

# RICHMOND PHARMACISTS ASSOCIATION

# NEWSLETTER DECEMBER 2008

*Richmond Pharmacists Association  
A local association of the Virginia Pharmacists Association*

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RICHMOND PHARMACIST ASSOCIATION

7578 W. BROAD ST.

RICHMOND, VA. 23294

## Leadership

Region F Director: **Mark A. Vaughan**

### Officers

President : **Phil Morris**

Vice President: **Rusty Maney**

Immediate Past President: **Heather Greene**

Secretary: **Christine Dorsey**

Treasurer: **Tana Necsary Kaefer**

### Board Members:

**Michelle Herbert**

**Dorothy (Ditty) Mooney**

**Leo Ross**

**Renee Krogsund**

**Ronald Davis**

**Tom Fagan**

**Kristin Kouski**

## MEET THE OFFICERS AND BOARD

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### **Phil Morris**

Phil graduated from MCV with a BS in Pharmacy in 1985. He has worked with CVS Pharmacy since 1984 where he has held positions from registered manager to staff pharmacist and now Pharmacy Supervisor here in the Richmond area. Phil is current President of the Richmond Pharmacist association, member of the National Advisory Council for MCV and member of Virginia Pharmacist Association. Phil was born and raised in New Kent County and now lives in Goochland County. He is the proud parent of two daughters.

**Rusty Maney**

Rusty graduated from the Medical College of Virginia School of Pharmacy in 1987. Worked for Revco for 10 years performing various jobs from Store Manager to Pharmacy Supervisor. Left Revco in 1996 to open the first Walgreens store in Richmond market.

He worked as a Pharmacy Manager for 5 years and has been Pharmacy Supervisor in the Richmond market for the last 8 years. He is presently the Treasurer for the VACDS and President elect for the RPhA.

**Ronald G. Davis**

Ronald graduated MCV School of pharmacy 1973. Independent owner since 1975, presently owner of Buford Road Pharmacy, Richmond, Va. and soon Jefferson Good Neighbor Pharmacy, Palmyra Va. Past president of RPHA, chairman of Virginia Academy of Independent Pharmacies, chairman of MCV school of pharmacy National Advisory Council, National Advisor to Good Neighbor Pharmacies as well as regional advisor. Awards include 2001 Innovative Pharmacy award, 1973 distinguished alumni award, 2007 Crystal Apple award, Good Neighbor Pharmacists of the Year 2003. Ronald's family include wife Patricia, daughter Paige Williams son-in-law David, son Travis.

**Christine J. Dorsey**

Christine attended Virginia Commonwealth University/Medical College of Virginia School of Pharmacy and completed her Doctorate of Pharmacy in 2005. Subsequent to graduation, Christine pursued her interest in working with the geriatric population, by completing a Geriatric Community Pharmacy Residency. Currently she is working at Medco Health Solutions of Virginia as a staff pharmacist. In her spare time Christine enjoys writing and editing articles for "Transitions" a publication of the American Pharmacists Association dedicated to New Practitioners. Christine is an active member of the Virginia Pharmacists Association and the Richmond Pharmacists Association where she has held the office of Secretary for two consecutive years.

**Tom Fagan**

Tom was RPHA President elect in 2003 and President in 2004. He graduated Rutgers College of Pharmacy with BS in 1984 received MBA from VCU in 1994. Tom worked in various staff and management positions in community, outpatient infusion and hospital pharmacy before starting his current position in 1995 at the VA Medical Center where he is a Clinical Application Coordinator for the Computerized Patient Record System (CPRS). Tom lives in Midlothian with his wife, a Nurse Practitioner and has 4 children.

**Rene Roberts Krogsund**

Rene became a board member in 2002 and has served in past years as Treasurer. She is a 2001 graduate of VCU/MCV School of Pharmacy. She completed the VCU/MCV Community Pharmacy Practice Residency in 2002. Rene began working at Kroger Pharmacy in 2002 as their clinical pharmacist. She continues to work at Kroger Pharmacy in Richmond and resides in Manakin Sabot with her husband and twin boys.

**Jennifer Risley Cahoon**

Jennifer is currently serving her second year as RPhA Board Member. She graduated from The University of Mississippi in 2003 with a BS in Pharmaceutical Sciences and earned her PharmD from The University of Tennessee in 2005. Jennifer then completed a Community Pharmacy Practice residency through VCU at Bremo Pharmacy and has been a Staff Pharmacist at Kroger since 2006. Jennifer lives in Glen Allen with her husband Billy who is a Clinical Pharmacist at VCUHS.

**Leo H. Ross**

Leo H. Ross graduated from the Philadelphia College of Pharmacy & Science in 1973 with a BS in pharmacy and from VCU in 1985 with a MBA. He works for CVS as a staff pharmacist. He worked previously 28 years in the pharmaceutical industry with Dow Chemical as a formulation pharmacist and A.H. Robins/Wyeth as a clinical pharmacist in R&D and as manager of pharmacy in production. Leo is volunteer pharmacist coordinator at Crossover Ministry Free Clinic, member of the APhA, VPhA, board of RPhA, and the Old Dominion Pharmaceutical Association. He is a member of the Virginia board of pharmacy, member of the National Association of Boards of Pharmacy task force on Prescription Drug Labeling, and a member of the 2008 ACPE site team visit for VCU/MCV. He is a native of Malvern, Arkansas. He and his wife, Beverly, a registered nurse, have one adult daughter.

**Heather Allison Greene**

Heather was RPhA President in 2007. She received her Doctor of Pharmacy degree from Virginia Commonwealth University. Following graduation she completed a Geriatric Community Pharmacy Residency at Imperial Plaza Retirement Community. Heather's passion is senior-care pharmacy. Prior to her recent return to her pharmacy roots at CVS/pharmacy, she was an assistant professor of geriatric pharmacy at VCU. Heather lives in Richmond with her partner Tori, a clinical pharmacist at CJW hospital. Heather is a 2 year breast cancer survivor.

**Tana Necsary Kaefer**

Tana graduated with her Doctorate of Pharmacy from MCV/VCU School of Pharmacy in 2004. After graduation she completed a Community Pharmacy Practice Residency through MCV/VCU School of Pharmacy with her primary practice site at Richmond Apothecaries. Tana accepted a position as Clinical Coordinator at Richmond Apothecaries after completing her residency in 2005. She served on the RPhA Board from 2004-2007 and has been in her current position as Treasurer since 2007. Tana is also a member of VPhA, APhA, ASHP and ASCP. Tana and her husband Scott reside in Montpelier, VA and are expecting their first child in February 2009.

**Mark A. Vaughan**

Mark graduated with his Doctorate of Pharmacy degree from the MCV/VCU School of Pharmacy in May 2006. He is currently employed by Wyeth Consumer Healthcare as a Research and Development Scientist. Mark serves as the Director for Region F of the Virginia Pharmacists Association and is a member of the VPhA Legislative and Meetings/Education Committees. Mark lives in Midlothian with his wife Sarah who is a Pharmacist for Walgreen's.

**Michelle Herbert**

Michelle Herbert gained her pharmacy degree from MCV and pharmacy doctorate from the University of Kentucky. She completed a residency at MCV Hospitals. Following her training, Michelle joined her family business at Richmond Apothecaries as the clinical director. She has helped the pharmacies develop specialized cardiovascular, diabetes, and immunization services for the patients of Richmond Apothecaries pharmacies and now serves as the director of their diabetes education program, Brema Diabetes Lifecare. She has also played an active role in training other community pharmacists to provide specialty services. Michelle has served in various leadership roles including the Richmond Pharmacists Association, Virginia Pharmacists Association, and American Pharmacists Association and their Foundation. She is also an active member of the American Diabetes Association, American Association of Diabetes Educators, and both of their local chapters. She has been awarded the 2007 Eileen B. Stiff Local President's Award, and the 2008 Distinguished Lecture Series Honoree at the Shenandoah School of Pharmacy.

# FLU VACCINE

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**By Jessica Boyd PharmD. Candidate 2009**

**What is the flu? And how is it spread?**

The flu is a respiratory disease caused by the influenza virus which can be spread from person to person. The mode of transmission is through droplet spread, meaning that when an infected person coughs or sneezes, they propel respiratory droplets into the air and area around them. Another person may come into contact with these droplets either directly (droplets may deposit directly on the nose or mouth of another person) or indirectly (droplets may deposit on an object and another person comes into contact with them and then touches their mouth or nose before washing their hands). An infected person is able to spread the flu to others beginning one day before symptoms develop and lasting up to five days after becoming sick. This means that you can infect others before you even know you are sick!

**What can I do to prevent becoming sick?**

One of the two main things that can be done to prevent the spread of the flu is to wash your hands thoroughly with soap and warm water before touching your eyes, nose, or mouth. However, the most important way to prevent the

spread of the flu is to get a yearly flu vaccine at your local pharmacy or doctor's office. Two types of flu vaccines are currently available:

- The flu shot – an inactivated vaccine, meaning that it contains a killed virus, which is given with a syringe.
- The nasal spray flu vaccine – a vaccine that is inhaled through the nose and contains a live but weakened flu virus. It is important to note that pregnant women **should not** be administered this type of flu vaccine.

### **Does it matter when I get vaccinated?**

Antibodies that provide protection against infection usually develop two weeks after the vaccine is given and will last approximately six months. Thus, it is important for people to be vaccinated in October and early November so that they are covered for the flu season, which typically peaks in January. It is also important to note that you need to be revaccinated against the flu every year as the strains in the vaccine change based on international surveillance and scientists' estimations about which strains will circulate in that year. The three new virus strains contained in the vaccine for the 2008-2009 flu season are A/Brisbane/59/2007(H1N1)-like virus, A/Brisbane/10/2007 (H3N2)-like virus, and B/Florida/4/2006-like virus.

### **Who should be vaccinated?**

It is recommended that the following people be vaccinated:

- Children between the ages of 6 months and 19 years
- Pregnant women
- People older than 50
- People with chronic medical conditions, regardless of their age
- People living in nursing homes and long-term care facilities
- People who live or care for those at high risk for complications from the flu – this includes health care workers and household contacts/caregivers for high risk people and children less than 6 months of age.

While everyone should get vaccinated, certain people should not be vaccinated without first speaking with a physician. They include: those with a severe allergy to egg; those that had a severe reaction to a flu vaccine in the past; those who developed Guillain-Barre syndrome within six weeks of getting a flu vaccine previously; children less than six months of age; and the people that are currently ill with a fever (these people should wait until symptoms lessen and then get vaccinated).

### **Additional Resources**

For more information on influenza and the vaccines available, please visit the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu).

\*\*Adapted from AAP: <http://www.medem.com/MedLB>

# Richmond Pharmacist Association

## 2008 Annual Survey Results

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Thank you for participating in this year's annual survey. The information you provide is an important part of the planning process for each year's agenda.

What would you like to see the Association do for you? The most common response to this question was wanting more local CE credits incorporated with the meetings. Also information on association news, legislative updates and a review of the Regional Director's report is requested at each gathering. There has been a keen interest shown in having the Association participate in health fairs.

How often would you like the meetings held? The meetings overwhelmingly were asked to be held monthly, both evenings for dinner and mornings for breakfast however there were several asking for bi-monthly or quarterly events.

What format would you like for the meetings to take? The meeting format used so far, social gathering before dinner/breakfast followed by the scheduled speaker seems to work for the majority.

What is the most efficient / convenient form of communication? U.S. Mail along with e-mail notification win hands down.

Suggested topics for upcoming meetings: The topics requested to be heard at the meetings are timely and interesting: Restless Leg Syndrome, Back Pain, Cholesterol, Cardiac Arrest, Lipid Management, Diabetes and Diabetic Management, Mental Health, Kidney Disease, New Drug Approvals, Medicine Updates, New Studies Contradicting Conventional Wisdom, New Pharmacy Technology, Pediatric Medicines, Law Reviews, Top Ten Drug Interactions (Rx & OTC), Special Populations, Hypertension, Alzheimer's.

Please contact leadership with any new suggestions or comments you may have.

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