

APhA-ASP Campaign for Women's Health

September - December 2018



MERCK

INVENTING FOR LIFE

Why Women's Health?

- Growing need in the community as women become more proactive with personal health and wellness
- Increasing opportunity for pharmacists and student pharmacists to serve
- Projects currently happening at a number of APhA-ASP Chapters



Get Your Chapter Involved

- 3 key areas of activities
 - 1) Importance of the HPV vaccine in preventing cancer
 - 2) A pharmacist's role with reproductive health
 - 3) An event focused on women's health topic of your choosing



Recognition for Your Work

- Complete online submission form due December 15
 - List key statistics
 - Describe activities
 - Share photos and supplemental materials
- Top 3 chapters will be selected to present a poster on their work at APhA2019 Annual Meeting & Exposition in Seattle
 - Will receive complimentary registration for 1 student presenter and 1 chapter advisor/faculty mentor
 - To qualify for the presentation your chapter must conduct events or activities in all 3 key areas*



Topic 1: HPV Vaccine on Preventing Cancer

- **HPV Vaccine Awareness**

- As January is Cervical Health Awareness Month, UMN APhA-ASP Operation Immunization and Women's Health Initiative created an educational poster to target their student and faculty population. The poster featured the importance of receiving the HPV vaccine to prevent cervical cancer.

– University of Minnesota College of Pharmacy



Topic 1: continued...

- **Women's Health Presentation**

- The Women's Health Initiative Group invited a PGY-2 Resident to speak at the college about predominant health issues that affect women. Topics included heart health, STDs, bone health, cancer, appropriate screening for cancers (including ages and what to expect), and immunizations (**including the HPV vaccine**). By presenting these topics together, attendees received a crash course on topics that may benefit themselves and education to better serve their patients.



Topic 2: Pharmacist's role with reproductive health

- **Birth Control Seminar**

- Student pharmacists educated 80 sorority members at Kappa Delta Sorority House on the appropriate use and efficacy of birth control (including oral contraceptives, IUDs, and implants). They also dispelled some of the common misconceptions surrounding birth controls. Many admitted not knowing how to use oral or emergency contraception appropriately prior to this interaction.

- UNC Eshelman School of Pharmacy at the University of North Carolina at Chapel Hill



Topic 3:

- **Multipurpose Health Fairs**

- Combine multiple health screenings and topic educations into one event to empower women to live healthier lives in areas such as:

- education on how to prevent heart disease (smoking cessation, healthy eating, exercising)
- education on conducting self-breast exam
- provided screenings for blood pressure, blood glucose, bone density, HIV
- conduct fun fitness sessions such as yoga, Zumba, or self-defense class

- Samford University McWhorter School of Pharmacy

- University of Southern California School of Pharmacy

- The University of Tennessee Health Science Center College of Pharmacy



Topic 3: continued...

- **OTC Meds in Pregnancy**

- Student pharmacists presented to expecting mothers about which over-the-counter medications can or cannot be used during pregnancy or breastfeeding. Following the presentation, the expecting mothers were given onesies, each labeled with commonly used medication names, and asked to sort them into laundry baskets labeled as either "Recommended" or "Not Recommended."

- Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences



Topic 3: continued...

- **Becoming a Girl Health Workshop**

- Student pharmacists hosted a workshop to the Colorado Girl Scouts teaching them about a variety of social topics such as puberty, nutrition, exercise, body image, bullying and stress management. They included hands-on games and even a dance routine to ramp up involvement and get their message across to the girls. Each lesson plan lasted twenty minutes that focused on the topics in depth and promoted overall health and wellness of young girls.

- University of Colorado – Skaggs School of Pharmacy



Resources

- CDC - Advancing Women's Health and Safety
 - HPV Vaccine
 - Parents
 - Vaccine Tips
 - Reproductive Health
 - How to Plan a Health Fair

**More details coming during APhA-ASP Webinar Week:
August 6 – 10**



Questions?



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Chapter Connect!

- At 10:00am, please report to:
 - GB = Grand Ballroom
 - NB = National Ballroom
 - TCS = Thomas Circle Suite





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