

UNIVERSITY of WASHINGTON



GERIATRIC PHARMACY NEWS

UW SCHOOL OF PHARMACY GERIATRIC PROGRAM

Welcome to the inaugural issue of UW School of Pharmacy's Geriatric Pharmacy News!



We will share this newsletter twice a year to keep you connected with the research, education, and growth of our premier Geriatric Pharmacy Program. 2015 was a great year for our program, faculty and students. We welcomed a new faculty member, Zach Marcum, from University of Pittsburgh; saw geriatric pharmacy research go global; graduated a wonderful group of students earning the Plein Certificate in Geriatric Pharmacy; and celebrated the life and legacy of Joy

Plein, a pioneer in geriatric pharmacy. As the population of older adults continues to grow, so does the importance of our work. The goals of our program are to improve the health of older adults by: providing community outreach; training pharmacists to be competent in providing care for medically complex older adults; and conducting research to improve the safe and effective use of medications. Please enjoy our newsletter and we look forward to seeing you in 2016 at one of our upcoming events.

--Shelly Gray, Professor & Director of Geriatric Pharmacy Program, sgray@uw.edu

NEW FACULTY



Zach Marcum, Assistant Professor, Department of Pharmacy

Assistant Professor Zachary A. Marcum began in January 2015. In 2014, Zach completed his Ph.D. program in Clinical & Translational Science at the University of Pittsburgh's Institute for Clinical Research Education. He holds an M.S. from University of Pittsburgh and a PharmD (cum laude) from Butler University in Indianapolis, IN.



He conducts clinical research to measure and improve medication adherence and drug-related problems for older adults. Zach is conversational in American Sign Language and likes his coffee BID (i.e., twice daily).

Rachel Firebaugh, Clinical Instructor, Department of Pharmacy

In her role as a Clinical Instructor, Rachel serves as the Interim Community Residency Program Director, Co-Course Master for the PY1 Skills Series and also works as a Consultant for UW Pharmacy Cares. Beyond her work at UW, she is a per diem clinical pharmacist in the Prescription Renewal Program at the Polyclinic. A UW undergraduate alumna, she earned her MPH at University of Montana and her PharmD at Pacific University. In addition, she completed a PGY1 Community Practice Residency with the UWSOP/Bartell Drugs and has had experience in a number of ambulatory settings and pharmacy informatics. Rachel loves the Northwest including all the great cozy coffee spots and opportunities for outdoor adventures--her favorite way to start the day is with a grande triple latte!



**LIFE
CHANGING
RESEARCH**

Medications may increase dementia risk

[Higher dementia risk was linked to higher use of common drugs](#) in a study by **Dr. Shelly Gray** that was published in *JAMA Internal Medicine* on January 26, 2015. This research was also featured on the [UW Home Page](#), [UW 360](#) and [Columns](#) as well as numerous publications world wide.

Can medications increase your chance of falling?

Drs. Zach Marcum and Shelly Gray published two research studies about medications and falls risk: "[Antihypertensive Use and Recurrent Falls in Community-Dwelling Older Adults: Findings from the Health ABC Study](#)" published in the *Journals of Gerontology: Medical Sciences* and "[Anticholinergic Use and Recurrent Falls in Community-Dwelling Older Adults: Findings from the Health ABC Study](#)" published in the *Annals of Pharmacotherapy*.

New grant to improve training to providers for care of older adults

[UW receives \\$2.5M grant for new center to increase health workforce geriatrics expertise](#). Providers and trainees in the WWAMI region will learn to better care for older adults. **Peggy Odegard and Zach Marcum** assisted with the grant preparation; Zach to represent Pharmacy.

PREMINENT STUDENTS



Plein Scholars Selected

Five students were selected to receive four scholarships from the Plein Endowment for Geriatric Pharmacy Research in the amount of \$5,000 each. The scholarships are intended to foster student interest in geriatrics-related research. Students are encouraged to present their findings at professional meetings. Recipients for the 2015-2016 academic year are: Marian Dobles (Falls Prevention Initiative Evaluation), Alaina Jewell (Needs Assessment for Pharmacist Home Visits for Geriatric Patients in Seattle), and Emily Kill (End-of-Life and Long Term Care Education in Schools of Pharmacy). Rebekah Sadikin and Julie Koh (Pharmacists Learning to Advocate Nutrition in Elders with Diabetes [PLANNED]) will share an award.



2015 Geriatric Certificate Graduates

In June, we recognized fourteen students who earned the Plein Certificate in Geriatric Pharmacy at a special ceremony on campus. Family, friends, and faculty were there to share in the recognition of their accomplishment. By earning the Certificate, each of these students had demonstrated the skills necessary to care for the older adult population. These new graduates join

the ranks of nearly 350 other pharmacists who have earned the Certificate. For more information about the Plein Certificate in Geriatric Pharmacy, please view our [website](#).

EVENTS



Wednesday, January 27, 2016, 12:30-1:20 PM

American Society of Consultant Pharmacists' (ASCP) President Nicole J. Brandt will visit with the UW School of Pharmacy and WA State ASCP Chapter.

Dr. Brandt is Professor, Geriatric Pharmacotherapy and Director of Educational and Clinical Programs and Service, The Peter Lamy Center on Drug Therapy and Aging, University of Maryland. She is also a part-time consultant for a retirement community and a clinical pharmacist for a Baltimore VA dementia clinic.

Please join us for two different events on January 27th:

- **12:30-1:20 PM:** Presentation to students and faculty at Hogness Auditorium, UW Health Sciences Building (No registration fee.)
- **6-9 PM:** WA State Chapter ASCP dinner meeting at the UW Club. Presentation title: "Legislative and Regulatory Updates Impacting Consultant Pharmacists in a Variety of Settings." ([Registration](#): ASCP members \$25, nonmembers \$35; CE for pharmacists 2-credits (WSPA))

May 2016: Geriatrics Preceptor Appreciation Dinner--Details to follow; keep your eye open for an invitation in March 2016

We Celebrated Joy Plein's 90th Birthday and a Pioneering Legacy on November 10, 2015

Thank you to everyone who was able to join us in celebration of Joy's legacy at the Plein Symposium in Geriatrics! It was a wonderful afternoon filled with leading edge geriatric science, heartfelt tributes and touching memories of both Joy and Elmer Plein. Please enjoy the [pictures](#) and a wonderful [overview](#) of Joy's incredible career presented by Dr.



Bill Campbell (*Note: play begins automatically*). Many have asked how they can honor Joy at this milestone birthday. Please use the links below to make an honorary gift to one of Joy's and Elmer's funds: [The Plein Endowment for Geriatric Research](#); [Elmer M. Plein Research Fund in Pharmacy](#) and [Elmer M. and Joy B. Plein Endowment for Excellence in Pharmacy Education](#).

**TOGETHER
WE WILL**



Together we will name this newsletter! We need your help naming the UWSOP Geriatric Pharmacy Newsletter. Send your great ideas to Sarah Guthrie at gu3@uw.edu. A special thank you will be sent to the best suggestion!

