



# NEW HAMPSHIRE PHARMACISTS ASSOCIATION

## PHARMACY ASSOCIATION NEWSLETTER



Distributed as a service to the professionals of pharmacy.

1-603-229-0292 -- <http://www.nhpharmacists.org/>

### MAKING A DIFFERENCE...

One day, people were witness to a strange sight. A young man was tossing beached starfish back into the sea as he walked along the beach. When he was questioned about his actions, the man said he was working to make a difference. But with so many starfish stranded on the beaches, and so many miles of beaches, what difference could one man's action make? When asked this question, the young man reaches down to pick up another starfish and tosses it back into the water. "It makes a difference . . . to this one," he replied.

In pharmacy we have many beaches. We have the beach of third party reimbursement and mail order. We have the beach of drug re-importation, drug counterfeiting, and drug diversion. There's the staffing beach, the long hours beach and the difficult customer beach. There's even the beach of legislation and law. There are actually too many beaches to mention. But let's not forget the starfish. There's the starfish who just lost her partner in life after 30 years and is confused about more than just her medicine. There's the starfish whose 8 year old just was diagnosed with diabetes. There is the starfish who is cutting his time-release medication in half to save money as it was twice what he was taking before. You name it, and there will be a starfish who suffers from it.

Here is my challenge to you. As a pharmacist take the time and help one starfish, one person who comes to you looking for an answer. As a pharmacist take one extra minute in your day to touch one patient's life in a more meaningful way. As a pharmacist, stay informed and active in your Association, fighting for pharmacists and patients. Get involved. Make a difference. One starfish at a time.

### WORKING FOR YOU

The *New Hampshire Pharmacists Association* maintains a full time lobbyist to monitor and act on all the new legislation that affects pharmacy. Unlike the many other professional organizations, the *New Hampshire Pharmacists Association* is interested in all forms of legislation that affect all of the aspects of the profession and does not act on issues of special interest only.

As the year progresses, we will present a summary of the more important pieces of legislation that affect the profession of pharmacy and will solicit your comments and participation to further our profession. Everyone is welcome to participate. We represent all of pharmacy including the public, the pharmacists, and the technicians. Join with us to further our profession.

Mark your calendars!!! The next NHPA CE program is a  
Law Review on Monday June 20, 2005.

## Scholarship Application

The NHPA awards scholarships every year to students who pursue a career in pharmacy at an accredited college. If you know a worthy pharmacy student from New Hampshire enrolled in a full-time curriculum at a college of pharmacy accredited by the American Council on Pharmaceutical Education and in at least their third-year, please direct them to <http://www.nhpharmacists.org/scholarship.asp> for an application.

### ALL TECHNICIANS:

***Do you feel like you are left out of what is going on in the Pharmacy Community?*** Well here is a solution! Not only Pharmacists can be members of the NH Pharmacists Association. If you join now, you would then get caught up on updated pharmacy issues such as new rules that have been put in place and increased legal responsibilities that are ever-changing, 5 free CE credits which can be used throughout the year, information on upcoming CE's, and legislative representation for all of you out there that would like to voice your opinions. So why wait! The fee (\$25 per year) is a very small price to pay for rewarding benefits.

### TECHNICIAN TIPS

In an effort to serve our members who are pharmacy techs, each month a different topic will be explored that's relevant to our profession. We hope you enjoy and learn from this newsletter and please feel free to contact us with suggestions for topics that you would like to see discussed in this forum.

#### Calculating IV flow rates

To determine the flow rate of a parenteral solution, the following formula is used:

$$\text{drops/minute} = \frac{\text{ml of solution} \times \text{number of drops/ml}}{\text{minutes of administration (hrs X 60)}}$$

example: Determine the flow rate to be used to infuse 2 liters of D5W over 12 hours if the set delivers 10 drops per ml

$$\text{drops/minute} = \frac{2000 \text{ ml} \times 10 \text{ gtts/ml}}{12 \text{ hrs} \times 60 \text{ min/hr}}$$

$$\text{drops/minute} = \frac{20,000}{720}$$

$$X = 28 \text{ gtts/min}$$

Mark your calendars!!! The last NHPA CE program this year is the "Last Chance Conference" on Sunday December 11, 2005.

## Are You Practicing Pharmacy?

Are you concerned about your long term future? Is participating in health care important to you? Do you like the direction your profession is taking? Have you felt that it's time to do something?

**Now is the time!**

Unlike other organizations, the **New Hampshire Pharmacists Association** represents all practice fields of pharmacy. "The mission of the **New Hampshire Pharmacists Association** is to enable pharmacists in all practice settings to have the ability to provide pharmacy care through coordinated health care services and collaborative practice with other health care providers, and further, to encourage through a professional society creative thoughts and ideas relating to pharmacy practice and disease state management."

Become involved. It doesn't take much time to make a big difference. Committee openings are now available. Joining is easy and inexpensive. And, there are direct benefits. For a small yearly dues you receive an invitation to become an active participant in your future. In addition, membership to the **Association** allows you to use 5 free CE credits in any of our education programs throughout the year. In 2005 alone, the organization plans on at least five different programs for you to choose from. We started in January with an all day 5 CE live law review and will extend straight through to December with the "Last Chance Conference". It's your choice.

Simply fill in the attached membership application and you are on your way to help solidify your profession and your future. Your opportunity for success is in your own hands. Put them to work and join your **New Hampshire Pharmacists Association**. It will be good for you and good for us all. Now is the time to act.

Name: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_  
Address: \_\_\_\_\_ Work Place \_\_\_\_\_  
City / Town: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Work Fax: \_\_\_\_\_

Home Phone: \_\_\_\_\_

|                            |          |
|----------------------------|----------|
| PHARMACIST MEMBERSHIP DUES | \$75.00  |
| RETIRED PHARMACIST DUES    | \$45.00  |
| PHARMACY TECHNICIAN DUES   | \$25.00  |
| STUDENT MEMBERSHIP DUES    | \$10.00  |
| CORPORATE MEMBERSHIP DUES  | \$500.00 |

Mail to:  
NHPA  
Two Eagle Square  
Suite 400  
Concord, NH 03301-8905

*When you attend one of our CE Programs or Law Reviews during the year, you may use your credit hours to attend the program at NO CHARGE. Please mail this application invoice and your check to the address below. Checks made out for membership are ONLY for membership in the 2005 calendar year.*

For CE programs as well as general information about your association  
please view us on the web at <http://www.nhpharmacists.org/>

From  
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**TO**

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**New Hampshire Pharmacists Association**, a service to the community through  
education and professional services to the Profession of Pharmacy.