



Volume 3, Issue 5, March 14, 2003, From [The University of Oklahoma College of Pharmacy](#)

From the college

Dear Friends:



I would like to take this opportunity to inform you about the initiatives within the College of Pharmacy focused toward the geriatric patient. As you are probably aware this ever increasing proportion of our population will require an increasing amount of the pharmacist skills and talents to ensure that they achieve good outcomes from the medications they take. Currently this population takes a disproportionate number of prescription and non-prescription drugs and they suffer an even more disproportionate number of hospitalizations and deaths from the medications they take. To that end the College has developed the [Institute for Geriatric Pharmacy](#). The mission of the Institute is to improve drug therapy outcomes in older people through our education, research and service activities. The Institute has been operational since the summer of 2001 and was made possible through the tireless efforts of [Herbert and Dorothy Langsam](#) who made an endowment to the College to recruit a faculty member who would bring expertise in geriatric pharmacy to the College of Pharmacy. Since the summer of 2001 the Institute has been actively involved in achieving its mission.

The educational initiatives of the Institute include the following activities:

- 1) Establishment of an elective course in geriatrics for students in the third professional year. This spring marks the second time this course has been offered and it will continue to be offered each spring semester.
- 2) Establishment of a student chapter of the American Society of Consultant Pharmacists.
- 3) Provision of geriatric pharmacotherapy lectures to medical students and allied health students.
- 4) Fourteen formal presentations to various health professions including pharmacists and physicians at the state, regional and national level. Five more presentations of this nature are scheduled for the immediate future.
- 5) Working within the OU Health Sciences Center to establish clinical rotations in geriatrics. It is our hope that this long sought after rotation will become a reality later this year. Currently we are involved with the Senior Comprehensive Assessment clinic within the OU Physicians Building.

The research/scholarship initiatives of the Institute include the following activities:

- 1) Fifteen different grants and contracts have been submitted to various foundations and governmental agencies to fund the initiatives of the Institute. Two of those proposals have thus far been funded. First, the Institute is an active part of the Oklahoma Geriatric Education Center and second it has recently received funding from the State of Oklahoma Office of the Attorney General to provide various service activities directly to seniors to improve how they use medications.
- 2) Five articles and chapters have been published on various topics within geriatric pharmacotherapy.
- 3) The research activities of the Institute are to target people over 75 years of age with cardiovascular disease and why this population is often undertreated for hyperlipidemia, hypertension, congestive heart failure and post-myocardial infarction prophylaxis. We continue to pursue funding for this important research.

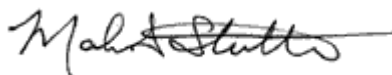
The service activities of the Institute have been the most active. As a result of the funds obtained from the State of Oklahoma Office of the Attorney General described above the Institute has been engaged in the following:

- 1) The Institute provides a program to seniors called "Using Medication Safely". This 45 minute lecture is provided to seniors as a service of the Institute and is intended to empower older people to become more actively involved in the decisions that are made regarding the medications they receive. To date, we have provided this lecture 37 times in Oklahoma and have reached over 900 older Oklahomans. The funding we have received is also allowing us to develop a professional quality film on this topic to be distributed to over 200 senior nutrition sites in Oklahoma. This film will be available for distribution this spring. We will also be developing two public service announcements to air in the summer on television stations in the Oklahoma City and Tulsa areas concerning medication issue and older people.

- 2) The Institute has also been providing MedGear containers for seniors who are on multiple medications as a means for them to keep all of their medications in one convenient place and as a container to take all of their medications to their physician visits. We will also be providing EMS MedFiles to seniors beginning in May. The EMS MedFile concept is a program intended to replace the Vial of Life program and it will be a heavy duty plastic envelope with a magnet on the back to attach to the older persons refrigerator. Contained in this file will be a list of medications the older person is on as well as end of life documents such as living wills and power of attorney. The intent is that EMS personnel will have an easily recognizable and findable source of health and medication information in the homes of older people who require their services.
- 3) As an extension of the "Using Medication Safely" lecture we are doing "Brown Bag" Medication Reviews. This program utilizes myself as the supervisor and various pharmacy students. In this program we work with senior centers to sign up older people who may want to have their medications reviewed to check for side-effects, compliance problems or drug-drug interactions. The older person is provided a printout of our recommendations.

Another aspect of the Institute is provide leadership as policy is developed at the state and national level on issues relevant to the older person and their medications. To that end we are involved in several programs at both the state and national level. Currently the Institute is at its earliest stages and it is our hope that in the future we will be able to secure funding which will allow us to recruit additional faculty, hire administrative and research staff and develop residency and fellowship programs in geriatric pharmacotherapy. At this time there are only three other Colleges of Pharmacy with similar programs and it is our goal to be the fourth successful and visible program of this type. Should you have any questions or suggestions I would welcome your phone call (405) 271-6878 X 47240 or e-mail: mark-stratton@ouhsc.edu.

Sincerely,



Mark A. Stratton, Pharm.D., BCPS, FASHP
Professor of Pharmacy and Herbert and Dorothy Langsam Endowed Chair in Geriatric Pharmacy
Director, Institute for Geriatric Pharmacy

College News

▪ NCPA Student Members Framed House

In January 2003, student members of the National Community Pharmacists Association (NCPA) framed the second of 61 homes to be built in Habitat's own new neighborhood in Spencer, just north of Midwest City.



▪ Oklahoma Poison Control Center Annual Report

The 2002 annual report for the Oklahoma Poison Control Center can be viewed at <http://oklahomapoison.org/facts/>.

The Oklahoma Poison Control Center is a statewide program operated by The University of Oklahoma College of Pharmacy in cooperation with [Children's Hospital](#) at the OU Medical Center. Our pharmacist and nurses are specially trained poison experts available 24 hours a day, 7 days a week.

Alumni News

▪ Charlotte Ross ('80) Email Update

Charlotte reports that she is living in Kansas City, Missouri. Friends and classmates can email her at okcharli@yahoo.com.

▪ Email Update from Joe Amaro ('92)

Joe reports that he is working in Phoenix, Arizona. Friends and classmates can communicate with him via email at amaroj@uniteddrugs.com.

Oklahoma Poison Control Center News

▪ Poison Proof Your Home Today

Unintentional poisonings from medicines and household chemicals kill approximately 30 children and prompt more than one million calls to the nation's poison control centers each year. National Poison Prevention Week, March 16-22, aims to help prevent childhood poisonings through education and public awareness. For more than 40 years, National Poison Prevention Week has emphasized the responsibility of parents, grandparents and other caregivers in preventing poisonings.

In 2002, the Oklahoma Poison Control Center received 33,417 calls for help from people exposed to poisons. Nearly 56 percent of those calls involved children ages 6 and younger. Mistakes in using medications accounted for about 9 percent or over 3,000 calls. Almost 90 percent of the poisonings occurred in the home. The Oklahoma Poison Control Center encourages you to poison proof your home today. Poisonings are easier to prevent than to treat. The poison center offers the following prevention tips:

- Keep medicines and household chemicals locked up, out of reach and out of sight of young children at all times. A tool box or tackle box is easy to lock up.
- Learn how to prevent a mistake in giving or taking medication. Mistakes occur with over the counter and prescription drugs everyday.
- Use child-resistant packaging because it saves lives. However, do not rely on this kind of packaging to be 100% childproof. This kind of packaging only slows children down.
- Post our number, 1-800-222-1222, near your phone. Call the poison center to get help right away for a poison emergency.

For more information or to download poison prevention materials visit the Oklahoma Poison Control Center's Web site www.oklahomapoison.org/preventionweek. Poison prevention brochures and stickers may be picked up from your local county health department or pharmacy.

For a free National Poison Prevention Week packet order from: Secretary, Poison Prevention Week Council, P.O. Box 1543, Washington, DC 20013. Information can also be found at www.1-800-222-1222.org, or the American Association of Poison Control Centers Web site at www.aapcc.org.

▪ 2002 Annual Report

The 2002 annual report for the Oklahoma Poison Control Center can be viewed at <http://oklahomapoison.org/facts/>.

▪ Be Careful When Giving Medication

Most homes have a variety of medications readily available to solve every ailment from a headache to a stomachache, especially during cough and cold season. However, many people do not understand how to use medication properly. When a mistake has been made in giving or taking medicine, many people call the poison center to find out what to do. Of the poisoning cases reported to the Oklahoma Poison Control Center in 2002, almost 9% or 3,009 were medication mistakes.

"One common misconception is if a little is good then more must be better. "This is the wrong idea for dealing with medications," said Lee McGoodwin, Managing Director of the Oklahoma Poison Control Center. "Medications must be taken or given at certain times and is specific dosing amounts according to age, weight, and medically history."

"I gave my child a tablespoon of medicine instead of a teaspoon; will this hurt him?" This is just one example of many calls that come into the Oklahoma Poison Control Center. This mistake resulted in a child receiving three times the amount of needed medication. Other examples of medication mistakes include:

- Giving a small child doses of fever medicine along with a cough and cold syrup for three days before checking labels and find acetaminophen in both products. Too much acetaminophen can cause severe liver damage.
- Using an adult sized dispensing cup to measure two teaspoons of a cough syrup instead of giving one-half teaspoonful to a small child.
- Applying a 2-inch nitroglycerin 2 percent ointment patch to the chest of an elderly person but not removing the old patch from the person's back.
- Putting eardrops in a baby's eyes.

The Oklahoma Poison Control Center has the following tips for preventing medication mistakes.

- Know when, how much and how often a medication is to be taken.
- Know what your medicines are intended to do and what side effects you may expect.
- Know what to do if you miss a dose.
- Know what foods and other drugs to avoid.
- Know what problems to report to your physician right away.
- Read labels and follow directions according to manufacturer guidelines or prescription directions for all medications.
- Know how to store your medicine properly.
- Do not assume that twice as much medicine is better or faster.
- Look to see what ingredients are in the medication. Do not give more than one product that contains acetaminophen at a time.
- Use the right measuring device. Household teaspoons do not reliably measure 5-millimeter amounts. Use a calibrated dosing syringe or medicine spoon.
- Before you give a dose, talk with all other caregivers who may be involved in dispensing medications to children or other individuals.
- Keep a log by writing down each time a dose is given.
- Keep medicines out of reach and out of sight of small children.
- Many medicines are flavored and may even taste good to small children. Use child-resistant caps on all medications.
- For questions regarding the safe use of medications ask your physician or pharmacist.

OUPharmTECH News

▪ **The Hybrid Online Model: Good Practice**

The hybrid online model adopted by The Baldwin-Wallace College encompasses both face-to-face contact in the first and last classes, and extensive computer-mediated communications such as email, synchronous chat and asynchronous threaded discussion. Their hybrid approach offers important lessons for institutions entering the online arena. In addition, this article elaborates on the good practice to create an effective student-learning environment.

View full article (in PDF format) at <http://www.educause.edu/ir/library/pdf/eqm0313.pdf>

▪ **MIT OpenCourseWare**

[MIT OpenCourseWare](#) is simply a publication of MIT course materials, which are free and open to the world. As stated on its website, MIT OpenCourseWare is neither a degree- or certificate-granting program nor an MIT education. This initiative is funded jointly by MIT and its foundations.

Its goals are to:

1. Provide free, searchable, coherent access to MIT's course materials for educators in the non-profit sector, students, and individual learners around the world.
2. Create an efficient, standards-based model that other universities may emulate to publish their own course materials.

See also [FAQs](#) about MIT OpenCourseWare.

▪ **Electronic Class Discussion Handbook**

By Nancy Chism

This handbook provides advice for instructors on one particular use of instructional technology-the use of electronic communication to extend class discussion beyond the time and place of class meetings. It is based on a study of several Ohio State classes that employed such electronic class discussions, recommendations of students and faculty, and advice from experts in the field. The main goal of the handbook is to help instructors use this form of technology thoughtfully and effectively, given their course goals.

See "[Handbook for Instructors on the Use of Electronic Class Discussion](#)"

Job Openings

OU MEDICAL CENTER, Children's Hospital

- Clinical Assistant Professor

The University of Oklahoma College of Pharmacy, Oklahoma City

- Nuclear Staff Pharmacist
- Clinical Pharmacist

The University of Oklahoma College of Pharmacy, Schusterman Center, Tulsa

- Clinical Assistant Professor
- Clinical Assistant Professor

Eckerd Drug Company

- Pharmacist

Wal-Mart Stores, Inc

- Staff Pharmacist and/or Assistant Pharmacy Manager
- Staff Pharmacist