

OPTA *Review*

THE MONTHLY NEWSLETTER OF THE ONCOLOGY PHARMACY TECHNICIAN ASSOCIATION | JANUARY 2022

**WELCOME: WAYS TO STAY
CONNECTED AND ENGAGED WITH
OPTA THIS YEAR**

PAGE 1

**HOT TOPIC: MANAGING RADIATION
TOXICITIES WITH OTC MEDICATION**

PAGE 4



Alex Stanley, CPhT of Cancer Specialists of North Florida
preparing chemotherapy

WELCOME

CHEERS TO 2022: ENCOURAGING WORDS TO START THE NEW YEAR

BY TARYN NEWSOME, CPhT
NCODA

Happy New Year OPTA Members! As we quickly delve into the beginning of the new year, I want to take this opportunity to encourage you to make the most of 2022 and get involved with OPTA! One of OPTA's primary goals is to advocate for oncology pharmacy technicians and to be an influential voice for patient cancer care issues, and what better way to advocate than to get involved!

OPTA provides a wide range of opportunities for involvement: article publications and content ideas for OP-

TA's monthly meetings, including ideas for hot topics discussions and new drug indication updates. Be our next Technician in Focus where we highlight you, your pharmacy setting, practice and all of your innovative approaches to treating patients with cancer.

Professional development, networking, continuing education and the offering of a new perspective are all benefits of getting involved. OPTA is for oncology pharmacy technicians BY oncology pharmacy technicians!

For information on how to get involved, please contact

Taryn.Newsosome@ncoda.org

SCAN QR CODE FOR
MORE INFORMATION



DECEMBER MEETING RECAP

BY TARYN NEWSOME, CPhT
NCODA

WELCOME:

OPTA's December monthly meeting started with Brandi Gudwien, CPhT and OPTA Co-Chair reading OPTA's mission and vision statements. Taryn Newsome, CPhT and OPTA Coordinator shared that the OPTA mission statement had recently been revised. Newsome explained the reason for the edit in the mission statement was to accurately encompass all the dynamic roles that make up OPTA. OPTA membership is growing with the evolving role of the oncology pharmacy technician.

Next, Teri Roberts, CPhT and OPTA Leader presented NCODA/OPTA updates. Roberts shared that there is still time to claim the 6 CE's that were presented at NCODA's 2021 Fall Summit as well as reminded the OPTA members of the IVE and OCE resources that are available to all NCODA and OPTA members. Lastly, Roberts reminded all OPTA member to get involved. There are many opportunities available and all are welcome to participate.



Mission Statement

Our Mission is to strengthen and empower oncology pharmacy technicians in their increasingly vital role as part of the medically-integrated team by providing leadership and professional development opportunities to ensure better outcomes for patients.



PASSION FOR PATIENTS
NCODA.ORG

SPECIAL PRESENTATION: SEE PAGE 3
HOT TOPIC DISCUSSION: SEE PAGE 4

OPTAReview

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OPTALeaders

- Linda Grimsley, CPhT
- Christine Robinson, CPhT
- Emily Zimdars, CPhT
- Brandi Gudwien, CPhT
- Teri Roberts, CPhT
- Sara Eisenhart, CPhT

OPTAOpportunities

MEETING PRESENTATIONS

OPTA members are invited to participate in monthly meetings by providing:

- Drug Updates
- Peer Presentations
- Technician in Focus

OTHER OPPORTUNITIES

- NCODA International Monthly Webinar
- NCODA Conferences/ Meetings

FOR MORE INFORMATION

Contact:

- Ginger.Blackmon@NCODA.org
- Taryn.Newsome@NCODA.org

OPTAResources

NCODA DISCUSSION BOARD

<https://www.ncoda.org/discussion/pharm-tech/>

BASECAMP DOCUMENT STORAGE

<https://3.basecamp.com/3780922/reports/progress>

NCODA/OPTA WEBSITE

<https://www.ncoda.org/oncology-pharmacy-technician-association-opta/>

PQIIA-BRUKINSA®

THE PQI: OPTA MEMBERS SHARE THE VALUE OF POSITIVE QUALITY INTERVENTIONS

BY TARYN NEWSOME, CPhT
NCODA

The PQI in Action (PQIIA) incorporates opinions and experiences from oncology experts within the medically integrated teams at leading cancer care organizations. Kristin McCauley, CPhT from Kootenai Health in Coeur d'Alene, Idaho, and Carol Hemersbach, CPhT, BSHCA from Arizona Blood and Cancer Specialists in Tucson, Arizona both participated in the PQIIA for zanubrutinib. They provided the benefits of utilizing the PQI in the pharmacy from an oncology pharmacy technician point of view.



SCAN THE QR CODE TO LEARN MORE ABOUT NCODA'S PQI IN ACTION



What is the value of the PQI for your practice as well as for oncology pharmacy technicians?

Kristin McCauley:

- More straightforward patient care
- Go-to place to find resources for financial assistance

tance

- Keeps the focus on the patient and better patient care

Carol Hemersbach:

- Proactive side effect management instead of waiting for the patient to start treatment and treating side effects after the fact.
- In depth quick view/one stop for providers/nursing/pharmacy
- Better patient monitoring
- In depth dosing recommendations
- Overall better collaborative care for patient.

NEXT OPTA MEETING:

3 p.m. EST, Wednesday,
February 9th @ 3pm EST

Members will receive
a calendar invitation

NOW STREAMING
Season 2



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Apple Podcasts



NCODA.org

RADIATION TOXICITIES: HOW TO MANAGE WITH OVER THE COUNTER MEDICATION

BY KAETLYN PARKER, PharmD
CANCER SPECIALISTS OF NORTH FLORIDA

Approximately two-thirds of patients diagnosed with cancer will require radiation during their treatment. Of these patients, nearly all will experience side effects or toxicities. Radiation-induced toxicities are categorized as acute, subacute, and chronic. The pharmacy team has the most significant impact on addressing acute toxicities, which typically present during treatment. Dermatitis, mucositis, and xerostomia/taste alterations are the most common acute toxicities and may contribute to treatment interruption or discontinuation.

Radiation-induced dermatitis affects up to 95% of patients and is charac-



Kaetlyn Parker

terized by redness, itching, and shedding of the skin. Patients should avoid irritants such as sun exposure, extremely hot or cold temperatures, and perfumes/colognes which may further irritate the skin. OTC water-based moisturizers such as Miaderm®, Eucerin®, and Udderly Smooth® are helpful for preventing and treating dry skin. Topical steroids such as hydrocortisone can help with itching. Lidocaine can be used for pain.

Radiation-induced mucositis affects up to 50% of patients and is characterized by soreness, redness, and ulceration of the oral mucous membranes. Patients should avoid irritants such as alcohol, tobacco, and citrusy/spicy foods. OTC treatments include topical anesthetics such as Ulcerase® or Orabase®. Patients may

also use oral pain relief such as acetaminophen.

Patients may experience xerostomia which is characterized by dry mouth usually with thick and sticky saliva. These patients should maintain good oral hygiene and proper hydration. Patients may chew gum or suck on hard candies that contain sorbitol or xylitol to help moisten the mouth. OTC oral rinses and sprays such as Biotene® and Lubricity® can also help to lubricate the mouth. MetaQil® is an OTC product to alleviate the metallic taste that some patients may experience with radiation.

Acute Toxicities

Dermatitis Mucositis

Xerostomia Dysphasia

Weight loss Taste Alteration

Nausea/vomiting Pain

Asthenia



Radiation-Induced Dermatitis



Radiation-Induced Xerostomia & Taste Alteration



Radiation-Induced Stomatitis/Mucositis

