The Apothecary

Winter 2010

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.

As the Christmas Season is upon us once again, and the old year draws nearer to its end, we take this opportunity to wish you and those dear to you a Joyous Christmas and a Prosperous New Year.

May the Christmas message of Peace and Goodwill remain with us the whole year through.

Meghan Handrigan M Healy

Best Wishes from all of us at the Newfoundland and Labrador Pharmacy Board.

Aileen O'Kuhe Arlene Crane

Donald Rowe

Holiday Hours for NLPB Office

With the Christmas and New Year holiday season approaching please note the holiday hours of operation for the Board office:

Friday, Dec 24th, Christmas Eve	Closed (vacation day)
Monday, Dec 27th	Closed (for Christmas Day holiday)
Tuesday, Dec 28th	Closed (for Boxing Day holiday)
Friday, Dec 31st, New Year's Eve	Closing at 12:00 noon
Monday, Jan 3rd	Closed (for New Year's Day holiday)

During the holidays mail may be left in the mail slot of our fire exit door. Messages may also be left on our telephone answering machine, by fax, or by e-mailing one of the Board staff members at the email addresses listed at the back of this newsletter.

Professional Development Logs must be received NO LATER THAN December 31st in order to be registered on time. Due to the holiday schedule, Logs received after noon on the 31st will not be processed until January 4th

Professional Practice Issues

NEW! Narcotic and Controlled Drug Security and Accountability Standards of Practice

At its most recent meeting on November 26, 2010, the Board approved a new *Standard of Pharmacy Practice - Security and Accountability Procedures for Narcotics and Controlled Drugs in Community Pharmacies* (available on the **Standards, Policies & Guidelines** page of the NLPB website). The forms mentioned can also be found with the Standards or on the **Miscellaneous Forms** page.

The main principle of this document is:

Pharmacists have the responsibility for the safe and secure storage of drugs from the time they are received at the pharmacy to the time they are provided to the patient or removed from the pharmacy's inventory.

However, pharmacists often struggle with interpreting the many legislative references with regard to narcotics and controlled drugs as well as with implementing strategies that will allow them to maintain security and accountability while also being practical. This Standard is intended to provide pharmacists-in-charge as well as other practicing pharmacists with an effective means to assist them in assuring that the narcotic and controlled drugs in the pharmacy are secure from internal loss, theft and diversion as well as providing a strategy for maintaining accountability documentation. It represents the minimum requirements expected of pharmacies in achieving this purpose.

The document's major points are summarized below:

Storage and Inventory Requirements

Storage Requirements

- Pharmacists-in-Charge must ensure that all narcotic and controlled drugs are stored in a lockable cabinet that is solely intended for the storage of specified medications.

Perpetual Inventory

- Pharmacies must maintain either a computerized or manual Perpetual Inventory of Narcotics and Controlled Drugs.

Physical Inventory Counts

- Pharmacists-in-Charge must ensure a physical inventory count of Narcotic and Controlled Drugs is performed and documented at least once every three months.
- In addition, physical inventory counts of Narcotic and Controlled Drugs must be conducted upon any change of Pharmacist-in-Charge. This count should be conducted by both the departing Pharmacist-in-Charge and the new Pharmacist-in-Charge (either separately or together) and the signatures of each Pharmacist-in-Charge shall be recorded on the count documents, which shall be retained for two years.

Record-Keeping Procedures

Purchase Records

- Pharmacies must maintain a register or log of all receipts of Narcotic and Controlled Drugs in a readily retrievable format in accordance with section 30. of the Narcotic Control Regulations.
- Paper copies of purchase invoices, or photocopies thereof, must also be retained in an organized manner in the pharmacy, filed in order by date and invoice number.
- Pharmacists-in-Charge should ensure a random audit of purchase records is conducted monthly to ensure they have been accurately recorded in the Perpetual Inventory Record.

Sales Records

- All pharmacies must maintain a paper copy of a register or log of all sales/transactions of Narcotic and Controlled Drugs in an organized manner in the pharmacy in accordance with sections 38. of the Narcotic Control Regulations.
- Pharmacists-in-Charge should print and review a Narcotic and Controlled Drug Sales Report

monthly.

- Pharmacists-in-Charge should ensure a random audit of sales records is conducted monthly to ensure they have been accurately recorded in the Perpetual Inventory Record.

Filing and Storage

- In accordance with section 40. of the Narcotic Control Regulations, prescriptions for Narcotics and Controlled Drugs must be filed in a separate file in sequence by date and transaction number (in the absence of a transaction number, a prescription number may be used).
- This file should also include prescription records for exempted codeine products as described in the *Standards for Pharmacy Practice – The Sale of Exempted Codeine Products in Community Pharmacies*.
- Prescriptions should be bundled or otherwise sorted into manageable groups of prescriptions, and enclosed in a jacket or cover. The outside of the jacket or cover must be labelled in an appropriate fashion which clearly identifies the prescription series in that particular file (i.e. transaction number, prescription number and/or date range).

Destruction of Expired Narcotic and Controlled Drugs

- The Narcotic and Controlled Drug inventory should be reviewed regularly for expired and/or otherwise unusable drugs.
- Requests for Destruction of these drugs must be directed to the Office of Controlled Substances at Health Canada in accordance with the *NLPB Guidelines for Pharmacy Practice – Destruction of Expired or Unusable Narcotics and Controlled Drugs*.

The Standards document also reminds pharmacists about a number of Narcotic and Controlled Drug-related "Miscellaneous Points":

- Pharmacists are responsible for following all requirements of the Tamper Resistant Prescription Drug Pad Program (TRPDP) including the fact that, as of this time, pharmacists may not fill prescriptions written by out-of-province prescribers for Narcotics or Controlled Drugs on Schedule I of the TRPDP brochure.
- Pharmacists are required under the TRPDP and section 5. b) of the *Standards of Practice – Facsimile Transmission of Prescriptions for Community Pharmacies* to "*specifically confirm the authenticity of a faxed prescription for a drug which by regulation must be written on a tamper resistant prescription blank through contact between the pharmacist and a person at the site of transmission who can verify the transmission of that prescription*".
- Narcotics or Controlled Drugs may be supplied to other pharmacists "For Emergency Use" in accordance with section 45. of the Narcotic Control Regulations but the provision of such an Emergency Supply must be documented accordingly.
- In accordance with section 42. of the Narcotic Control Regulations, Losses or Thefts must be reported by completing a Loss or Theft Report form (See NLPB Miscellaneous forms page) and sending or faxing it to the Office of Controlled Substances at Health Canada within 10 days of detection. A copy of this form should be sent to the NLPB office.
- Forgeries should be reported by completing a Forgery Report form and sending it to the Office of Controlled Substances at Health Canada. A copy of this form should be sent to local law enforcement and to the NLPB office.

Pharmacists-in-charge and pharmacists should familiarize themselves with the full Standards document which contains much more detail including implementation strategies and sample forms and procedures.

Pharmacists-in-charge should make every effort to begin implementing policies and procedures related to this new Standard of Pharmacy Practice as soon as possible as it will be a key point of discussion during future pharmacy inspections by the Assistant and Deputy Registrars.

Limitations on Medication Management

Pharmacists are reminded that section 2 of the Standards of Pharmacy Practice - Medication Management by Community Pharmacists outlines several limitations on the use of Medication Management. One in particular is any indication from the prescriber that they do not want their prescriptions extended or adapted. This may be a written indication - i.e. "Do Not Renew" or "No Adaptation" but may also include a stamped or pre-printed notation on the prescription pad.

In addition, section 3 poses several questions pharmacists should ask themselves before applying the principles of Medication Management. One of these is "Am I comfortable that the original prescriber would not object?". Obviously, if the prescriber has made some indication that adaptation or renewal is not wanted, the answer to this question should be "No."

Pharmacists in receipt of prescriptions with such notations, be they stamped, pre-printed or hand-written, should make a notation on the patient medication profile so that other pharmacists are aware of the original prescriber's wishes.

Medication Management Tip

Though most prescribers include their fax number at the top of their prescription pads, sometimes this number is not as readily available and a call to the prescriber's office is required. Once you track down the number, add it to the prescriber's file on you Practice Management System and/or add it to your Fax Machine's contact list so that, next time, it is right where you need it!

In Memoriam

We are very saddened to report the loss of two more distinguished pharmacists. ***Hugh O'Neill Conroy*** (1921-2010), passed away on December 5th. Mr. Conroy was the longest practising pharmacist in this province, having been initially licensed in 1944 and retiring after a distinguished career of 64 years at the end of 2008.

Mr. Conroy started his pharmacy career when, after serving a four year apprenticeship at McMurdo's Drug Store in St. John's, he attended the Maritime School of Pharmacy at Dalhousie University, graduating in 1946. After returning to the province from Halifax, Mr. Conroy practiced community pharmacy while also taking on the role of pharmacy instructor in the Newfoundland Pharmacy Board Apprenticeship Program from 1946 to 1966.

Mr. Conroy was Registrar of the Newfoundland Pharmacy Board from 1952 to 1954 and was associated with the preparation of the 1954 *Pharmaceutical Association Act,* which saw the merging of the Newfoundland Pharmaceutical Society and the Newfoundland Pharmacy Board into the Newfoundland Pharmaceutical Association, and with the 1970 revision of that Act. He was made an Honorary Life Member of the NPhA in 1992.

We express our sincere condolences to Mr. Conroy's family on the passing of a man who made a significant contribution to the profession in this province.

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It was with great sadness that the Pharmacy Class of 1976 learned of the sudden passing of ***Kenneth Gerard Fleming*** (1956-2010), in his beloved great outdoors on November 27th at the age of 54 years.

Ken began the CTT Pharmacy Program in September of 1973 immediately after graduating from St. Stephen's High School in Stephenville. He was only 19 years old when he graduated in 1976. Since his graduation Ken practised in Stephenville and other areas on the west coast of the island.

Besides his many pharmacy friends, he will be sadly missed by his loving wife, Dana, daughters, Isabella (13 years old) and Jillian (8 years old) and son, Jackson (5 years old) as well as his mother, Mary Fleming of Stephenville. He was predeceased by his pharmacist father, Richard Fleming, who also died of a heart condition at too early an age.

NLPB Board Update - November 26, 2010 Meeting

Budget for 2011 Approved

The Board approved the Budget for 2011 as proposed by the Finance Committee. This year's budget involves no increase in the annual registration fee for pharmacists or the annual business licence fee for pharmacies.

REVENUE	
Pharmacist Registrations	$348,300.00
Business and Hospital Licenses	$192,000.00
Students Registration Fees	$8,000.00
Non Practicing Fees	$2,625.00
Other Fees	$9,800.00
Other Revenue	$8,950.00
TOTAL REVENUE	**$569,675.00**
EXPENSES	
Administration Expenses	$425,507.00
Legal Expenses	$11,000.00
Building Expenses	$37,000.00
Operating Expenses	$81,610.00
TOTAL EXPENSES	**$555,117.00**
Projected Operating Surplus	**$14,558.00**
Less Capital Expenditures	$3,000.00
Transfer to Contingency Fund	$10,000.00
Projected Surplus (Deficit)	**$1,558.00**

New Standards of Pharmacy Practice

As described on page 2 of this newsletter, the Board approved a new Standard of Pharmacy Practice - ***Security and Accountability Procedures for Narcotics and Controlled Drugs in Community Pharmacies.*** This document is summarized on pages 2 & 3 and can be viewed in its entirety on our website under **Standards, Policies & Guidelines**.

Appointments to Joint Committee on Structured Practice Experience

Two new NLPB representatives, Evelena Verge and Ray Gulliver were appointed to the Joint MUN-NLPB Committee on Structured Practice Experience. The Board would like to congratulate Evelena and Ray on their appointment and also thank out-going committee members, Randy McFadyen and Justin Peddle for their service on the committee.

Appointments to the Disciplinary Panel

The Board reappointed all current Disciplinary Panel members whose term of appointment expired this year. The Board would like to thank these representatives, Colleen Abbott-Hibbs, Mike Batt, Barry Downey, Stephen Gillingham, Denise O'Brien and Connie Burt (alternate) for their continued service to this committee. These appointments are for an additional three year term, expiring in 2013.

New Policies

The Board has approved two new policies - one on Pharmacy Relocation and another on Pharmacy (Dispensary) Renovation. Both policies are available on the **Standards, Policies & Guidelines** page and the **Registration & Licensing** page of the NLPB website.

Appreciation of Service

The Board would like to express its appreciation to Margot Priddle for her service on the National Drug Scheduling Advisory Committee. This committee is very important to our work on the Provincial Drug Schedules as it advises the provincial regulatory bodies on matters related to the placement of drugs and drug products within the Schedules. Margot recently completed a three year term on this committee, during which she also served as the committee's chair.

Reminders

MedEffect e-Notice - Avandia, Avandamet, Avandaryl

Pharmacists are reminded that if they have not yet read this **advisory**, posted to our website on November 18, 2010, they should do so as soon as possible. The notice contains important information regarding new prescribing restrictions for these drugs that pharmacists should be aware of and discuss with their patients during patient education.

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Lupus NL is Requesting Your Assistance

"Lupus is an autoimmune disease and is often referred

as a disease of 1000 faces"

Many Lupus patients within our Province are not aware that there is a Provincial Chapter of Lupus Canada in Newfoundland and Labrador.

Lupus Newfoundland and Labrador is a non-profit, registered, charitable organization that provides support to people affected by Lupus, promotes education and awareness of Lupus and supports advances in research and in the treatment of Lupus. The organization is in the process of creating a database and would like to provide information and support to all those patients and their families 'living with Lupus'.

Our request is, if you have any patients with this condition, you mention Lupus Newfoundland and Labrador to them and provide our contact information.

Thank You,

Shawn Layman

Pharmacist and Lupus NL board member

Contact Information:

Shawn Layman - 745-2048 (H)

Provincial office - 368-8130

Website: www.envision.ca/webs/lupusnfldlab/

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Dispensing Buprenorphine

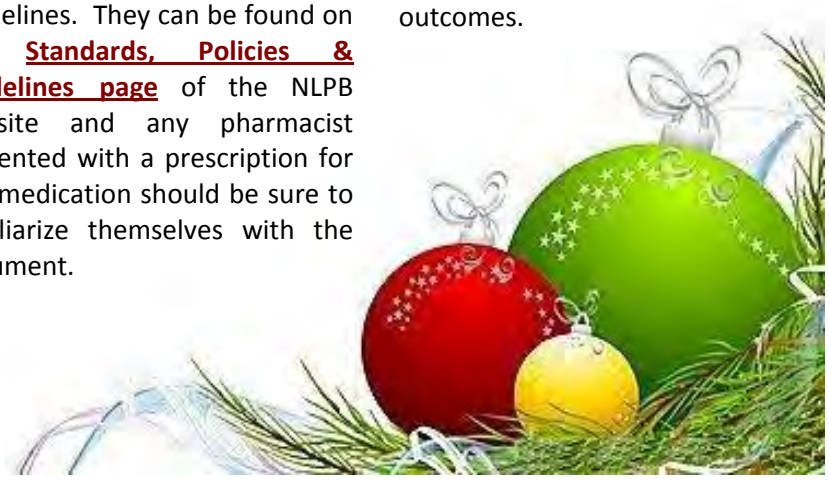
When the Board approved the *Guidelines for Dispensing Buprenorphine* in March of 2008, there were few physicians in the province prescribing the medication, Butrans (Purdue Pharma) or Suboxone (Schering-Plough). However, in recent months, we have become aware of more instances of this medication being prescribed and wanted to take a moment to remind pharmacists of these Guidelines. They can be found on the **Standards, Policies & Guidelines page** of the NLPB website and any pharmacist presented with a prescription for this medication should be sure to familiarize themselves with the document.

Strategies to Improve Patient Safety

We would like to refer all pharmacists to an article published in the **October 2010 issue of Pharmacy Practice magazine**. Entitled, Keep it Safe, the article describes a number of strategies that can be developed and implemented by community pharmacists with the ultimate goal of improving the safety of their patients. These include:

1. establishing a culture of patient safety in the pharmacy,
2. reporting and analyzing medication incidents,
3. optimizing the distribution system,
4. performing medication reconciliation, and
5. implementing independent double checks.

Implementing some or all of these strategies in community pharmacies can go a long way in improving patient safety outcomes.



Are You a Pharmacist Interested in International Pharmacy?

The SEP provides an opportunity for international students to experience the exciting practice of pharmacy in Canada. The program not only provides students with the opportunity to learn about pharmacy outside their own country, it also enriches both their professional and personal lives with unique cultural experiences. Canadian students who find a host site strengthen their own SEP application.

Your role as a preceptor/host site will be a rewarding one. Students bring a great deal of knowledge and enthusiasm to the workplace and can add an international diversity to your establishment. Also, if you choose to accept an international student, you enable a much deserving Canadian pharmacy student to go abroad the following year.

- Most exchanges are **one month** and usually take place from May to September. However, exchanges can be anywhere from two weeks to three months and can occur within any month during the year. It all depends on what is convenient for you, the host site.
- During the exchange, the amount of time the student spends on site will be catered to your preferences. IPSF recommends that the student works for **4-8 hours/day for 4 days/week**.
- We require host sites in **all** areas of pharmacy practice (i.e. Research, Industry, Hospital, Community, etc.)
- The exchange students are **volunteers** and therefore are **unpaid**. Students are also responsible for the cost of their transportation and accommodations and therefore there is no cost to you!
- You will be able to determine criteria of a preferred student (ie. Spoken language, year of pharmacy program), and then will be able to **choose your student** from a pre-screened list. You will receive complete CVs and motivational letters from several candidates.
- Once you select a student, CAPSI will ensure the student has accommodations, social events, and all necessary travel documents. Leave all the work to us!

Deadline for 2011 (May-September): February 15, 2011

I hope that you will strongly consider sharing your experiences, knowledge, and ideas with an international students. For more information on how you can host a student please contact:

KENDELL LANGEJANS
IPSF-CAPSI NATIONAL STUDENT EXCHANGE OFFICER
SEO@CAPSI.CA 403-988-9767

CAPSI • ACEIP

Recent Updates to the NLPB Website

About the Board

⇒ *Board Meeting Minutes Sept 18th & 19th added*

Contact Us (Find A…)

⇒ *Committee Terms of Reference updated*

⇒ *Pharmacists & Pharmacies Registers updated*

⇒ *Optometrists Register updated*

⇒ *Veterinarians Register updated*

"The Apothecary" & Other Communications

⇒ *MedEffect advisories added*

Registration & Licensing

⇒ *Application for a New Business License updated*

⇒ *Blank Pharmacist and Pharmacy Renewal Forms added*

⇒ *Policy & Forms Regarding Pharmacy Relocation and Pharmacy (Dispensary) Renovation added*

Standards, Policies & Guidelines

⇒ *Standard of Pharmacy Practice - Security and Accountability Procedures for Narcotics and Controlled Drugs in Community Pharmacies added*

For Your Information

The Environmental Impact Initiative Division of Health Canada will be conducting a survey in 2011 to develop a better understanding of Canadian pharmacies' current collection and disposal practices of pharmaceutical waste. The information gathered through this survey will be used as supporting documentation for a consultation process with Canadian stakeholders, such as pharmacies and the pharmaceutical industry. The survey will be available in mid January 2011 and all pharmacists are encouraged to look out for it and participate. By completing the survey you will be helping Health Canada in the research of how to reduce the exposure of the environment to pharmaceuticals.

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Newfoundland and Labrador Pharmacy Board

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