



IPhA & MPA  
**PHARMACY  
CONFERENCE 2021**  
*Refresh. Refocus. Reignite.*

This year the Missouri Pharmacy Association (MPA) and the Illinois Pharmacists Association (IPhA) will join together in St. Louis for a Joint Annual Conference to be held October 21-24, 2021.

Join pharmacy professionals in all practice settings from two midwestern states to get energizing education, best practices, and networking opportunities. We are planning a wide selection of education sessions for you to participate in earning up to approximately 18 hours of CPE. Check out the schedule below and register online.

REGISTER: [www.morx.com/conference](http://www.morx.com/conference)

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## Educational Sessions

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### Thursday, October 21

- 12-3p**            **MPA Board of Directors Meeting**
- 2-7:30p**        **Registration Open**
- 3-4:30p**        **Keeping Up-to-Date, with so Little Time: Newly Approved Medications Review 2021**  
Medications are constantly being reviewed and approved by the FDA, as health care providers it is our responsibility to stay up to date with these newly approved medications. There were 53 FDA approved medication in 2020 and there have been 26 newly approved medications as of June 2021. This presentation will be relevant to all pharmacist and pharmacy technicians to help them learn basic information regarding new medications that have been approved in the past 12 months. The presentation will highlight selected new medications to review each medications indication, specific mechanism of action, dosing information, contraindications, precautions, adverse drug reactions, drug interactions, special administration techniques (when needed), and potential place in current therapy. The presentation will also highlight any special patient instruction or monitoring parameters for providers to take into account when prescribing these new medications. (e.g. injection techniques, priming requirements) New generic medications will be presented, along with any updated FDA recommendations or recent labeling changes to mainstream medications.
- 4:45-5:45p**    **Weeding Out the Truth: The Pharmacist Role in Medical Cannabis**  
The goal of this program is to discuss how medical cannabis has become a therapeutic alternative and the impact this has on pharmacy practice. It will focus on describing how both medical and recreational cannabis use has increased. The program will provide information on fundamentals of medical cannabis including pharmacology, therapeutic use and patient impact.
- 7-9p**            **President's Welcome Reception**

### Friday, October 22

- 6:45a-4p**        **Registration Open**
- 7-7:15a**        **Breakfast**
- 7:20-8:20a**    **Product Theater provided by AstraZeneca**
- 8:30-9:30a**    **Optimal Prescribing of Pain Medications Workshop**  
The Optimal Prescribing for Pain Management workshop seeks to train pharmacists in educating and collaborating with other health care providers and their communities through the use of four targeted toolkits. Toolkits are designed as turn-key educational presentations for pharmacists to promote optimal pain management including current guidelines, recommendations for tapering of opioids and benzodiazepines, and risk mitigation strategies of naloxone co-prescribing and use of the prescription drug monitoring program (PDMP). During the program, pharmacists will review the current

status of the opioid epidemic, communication strategies for reaching prescribers, learn about available resources and materials for participants, and develop an action plan for dissemination.

8:30-9:30a

**Tips and Tricks to Optimize Dispensing and Use of Injectable Diabetes Therapies**

People with diabetes are at risk of acute and chronic adverse health outcomes. The risk and severity of complications dramatically increases when medications are not dispensed or used properly. Pharmacy personnel play a key role in ensuring that diabetes medications and devices are ordered and dispensed correctly, and pharmacists must verify that patients are able to appropriately self-manage and administer injectable therapies. This session will provide tips, tricks, and hacks for the pharmacist and technician to assist with optimal diabetes care when ordering, dispensing, and educating patients about injectable diabetes treatment.

9:40-10:40a

**Sexual Dysfunction in Women**

Sexual dysfunction in women is as common or more common than sexual dysfunction in men, but due to delays in research in the area and the much more complex arousal and orgasm pathways in women than in men this important area of quality of life has often been ignored. This presentation will review the importance of intimacy and sexuality in a patient's quality of life, and offer insight into the role of the pharmacist in helping patients address the important issues of low libido, painful intercourse and the inability to achieve an orgasm.

9:40-10:40a

**The First Step to Medication Adherence is Affordability: Addressing Medication Cost Barriers for Medicare Patients**

The first step to taking any medication is access. For most patients, this means purchasing medications from a pharmacy. Medicare prescription drug coverage is complex, and seniors can be caught off guard by medication costs. Adding to the complexity of the situation are strict rules on what manufacturer resources can be used with Medicare coverage. This presentation will explore drug cost resources that can be legally used for Medicare coverage and how to apply them to help your patients take the first step towards medication adherence without breaking the bank. Pharmacists across a variety of settings can help patients understand their eligibility for these programs, leading to improved patient adherence and clinical outcomes, and increased prescription volume and revenue.

10:50a-12:20p

**General Session Keynote**

12:30-2p

**MPA Awards Lunch**

12:30-2p

**IPhA Awards Lunch**

2-6p

**Patient Counseling Competition**

2-6p

**Business Plan Competition**

2:15-3:45p

**Annual Diabetes Update – Managing Diabetes in 2021**

This presentation will provide a summary of the 2021 American Diabetes Association (ADA) Standards of Medical Care in Diabetes, focusing on changes from the previous year's edition, recent literature, and emerging and or practice-changing evidence. This will include a review of current insulin products and key pearls for safe and efficacious use. The presentation will also discuss the additional clinical considerations for concomitant disease states alongside diabetes and how such patient-specific factors should guide treatment. Finally, the presentation will provide a review of available products and technological changes within the realm of diabetes management, such as formulation and dose changes and drug delivery devices.

2:15-3:45p

**DSMES: A Starting Point for Clinical Services**

Diabetes Self-Management Education and Support (DSMES) Accreditation through Association of Diabetes Care and Education Specialists (ADCES) is the starting point for preparing and adding additional patient-care services into the pharmacy workflow. With DSMES, the pharmacy will go through preparations and develop processes for implementing classes, individual appointments, and learn the ins-and-outs of medical billing and documentation. In this course, participants will get an overview of becoming an accredited site to provide DSMES programs and services. They will also be exposed to the process and preparation required to become accredited as well as next steps for implementation and sustainability of their program.

4-5p

**Ending HIV Epidemic: Role of Pharmacists in HIV Prevention**

The US Department of Health and Human Services launched HIV Ending the HIV Epidemic: A Plan for America. This movement aims to reduce HIV infections in the US by 90% in 2030. This presentation aims to provide information regarding this movement, provide information about HIV prevention and, the role of pharmacists in HIV PrEP. This presentation aims to inspire pharmacists to get involved in the HIV PrEP continuum.

4-5p

**New Treatment Options in Sickle Cell Disease**

Sickle cell disease (SCD) is the most commonly genetic blood disorder in the United States, affecting approximately 100,000 individuals. The acute and chronic complications of SCD have an impact in multiple organ systems. Hydroxyurea and L-glutamine were the only pharmacotherapeutic options for treating patients with sickle cell disease (SCD) prior to the approval of crizanlizumab and voxelotor by the U.S. Food and Drug Administration (FDA) in November 2019. Crizanlizumab, a P-selectin inhibitor, and voxelotor, a sickle hemoglobin polymerization inhibitor, offer a new treatment options targeting different pathophysiology of SCD. This presentation will describe the existing evidence on use of these two new agents in SCD, and provide the providers with knowledge on how to utilize them.

**5:15-6:15p Hacking Solutions to Pharmacy Challenges**  
Hackathons, events traditionally associated with computer programming competitions, are simply events that engage individuals in creative problem solving. They can be used to engage pharmacists and pharmacy technicians in quality improvement, build creative thinking skills, and spark innovation. In this session, participants will first learn the basic structure of a hackathon, and then reflect on challenges within pharmacy specific to their workplace as a problem to solve (i.e. pharmacist and pharmacy technician burnout, reimbursement for cognitive services, etc). The session facilitator will then lead participants in a hackathon to brainstorm solutions to their pharmacy dilemma. This session will be fun, engaging, and participants will leave with an innovative new idea ready for implementation and study.

**5:15-6:15p Emotional Intelligence and Mindfulness: What is the Connection?**  
During this application-based session, participants will explore the neuroscience and research regarding mindfulness and meditation. Additionally, the link between mindfulness/meditation and the development of emotional intelligence will be discussed. Participants will also be encouraged to participate in an activity (ies) that supports emotional intelligence enhancement.

**7:30-9:30p IPhA House of Delegates**

### Saturday, October 23

**6:45a-4p Registration Open**

**7-7:20a Breakfast**

**7:20-8:20a Educational Program provided by Novo Nordisk**

**8:30-9:30a Hot Topics in Women's Health: Menopause Therapy**

Menopause is an inevitable life event for all females. The peri-menopausal transition can have dramatic effects on female systemic health, cognition, mood, energy, and quality of life. The approach to management requires a thoughtful understanding of both the risks and benefits associated with treatment. The purpose of this session is to introduce the attendee to the previous viewpoints on HRT, the recent clinical trial data that has rebuked many previous perspectives, and discuss hot topics in the treatment of menopause including Vitamin D therapy, osteoporosis, management of CVD, and finally, the emotional toll of menopause with a focus on effects on mood, cognition, and depression. This session is applicable to pharmacists that are practicing in community settings and those who are board certified in ambulatory care or geriatrics but will also be beneficial to pharmacists in a wide variety of other practice arenas. It will provide individuals a comprehensive understanding on appropriate candidates for hormonal and non-hormonal therapies for menopause and how to minimize the impeding effects of menopause to enhance quality of life.

**8:30-9:30a Diabetes Prevention Program: Let's Not Sugar Coat It**

According to the CDC, 88 million adults in the US - more than 1 in 3 - have pre-diabetes. Additionally, 84% of these patients do not even know they have it. The CDC has created the Diabetes Prevention Program (DPP) to prevent or delay the onset of Type 2 Diabetes Mellitus.

**9:40-11:10a Illinois Pharmacy Law Review 2021**

**9:40-11:10a Missouri Pharmacy Law Review 2021**

**11:20-12:20a Are You Kidney Me? New Medications and the Pharmacist's Role in the Management of Chronic Kidney Disease**

With diabetes being the leading cause of chronic kidney disease (CKD), the number of patients diagnosed with kidney insufficiency is continually rising. Patients with CKD present a dynamic population of patients who have unique considerations when it comes to medical management of their disease states. This presentation will present the various methods that are available to evaluate kidney function, identify the changes in pharmacokinetic and pharmacodynamics parameters patients with CKD experience and how it relates to medication management, address common complications of CKD and their newer treatments, and introduce new literature surrounding sodium glucose cotransporter-2 inhibitors' role in improving disease pathology in CKD patients.

**11:20-12:20a Pharmacists Bring a Breath of Fresh Air to Chronic Obstructive Pulmonary Disease Management**

The speakers will review the prevalence and statistics associated with chronic obstructive pulmonary disease (COPD). The speakers will highlight current management recommendations from the 2021 Gold Guidelines and identify barriers associated with suboptimal COPD symptom control. The speakers will describe evidence-based targeted interventions geared towards improving quality of life, decreasing hospital admissions and decreasing emergency department visits for COPD patients. The speakers will review the steps associated with implementing a COPD service line in a medically underserved primary care clinic, including but not limited to: identifying key stakeholders and patients, creating documentation templates and training materials for pharmacy learners.

**12:45-2:50p Walk & Talk Lunch/Exhibits/Networking/Poster Presentations**

**3-4:30p Jeopardy - Test your OTC knowledge in a fun and interactive environment!**

**4:45-5:45p Analyzing the Impact of Pharmacy Technicians Trained as CHWs in the Independent Pharmacy Setting**

Community Health Workers (CHW) are trained health educators who assist in linking patients in need to resources and health information in their community. A pharmacy technician trained as a CHW is at the center of bridging patients to community resources that can address their health care needs. This is a prospective pilot study analyzing the impact of implementing pharmacy technicians as CHWs in three participating independent pharmacies. In the study, CHWs are given the primary responsibility as outreach coordinators and educators for patients in need. Our main objectives of the study are as follows:

identify the patient population utilizing CHWs, analyze the time and resources necessary for proper implementation of CHWs, and strengthen avenues to increase patient contact with the pharmacy. This novel research aims to demonstrate that pharmacy technicians trained as CHWs are capable of expanded roles to in improving patient outcomes, particularly in the management of chronic conditions. Key factors for a successful project include a streamlined process for identifying patients in need of CHW services and appropriate time management for training and education for CHWs.

4:45-5:45p

**Trimming the Fat: A Primer on Non-Statins Cholesterol Treatment**

This session will provide an update on the role of non-statin therapies for lipid-lowering and in the prevention of major cardiovascular events. Join us to refresh your knowledge of lifestyle interventions, over-the-counter products and supplements, and non-statin prescription medications. Key recommendations on the use of non-statin cholesterol treatment issued by the multisociety guidelines along with findings from pivotal cardiovascular outcomes trials will be reviewed.

6:15-7p

**Cocktails**

7-10p

**President's Banquet & Awards**

10p

**President's Reception**

**Sunday, October 24**

7:30-11a

**Registration Open**

8-9a

**Legislative Breakfast**

9:15-10:15a

**Trauma Informed Care**

The experience of trauma is common in our communities. It is estimated that nearly 70% of the United States adult population has experienced at least one traumatic event in their lives. Nearly 40% of adolescents have directly witnessed an act of violence. The Adverse Childhood Experiences (ACEs) study showed the powerful relationship between the experience of trauma and physical and mental health disorders experienced later into adulthood. The biology surrounding the experience of trauma demonstrates that chronic trauma is toxic to brain development but also to a person's physical health or mortality. The more ACEs reported, the more likely a person is to develop heart disease, cancer, diabetes, depression and substance use disorders. Beyond individual trauma, community trauma is embedded within systemic inequities, such as a lack of affordable and safe housing, community violence, systemic discrimination and limited access to economic mobility. Becoming trauma-informed means realizing the commonality and impact of trauma within our communities, recognizing the signs and symptoms of trauma, and actively seeking to avoid re-traumatization. It is critical for future pharmacists and current pharmacists to be knowledgeable and prepared to provide care with an understanding of how trauma impacts our community and each individual patient.

10:30a-12:30p

**Needle Facts: Immunization Update 2021**

The Advisory Committee on Immunization Practices (ACIP) meets three times a year to review and update immunization recommendations. With the frequently changing immunization recommendations, staying up-to-date can be challenging. This session will discuss the new 2021 ACIP recommendations regarding adult and pediatric immunizations. Also included will be a review of influenza vaccine considerations to prepare for the 2021-2022 season. The session will conclude with patient cases to evaluate immunization history information and determine appropriate vaccine recommendations based on the appropriate immunization schedule.

1-2p

**CPR** - Is it time to update your CPR certification? Register for this program in advance is there is self-study material that will need to be completed prior to the live skills assessment.

For more information on the conference, including a detailed schedule with the list of speakers, visit [www.morx.com/conference](http://www.morx.com/conference). Sessions are subject to change.

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