



# SDCPhA Voice

Newsletter of the San Diego County Pharmacists Association  
www.sdcpha.com

California Pharmacists Insurance Services

September 2001

Editor: Gene Tunick, R.Ph.

Volume IV, Issue 5

## Why Be Certified In Basic Life Support?

Basic Life Support, which includes C.P.R., can be a matter of life and death. Granted, you may never have to use B.L.S. in your daily practice, but there is always a possibility something serious can occur. The B.L.S. skills are not only pertinent to hospital or long term care pharmacist. Community, Mail-order, Industry, and all other pharmacists should know B.L.S.

Basic Life Support is a class that consists of Cardio-Pulmonary Resuscitation (CPR), and life style

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## Final Call For SDCPhA Nominations

If you are interested in running for an officer position of the San Diego County Pharmacists, please indicate your interest by phone/fax 619-464-8298 or e-mail GenerPh@aol.com, no later than Sunday, September 30.

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# SERVE YOUR COMMUNITY

San Diego DMAT CA-4

It is the 1950s and an unnamed hurricane hits the southeastern United States coast leaving great destruction and loss of life in its' wake. Although the local hospitals and EMS staff struggle, they somehow seem to manage the catastrophe. Contrast that with hurricane Floyd from 1999. Where Floyd was responsible for major destruction and loss of life, it also caused the greatest peacetime evacuation in this nation's history.

When a disaster such as this occurs, the local medical infrastructure cannot fully support the surrounding community. Primary care facilities, even with existing staff, will likely experience saturation during the first 72 hours. At this point, local officials along with the governor of the state would call upon the federal government for additional medical support.

Through a "memorandum of understanding" signed in 1991 with the National Disaster Medical System (NDMS), a branch of the U.S. Public Health Service (USPHS), the San Diego Disaster Medical Assistance Team (DMAT) was formed. Comprised of volunteer physicians, pharmacists and techs, nurses,

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# Calendar of Activities

September 24 – 28, 2001

Antibiotics Awareness Week

October 4, 2001

CPhA Board of Trustees Meeting, John Ascuaga's  
Nugget, Reno, NV

October 5-7, 2001

Western Pharmacy Education Faire,  
John Ascuaga's Nugget, Reno, NV

November 18, 2001

PTCB Examination

February 8-10, 2002

CPhA Annual Meeting  
San Francisco Airport Marriott

September 27-29, 2002

Western Pharmacy Education Faire,  
Sheraton Grand Sacramento,  
Sacramento, Calif

# Come Up A Winner Every Time With CPhA!

*Hit the jackpot with the  
wide variety of insurance  
programs sponsored  
by the California  
Pharmacists  
Association!*

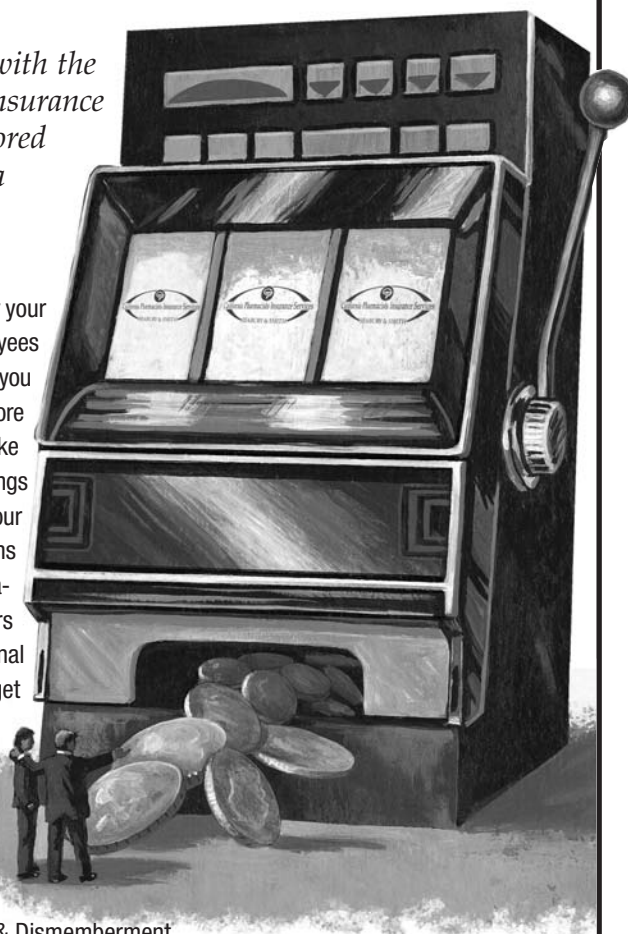
You need insurance for your business, your employees and your family. But you don't need to pay more than you have to. Take advantage of the savings enjoyed by many of your colleagues on programs like Workers' Compensation, Business Owners Package and Professional Liability. And don't forget these other plans: Long Term Disability, Medical, Term Life Insurance, Long Term Care, Auto & Homeowners, and Accidental Death & Dismemberment.

**Call a Client Service Representative  
to find out more information today!**

**1-888-926-CPhA**

or e-mail us at [CPhA.Insurance@marshmc.com](mailto:CPhA.Insurance@marshmc.com)

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# Patient's Guide to Pharmacy Etiquette

1. Be sure to stare at the pharmacist while your prescriptions are being filled. Staring at the pharmacist makes him/her work faster.
2. Never remember the name of the medication you want refilled. By calling it "the little white pill" you are sure to receive the correct medication.
3. When calling in eight prescriptions or more, always arrive at the pharmacy to pick them up within ten minutes. It is okay to hurry pharmacists. If they make a mistake it won't kill you or anything.
4. Feel free to ask the pharmacy staff for the exact price of your prescription before it is filled. The staff should know every copay for every plan for every insurance company off the top of their heads.
5. Always ask how long it will take to fill a prescription. If you're lucky, you will get it for free if it's not ready in 30 minutes or less. Also, be sure to ask if the prescription is ready every five minutes. Pharmacists often keep them after they are ready just to piss you off.
6. Be sure to complain about the copay. The copay is set on the whim of the pharmacist and has nothing to do with the insurance company.
7. It is not necessary to present your insurance card, or even know the name of the insurance company. Pharmacists are psychic and know everyone's insurance.
8. Pharmacies encourage forgery. When picking up a prescription for someone else, please forge the name.
9. Upon calling for a refill for a maintenance medication without refills, always question why the doctor has to be called when you've taken the same medication for years. It is only a myth that the prescription medications have to be ordered by a doctor.
10. Always question why the insurance company is so concerned with you getting Prilosec ten days too soon. After all you're paying \$5 for it, and that's all it costs.
11. Over the counter displays are put there in order to entertain children. Please encourage them to play with items and even open one or two.

## ***Come Join Us!!***

We hold our board meetings on the first Tuesday of each month at the San Diego VA Hospital. Members are encouraged to attend. Meetings start at 7p.m. and are held in the pharmacy conference room located in the basement. For more information, please call us at (619) 464-8298. Our next meeting is September 5th.

***Be an active Pharmacist  
Support your Profession  
Join the San Diego County  
Pharmacists Association***

### **Membership includes:**

Continuing Education  
Political Action  
Fun Activities  
Career Opportunities  
Membership in the California  
Pharmacists Association (CPhA)

***Join now and register to win FREE  
registration to a CPhA Annual Meeting or  
CPhA's Western Ed Faire***

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City & Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Practice setting:** \_\_\_\_\_

**Method of payment:** \_\_\_\_\_

**Please complete and fax to: (619)464-8298  
Or mail to: SDCPhA 6549 Mission Gorge Rd.,  
PMB #101, San Diego, CA 92120**

## **NEW DRUG SPOTLIGHT**

*by Helen Park, PharmD*

### **NAME**

Comtan (entacapone)

### **MOA**

Selective and reversible inhibitor of catechol-O-methyltransferase (COMT)

### **INDICATION**

Used as an adjunct to levodopa/carbidopa to treat patients with Parkinson's Disease who experience signs of end-of-dose wearing-off

### **CONTRAINDICATION**

Patients who have hypersensitivity to the drug or its ingredients. Use with caution in patients with impaired hepatic function.

### **DOSE**

200 mg administered concomitantly with each levodopa/carbidopa dose to a daily maximum of 8 tablets

### **COMMON SIDE EFFECTS**

Dyskinesia, nausea, diarrhea, urine discoloration, abdominal pain, dizziness, dry mouth, fatigue, dyspnea, hypotension/syncope

### **DRUG INTERACTIONS**

In vitro studies have shown that Comtan inhibits human CYP enzymes 1A2, 2A6, 2C9, 2C19, 2D6, 2E1 and 3A at high concentrations.

### **PATIENT CONSULTATION**

Rapid withdrawal or abrupt discontinuation of Comtan can lead to Parkinsonian symptoms and may also lead to Hyperpyrexia and Confusion. Patients must be monitored very closely when discontinuing the drug.

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## Why Be Certified in Basic Life Support?

changes that can help everyone, even your family and neighbors. It is initially an eight hours class, where half the time is lecture and the other half is practicing on a mannequin. After you successfully pass the class, you will receive a little card that says your certified to give CPR This certification lasts for 2 years, and requires a 4-hour class for re-certification.

Hospital pharmacists are not the only pharmacists that need to know BLS Every pharmacist should be certified. Your job may be a desk job or research, but that doesn't mean you're not a pharmacist away from your desk. Your family and neighbors know you're a health care provider. If someone is choking or having a heart attack, whom would they come to first? It would be you! Don't take that chance. It is easy to do, and the rewards can be great, especially if it is a family member. Remember someone's life may depend on you.

by Aaron Swann

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## Serve Your Community

paramedics, EMT's, supply, communication and logistic people, the San Diego DMAT CA-4 is one of over 42 teams across the country and is able to deploy to a disaster site within 6-8 hours of being notified. Once there, the role of the DMAT is to support the regional primary care facilities until the local area can restore this critical function.

Even though DMATs are made up of volunteer staff, if federally activated, each member becomes an employee of the U.S. Public Health Service (USPHS) for the period of deployment and is paid a stipend based on their job category. Additionally, all state professional licenses becomes "federalized", allowing us to practice within our scope in all US states and territories. For more information or if you are interested in becoming a member, we invite you to e-mail us or visit the team website at <http://home.san.rr.com/drchef/>

by John Johnson, Pharm.D. ([sjrxprn@mail.com](mailto:sjrxprn@mail.com)), Michael Jones, Pharmacy Technician ([mr20jones@hotmail.com](mailto:mr20jones@hotmail.com))

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## Final Call for Nominations

Ballots will be sent out in the month of October.

Nominations received thus far are as follows:

President-elect	Shaun Young
Vice-president	Randy Moore
Secretary	Nicole Dolder
Board of Directors	Clayton Boquet
(3 positions)	Eric Gupta
	Aram Penaranda
	Katie Wilkins

(David Mitchell is currently in the middle of a two year term as Treasurer)

Respectfully submitted,

SDCPhA Nominations Committee  
Poonam Patel  
Gene Tunick  
Chris Woo, Chairman

## SDCPhA Officers For 2001

President:	Aaron Swann
President Elect:	Helen Park
Vice President:	Shaun Young
Secretary:	Poonam Patel
Treasurer 1st Year Of 2 Year Term:	Dave Mitchell
Past President:	John Ahearn
Board Of Directors:	S. John Johnson
	Eric Gupta
	Randy Moore
Executive Vice President	Gene Tunick

## **San Diego County Pharmacists Association**

Website: [www.sdcpha.com](http://www.sdcpha.com)

6549 Mission Gorge Road, #101

San Diego, CA 92120

ADDRESS CORRECTION REQUESTED

Newsletter Editor: Gene Tunick

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Thanks to **Seabury & Smith, Inc.** for production of our newsletter.  
**Seabury & Smith, Inc.** is the exclusive administrator of the California Pharmacists Association sponsored insurance programs.  
Call **(888) 926-CPhA** for information about the programs available or e-mail them at **CPhA.Insurance@marshmc.com**.

# Have You Moved?

*Please update your information for our records*

Name: \_\_\_\_\_

**Former** Address: \_\_\_\_\_

**Former** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New** Address: \_\_\_\_\_

**New** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New** Phone: (\_\_\_\_\_) \_\_\_\_\_

**New** Fax: (\_\_\_\_\_) \_\_\_\_\_

# Do We Have Your e-Mail Address???

Name: \_\_\_\_\_ e-mail address: \_\_\_\_\_