

# THE APOTHECARY

NEWSLETTER

WINTER 2023 - [nlpb.ca](http://nlpb.ca)

## Seasons Greetings

from the board and staff of the  
Newfoundland and Labrador Pharmacy Board

*May your holidays be merry and bright!*



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The official newsletter of the  
Newfoundland & Labrador  
Pharmacy Board.

Registered pharmacy  
professionals are responsible  
for reviewing all information  
within this publication.



@NLPHARMACYBOARD

Welcome to the Winter 2023 edition of *The Apothecary!*  
Please read all of the content in this issue. If you have  
any questions or comments please email [inforx@nlpb.ca](mailto:inforx@nlpb.ca).



## MESSAGE FROM THE REGISTRAR— Year in Review

As 2023 comes to a close, I find myself reflecting on this past year and I am pleased to see the many advancements that have been made in the pharmacy profession in the public's best interest.

In April, the provincial government announced changes to the Authorization to Prescribe Regulations to enhance pharmacists' prescriptive authority. The ability to further extend prescriptions, the addition of new approved ailments or conditions, and the addition of the ability to prescribe hormonal contraceptives all serve to increase accessibility to healthcare for patients in the province. More recently, changes to the Authorization to Administer Drug Therapy by Inhalation or Injection Regulations have enabled pharmacy technicians to become authorized to inject, which in turn allows pharmacies to increase their capacity to provide these services to the public. For further details on the changes to scope of practice of registered pharmacy professionals in 2023, please refer to the article on page 3 of this issue. In 2024, NLPB will continue to work closely with the Department of Health and Community Services on revisions to provincial pharmacy legislation to further enable and support pharmacy professionals in using the full extent of their expertise to meet the health needs of their patients.



Another important milestone this year was the launch of NLPB's Continuous Quality Improvement and Medication Incident Reporting Program, MedSTEP NL. The Quality Assurance team and MedSTEP NL Task Force have been working hard all year to develop the program and accompanying Standards of Practice. The first implementation deadline is the end of this year, at which time the pharmacist-in-charge (PIC) and pharmacy staff should have completed a review of the standards and all available resources, and started work on the development of a policy and procedure manual for MedSTEP NL. NLPB will continue to develop resources to support PICs and pharmacy staff in implementing the standards, with the goal to begin reporting aggregate data on medication incidents and near-misses in the province by 2025. For more information on the MedSTEP NL program, including implementation deadlines, please visit [nlpb.ca/medstep-nl](https://nlpb.ca/medstep-nl).

Also this year, the NLPB board and staff developed and published our 2023-2026 Strategic Plan. The strategic goals focus on supporting pharmacy professionals, improving access to health care, and strengthening trust in the regulatory process. Each goal was developed following a comprehensive risk analysis with consideration also given to the feedback we received during the consultation process and a review of the current regulatory environment on national and provincial levels. As we move into the new year, the staff and I will work to operationalize the plan, providing progress updates along the way. For a detailed review of the plan, including initiatives assigned under each goal and targeted completion dates for each initiative, please visit the NLPB website at [nlpb.ca/2023-2026-strategic-plan](https://nlpb.ca/2023-2026-strategic-plan).

Finally, I would like to acknowledge the tremendous work of pharmacy professionals in Newfoundland and Labrador this past year. Pharmacies have become an important touchpoint for patients throughout the province, to address their healthcare needs. However, with the increase of services available, there is also an increased demand on pharmacy professionals' time and expertise. As such, NLPB's 2023-2026 Strategic Plan aims to explore NLPB's role in pharmacy professionals' wellness and pharmacy staffing as we recognize these as important enablers to quality and safe care. Please take whatever time you can this holiday season to focus on your own wellness. On behalf of NLPB board and staff I would like to wish you a happy and restful holiday season. We look forward to working with you in the New Year!

Best Regards,

*Noelle Patten*



## PRACTICE UPDATES — Improving Integration of Pharmacy Professionals in 2023

NLPB has been working closely with the Department of Health and Community Services to expand the role of pharmacy professionals in the provincial healthcare system to ensure the public's needs are being addressed and that all persons have access to quality healthcare. NLPB is pleased to see much of this work come to fruition in 2023 in the form of legislative and regulatory change. Some of these changes include:

### Authorization to Prescribe Regulations and Standards of Practice:

- Ability for pharmacists to extend prescriptions for up to a year.
- Removal of the limitations on quantity of medication given during an extension to “the amount previously filled” and removal of the limitation related to an extension not being permitted if the prescription had previously been extended.
- Additions to list of approved ailments/conditions:
  - Conjunctivitis
  - Fungal Nail Infections
  - Herpes Zoster (Shingles)
  - Urinary Tract Infections
- Ability for pharmacists to prescribe hormonal contraceptives with some limitations.
- Ability for pharmacists to prescribe post-

exposure prophylaxis with referral from a regional medical officer of health or their designate.

### Authorization to Administer Drug Therapy by Inhalation or Injection Regulations and Standards of Practice:

- Ability for pharmacy technicians to apply for authorization to administer injections.
- Reduction of age limit for the administration of vaccines for COVID-19 and influenza from 5 years to 2 years of age.\*

*\*Please note, this age limit reduction applies only to the administration of the COVID-19 and influenza vaccines and does not apply to other vaccinations (i.e. travel).*

### Standards of Practice - Medical Assistance in Dying:

- Ability for pharmacy technicians collaborating with a pharmacist in a hospital setting to release medications for MAID to the prescribing physician or nurse practitioner.

For a more details on each of these changes, please refer to the appropriate Regulations and/or Standards of Practice on the [Standards, Guidelines, Policies & Positions page](#) under the Pharmacy Practice section of the NLPB website.

## COMING SOON: PHARMACY TECHNICIAN INJECTION TRAINING WITH MUN

The School of Pharmacy at Memorial University is launching an injection-training course for pharmacy technicians. The program is currently undergoing accreditation by CCCEP, with an anticipated start date in January 2024. As a two-stage program, participants will complete online training modules independently through Memorial University's online learning program, Brightspace, before attending the in-person training session.

This program is currently only available for pharmacy technicians who are currently registered or are eligible for registration with a provincial regulatory body. Registration for the online self-directed modules will be separate from registration for the live training sessions for this program. Individuals may only register for the live training session after successful completion of the online self-directed modules. Participants will not be permitted to register for the in-person training session if they have completed their online training program through another provider. For any questions about registration, please email [pharminfo@mun.ca](mailto:pharminfo@mun.ca).

Registration will open in January 2024, with the first live session scheduled for Thursday, February 22, 2024 in St. John's, NL. More details regarding pricing and registration will be shared in the new year.



## NEW BOARD MEMBERS— NEW MEMBERS in 2023

In 2023, NLPB said goodbye to several long-tenured board members who reached their maximum limit of consecutive terms. Public Representatives Shirlene Murphy and Gerri Thompson resigned from the board after completing three consecutive 3-year terms. Terry Foss was appointed by the board in June 2023 to fill one of these roles, while NLPB has engaged the government to fill the two government-appointed public representative positions. Additionally, past chair, Taggart Norris, completed her final consecutive three-year term. Nominations and elections took place this past spring for Zone 5, 6, and 7, which saw some new faces join the board following the AGM in October.



### Keith Bailey

#### Member At Large

Keith Bailey is a registered pharmacist and associate owner of Shoppers Drug Mart locations in CBS, Lemarchant Road, and Bishop's Falls. Keith previously worked with Walmart and various independent pharmacies. Having graduated from the Memorial University School of Pharmacy in 1996, Keith now also lectures at the school in the areas of leadership and management. In addition, Keith earned his MBA in 2007.

Keith has previously served on the NLPB Board of Directors for three terms between 2008 and 2021, having served as the Chair for a period during his tenure. Keith has also served as Chair of PANL, on PANL's Public and Professional Relations Committee, and as the Chair of the Newfoundland and Labrador Pharmacy Museum board. In addition, Keith volunteers his time with the Masonic Park Board and Stella's Circle Foundation.

Returning to the NLPB Board of Directors, Keith hopes to contribute to ensuring strong fiscal stewardship, efficient communication with the public and registered pharmacy professionals, and continued growth in scope of practice.



### Terry Foss

#### Board-Appointed Public Representative

Terry Foss retired from a 33-year career with Bell Aliant in 2006, having spent 20 of those years in a management position in the Finance Department. Through that role, Terry has served on various national committees. In addition, Terry has served on the board of directors of Elim Pentecostal Tabernacle and is an active volunteer with the church's outreach program for new Canadians. In retirement, Terry has found a passion for history and writing, having self-published six novels.

Terry is passionate about the state of healthcare in the province and ensuring the public's interests are met. Terry is pleased to be able to take on the role of a public representative on the NLPB Board of Directors and looks forward to working with his fellow board members to ensure public protection.



## NEW BOARD MEMBERS— NEW MEMBERS in 2023



### Jeanie Hinks

#### Pharmacy Technician Representative

Jeanie Hinks is a registered pharmacy technician who works at the Sir Thomas Roddick Hospital and part-time with the Shoppers Drug Mart in Stephenville. Beginning her career as a pharmacy assistant at a local Drugstore Pharmacy, where she gained valuable experience in retail pharmacy during her five years there, Jeanie went on to complete a bridging program and the PEBC Qualifying Exam in 2017. Jeanie then worked as a pharmacy technician with Western Health for five years, gaining valuable experience in hospital pharmacy. Jeanie now splits her time between community pharmacy and hospital pharmacy, where she has been honing her skills and learning new practices from her peers and pharmacists.

As a member of the NLPB board of directors, Jeanie looks forward to being more involved in the pharmacy community, building on and increasing her professional relationships, and setting new goals for herself to raise her level of knowledge in pharmacy.



### Justin Peddle

#### Hospital Pharmacist Representative

Justin Peddle is a registered pharmacist whose career has placed him in a variety of settings over the years, including community, hospital, and academia. He is currently the Professional Practice Consultant for Pharmacy with NL Health Services and he also works regular relief as a community pharmacist.

Committed to higher education and life-long learning, Justin has completed a Bachelor of Science in Pharmacy in 2006, a Graduate Diploma in Clinical Epidemiology Research in 2010, a Doctor of Pharmacy in 2012, a Master of Education in Post-Secondary Studies in 2020, and is now making arrangements

to pursue his Health Executive Certification.

Justin has served on numerous boards and committees over the years, most notably with the Canadian Society of Hospital Pharmacists. This is the first time Justin will be serving on the NLPB board of directors and he looks forward to contributing to NLPB's protection of the people of Newfoundland and Labrador and to the advancement and self-regulation of pharmacy practice.



### Andrew Sweetapple

#### Member At Large

Andrew Sweetapple is a registered pharmacist and is currently the pharmacist in charge at Sobeys Pharmacy on Topsail Road in St. John's. Having graduated from Memorial University School of Pharmacy in 2014, Andrew continues his relationship with the school as a preceptor who regularly takes students at his practise site.

Andrew has been the chair of the NLPB Quality Assurance Committee since 2022, having served on the committee since 2017. As a member of the NLPB Board of Directors, Andrew looks forward to helping further advance the role registered pharmacy professionals play in health care delivery in the province while protecting the public interest.



## BOARD MEMBERS

### EXECUTIVE COMMITTEE

**CHAIR**

Henry White

**VICE CHAIR**

Jason Ryan

**EXECUTIVE MEMBERS**

Shawn Bugden

Mark Sheppard

### PUBLIC REPRESENTATIVES

**BOARD-APPOINTED**

Terry Foss

Mark Sheppard

**GOVERNMENT-APPOINTED**

Currently Vacant

Currently Vacant

### NON-VOTING

**REGISTRAR**

Noelle Patten

### ELECTED MEMBERS

**ZONE 1 PHARMACIST**

Amy Randell

**ZONE 2 PHARMACIST**

Jason Ryan

**ZONE 3 PHARMACIST**

Jennifer Godsell

**ZONE 4 PHARMACIST**

Henry White

**ZONE 5 HOSPITAL PHARMACIST**

Justin Peddle

**ZONE 6 PHARMACY TECHNICIAN**

Jeanie Hinks

**ZONE 7 AT-LARGE PHARMACISTS**

Keith Bailey

Andrew Sweetapple

### DEAN, MEMORIAL UNIVERSITY SCHOOL OF PHARMACY

Shawn Bugden



## BOARD MEETING UPDATE

Since the last issue of The Apothecary, the NLPB Board of Directors has held two meetings, on October 5 and December 8, as well as the Annual General Meeting, which was held following the meeting of the board on October 5.

### Budget 2024

The 2024 budget was approved by the board on October 5, 2023 at the recommendation of the Finance and Audit Committee.

### Committee Appointments

Executive Committee: A new executive committee was elected at a special board meeting held on October 5, 2023 following the Annual General Meeting. Henry White moved into the role of Chair of the Board, Jason Ryan was elected to the Vice Chair role, and Shawn Bugden and Mark Sheppard were elected to join the committee as executive members.

Disciplinary Panel: Lori Power was appointed by the board to the disciplinary panel for a 3-year term.

Complaints Authorization Committee: Board members Terry Foss, Justin Peddle, Amy Randell, and Andrew Sweetapple were appointed to join the Complaints Authorization Committee alongside existing members Jason Ryan (CAC Chair) and Mark Sheppard.

### New Interpretation Guide - Use of Social Media

As part of NLPB's ongoing work to revise the Code of Ethics and develop related interpretation guides, the NLPB Pharmacy Practice Policy - Registrant Use of Social Media has been converted to a n interpretation guide. Converting the policy to a Code of Ethics Interpretation Guide is intended to clarify the direct link between a registered pharmacy professional's conduct online and the code of ethics to which they must adhere. The Interpretation Guide - Use of Social Media was approved by the board on December 8, 2023, and is now available for reference on the Standards, Guidelines, Policies & Positions page of the NLPB website: <https://nlpb.ca/media/Interpretation-Guide-Social-Media-Dec2023.pdf>

## 2024 ANNUAL REGISTRATION & LICENSING RENEWAL



**736**

Pharmacists



**279**

Pharmacy Technicians



**220**

Pharmacies

NLPB's annual renewal period ended on November 30, 2023. To date, 736 pharmacists and 279 pharmacy technicians have renewed their registration and 220 pharmacies have renewed their licence. All registrants must be registered and all fees must be paid prior to working in 2024. It is the pharmacist-in-charge's responsibility to ensure the pharmacy licence has been renewed and that all regulated staff are registered to practice in 2024 before the end of the year.

## HOLIDAY OFFICE HOURS

Closed December 25 to January 1

Regular office hours resume on Tuesday, January 2, 2024



## NLPB OFFICE CONTACT INFORMATION

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