter October 2011

### Pharmacy Technician Regulation

- ⇒ Pharmacy Technician Regulation News Issue #5
- ⇒ NLPB Decision Regarding Pharmacy Technician Bridging Programs



### *The Apothecary*

published quarterly by the  
**Newfoundland and Labrador  
Pharmacy Board**  
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## Newfoundland and Labrador Pharmacy Board

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### **BOARD MEMBERS**

#### Elected Members

Zone 1 ..... Debbie Kelly  
Zone 2 ..... Ray Gulliver  
Zone 3 ..... David Cramm  
Zone 4 ..... Christina Tulk  
At Large..... Keith Bailey, Sheldon Baines, Shawn Vallis

#### Appointed Members

..... Don Mifflin  
..... Eugene Toope

#### Observers

MUPS Representative ..... Ann-Marie Hodder  
PANL Executive Director..... Mary Ann Butt  
MUN School of Pharmacy..... Linda Hensman

### **EXECUTIVE COMMITTEE**

Chair ..... Debbie Kelly  
Vice-Chair..... Ray Gulliver  
Executive Member..... Sheldon Baines  
Past Chair ..... Christina Tulk