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GETTING INVOLVED

APhA New Practitioner Mentors are an important resource for APhA-ASP chapters. By leveraging the perspective of a recent graduate, the Mentor provides advice about professional development and career opportunities after graduation. New Practitioner Mentors serve as role models for the chapter and empower student pharmacists to grow and prosper.

APhA New Practitioner Mentor Requirements

- An active New Practitioner member of APhA (<5 years since graduation)
- Not currently serving as the APhA-ASP advisor or co-advisor
- Good communication and interpersonal skills
- Desire to serve as a mentor and assist chapter

Responsibilities of an APhA New Practitioner Mentor

- Serve as a mentor for student pharmacists through active service to the chapter and regular communication with chapter leaders and members
- Serve as a judge or patient during the chapter’s local patient counseling competition
- Assist with at least three chapter activities per year
- Attend APhA-ASP chapter and/or officer meetings when appropriate

Ideas to involve your APhA New Practitioner Mentor

- Patient care projects (Operation: Diabetes, Immunization, Heart, Self-Care, Generation Rx)
- Health fairs
- Legislative days
- CV reviews
- Mock interviews
- Chapter meeting presentations (e.g. Rotation Life, Professionalism & Professional Dress, Transition to Life as a New Practitioner, Postgraduate Training, etc.)
MENTORSHIP TIMELINE

Fall

- Get to know your Mentor! Invite your Mentor to attend a leadership retreat or an officer meeting to introduce yourselves and educate the Mentor about the chapter’s plans for the upcoming year.
- Engage your Mentor in discussions regarding important topics affecting the profession in order to assist in developing resolutions for the MRM (resolutions are due two weeks prior to the Friday of the MRM)
- Invite your Mentor to attend the MRM (dates and locations of the MRMs will be posted on www.pharmacist.com in early fall)

Winter

- Ask your Mentor to participate as a judge for the National Patient Counseling Competition
  - The winner of the chapter competition must contact APhA by February 1, 2013 in order to schedule an appointment for the National Competition
- Ask for your Mentor’s input in planning ideas for patient care projects and activities in the spring

Spring

- Discuss proposed APhA-ASP resolutions for the APhA-ASP House of Delegates with your Mentor
- Encourage your Mentor to attend the APhA Annual Meeting and Exposition
- Submit chapter achievement reports by July 15th
CHAPTER PROJECTS

Operation Diabetes seeks to help pharmacists and student pharmacists identify individuals in the community with previously undiagnosed diabetes and those who are at risk for developing the disease. In addition, the program seeks to increase overall awareness of diabetes and the role pharmacists play in prevention and managing the effects of diabetes. Student pharmacists can help individuals across the nation improve their quality of life by conducting blood glucose screenings and educating the public on the risk factors for diabetes, the importance of medication compliance, and tight control on blood glucose.

**Resources available:** [Operation Diabetes Planning Guide](#), [American Diabetes Association](#)

As the public’s most accessible health care provider, pharmacists can play a significant role in the prevention and management of CVD. In fact, studies have already demonstrated the value of pharmacists in improving cardiovascular outcomes. In 2009, a trial published in the Archives of Internal Medicine showed that collaboration between physicians and pharmacists resulted in better control of hypertension, the most common cardiovascular disease and a major contributor to cardiovascular morbidity and mortality. Student pharmacists can support these efforts and address an unmet need in public health by helping patients identify and understand their risks for CVD.

Participation in Operation Heart will allow student pharmacists to work in their communities to encourage lifestyle modifications, monitor associated risk factors, and provide education about medications for heart disease.

**Resources available:** [Operation Heart Planning Guide](#), [American Heart Association](#), and [Million Hearts Campaign](#)
Recognizing the need for education and increased opportunities to receive immunizations, the American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) and the Student National Pharmaceutical Association (SNPhA) collaboratively developed Operation Immunization. This program is an immunization education campaign designed to increase the public's knowledge of immunizations while raising the number of adults receiving immunizations. Participants include all of the APhA-ASP chapters with the help of trained practitioners and other healthcare professionals trained and certified to give immunizations.

While Operation Immunization is designed to benefit the public, college campuses are a great place to begin raising immunization rates and increasing awareness. Currently, the American College of Physicians recommends that annual influenza vaccine should be required for every healthcare worker with direct patient activities. These vaccines can effectively be given throughout the year and will prevent more than 50,000 deaths alone.

**Resources Available:** [Operation Immunization Planning Guide](#), [Centers for Disease Control & Prevention](#)

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Based on the former Heartburn Awareness Challenge, during the inaugural year, the project will focus on providing patients and communities with information on preventing heartburn. Student pharmacists across the country have the opportunity to help heartburn sufferers live healthier and more productive lives. This patient care project allows student pharmacists to enhance their clinical knowledge and work on their presentation and communication skills while educating the public on heartburn. Student pharmacists are able to recommend lifestyle modifications to decrease the number of episodes and the severity of heartburn, recommend OTC medications for sufferers, and refer sufferers to their physician when medical attention is needed.

**Resources available:** [Operation Self-Care Planning Guide](#)
According to the Substance Abuse and Mental Health Services Administration, every day approximately 2,600 young people between 12 and 17 years of age abuse a prescription painkiller for the first time. America’s biggest drug problem is not on the street…it’s in our medicine cabinets. In fact, prescription medication abuse is now the leading cause of accidental death in the United States.

The Generation Rx Initiative, developed by The Ohio State University College of Pharmacy and funded by the Cardinal Health Foundation, is an educational program that increases public awareness of prescription medication abuse and encourages health care providers, community leaders, parents, teens, and college students to actively work to prevent abuse. APhA-ASP is honored to partner with Cardinal Health on this educational program to expand the breadth and depth of this important initiative to the communities surrounding our nation’s schools and colleges of pharmacy.

The goals of the Cardinal Health Foundation and APhA Partnership are to:

1. Increase awareness among pharmacists and student pharmacists about the opportunity to serve as educators and health information resources regarding prescription medication abuse prevention.
2. Increase awareness among pharmacists, student pharmacists, and other health care providers about prescription medication abuse.
3. Provide pharmacists and student pharmacists with the materials necessary to effectively implement a prescription medication abuse prevention program in their community.
4. Encourage student pharmacists to implement prescription medication abuse prevention programming after graduation.
5. To promote the profession of pharmacy and its valuable role in the community and in the health care delivery system.

Resources Available: Generation Rx Toolkits: adult, youth, and college; National Council on Patient Information and Education tools; Recommended websites
Awards

Chapter Awards

Operation Diabetes, Operation Heart, Operation Immunization and Operation Self-Care

A chapter from each APhA-ASP region and one national winner will be recognized during APhA-ASP Annual Meeting & Exposition.

Generation Rx

Recognition will be awarded to the top 5 chapters nationally at the APhA Annual Meeting & Exposition to receive cash awards ranging from $125-$1,000. The top 3 chapters will receive an all-travel-expense paid trip to Salt Lake City, UT to present their chapter’s programming at the Pharmacy Section of the University of Utah School on Alcoholism and Other Drug Dependencies, held annually during the third week of June.

New Practitioner Mentor Awards

Distinguished New Practitioner Award

The Distinguished New Practitioner Award was established in 2010 to recognize an individual new practitioner who has demonstrated distinctive achievements in mentorship, service, and commitment to the profession of pharmacy.
A New Practitioner Mentor can be an exciting addition to your chapter. A Mentor’s role goes beyond assisting with the APhA-ASP patient care, advocacy, and professional development activities and includes fostering collegial and mentoring relationships with students. In return, student pharmacists inspire their Mentors to remain passionate and engaged with the profession. In order to maximize a New Practitioner Mentor’s role within a chapter, here is a list of best practices utilized at chapters from across the nation:

**Patient Care**
- Ask the Mentor to assist with training student pharmacists on point-of-care devices and health screenings at the beginning of the school year
- Consider planning an Operation Self-Care event at your Mentor’s practice site
- Invite your Mentor to volunteer at health fairs organized by the chapter or assist in organizing a health fair at the Mentor’s practice site where students can volunteer

**Policy & Advocacy**
- Encourage your Mentor and chapter members to meet with a federal or state legislator
- Attend your state association’s Pharmacy Legislative Day with your Mentor
- Assist in organizing American Pharmacists Month activities with your Mentor, such as: making a Public Service Announcement for a radio station; writing a letter to the editor of a local or regional publication; setting up an interview with the local media; or, setting up informational booths and health fairs on your chapter’s campus
- Discuss policy development and resolutions with your Mentor prior to the Midyear Regional Meeting and the APhA Annual Meeting & Exposition

“It is an extremely rewarding experience to serve as a New Practitioner Mentor. It excites me to see the future of our profession getting excited about patient care projects and coming up with new ways to reach patients in need.”

Gretchen Garfoli, New Practitioner Mentor for West Virginia University
Professionalism and Chapter Development

- Ask your Mentor to participate in a leadership retreat for chapter officers
- Plan a professionalism fashion show with input from your Mentor
- Request that your Mentor present a professional development topic at a chapter meeting, such as what to expect with IPPEs and/or APPEs, postgraduate opportunities, how to obtain a job after graduation, or networking
- Involve your Mentor in the chapter’s APhA-ASP Patient Counseling Competition by having them serve as a judge or patient, or by creating the patient scenarios
- Develop relationships with your Mentor and take advantage of your Mentor’s multiple roles as a coach, professional reference, and personal mentor

“I chose to become a Mentor to help student pharmacists succeed in school. I had insights and experiences from the past that I knew could be of value to students undergoing the same process. I also learn a lot from the students.”

Brandon Patterson, New Practitioner Mentor for the University of Iowa
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