



The Bulletin of Medicaid Drug Utilization Review in Iowa

DUR Commission Members

Bruce Alexander, R.Ph., Pharm.D., BCPP

Laura Ann Griffith, D.O.

Craig Logemann, R.Ph., Pharm.D., BCPP

Dan Murphy, R.Ph.

Susan Parker, Pharm.D.

Laurie Pestel, Pharm.D.

Richard M. Rinehart, M.D.

Sara Schutte-Schenck, D.O., FAAP

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DUR Professional Staff

Thomas Kline, D.O.,

IME Medical Director

Shelly Larson, R.Ph., CDM

DUR Commission Director

Janalyn Phillips, R.Ph.

COMMISSION WELCOMES NEW MEMBER

Laurie Pestel has been named as the newest member of the Iowa Medicaid Drug Utilization Review Commission. The Commission and the Department of Human Services welcomes Laurie and look forward to working with her throughout her four-year term.



Laurie Pestel
Pharm.D.

Laurie Pestel is the most recent member to be appointed to the Iowa Medicaid DUR Commission. Dr. Pestel is the pharmacy manager at Hy-Vee Pharmacy in Red Oak, Iowa. Laurie graduated with her Doctor of Pharmacy degree from Creighton University in 2000. She served on the Board of Professional Affairs as a member of the Iowa Pharmacists Association in 2006. Laurie is also a member of the Montgomery County Board of Public Health. Dr. Pestel is an active member of the community. She is a guest speaker for the local YMCA "Trim Kids" program, and with the assistance of the Iowa Pharmacists Association and the Katy's Kids program, gives presentations to local students to promote medication safety. Laurie has experience with both long-term care and retail pharmacy. Dr. Pestel's term will expire in 2011.

Existing members of the Commission include the following dedicated professionals:



Bruce Alexander,
R.Ph., Pharm.D.,
BCPP

Bruce Alexander was reappointed to a second term for the Iowa Medicaid DUR Commission. Dr. Alexander is a clinical pharmacist specialist in the Departments of Pharmacy and Psychiatry at the Iowa City Veterans Affairs Medical Center. He is also a Professor (Clinical) in the Department of Psychiatry, The University of Iowa College of Medicine as well as Professor Emeritus (Clinical) in the College of Pharmacy at The University of Iowa. He graduated from Drake University College of Pharmacy and received his Doctor of Pharmacy degree from the University of Minnesota. He is board certified in Psychiatric Pharmacy. He has been active in the Iowa Pharmacy Association, serving in the House of Delegates, on the Board of Trustees, and is currently chair of the Iowa Pharmacy Recovery Network. Dr. Alexander was also appointed by Governor Vilsack to serve on the State of Iowa Medical Assistance Pharmacy & Therapeutics Committee, where he also serves on the P&T Committee's Mental Health Subcommittee. Dr. Alexander's second term will expire in 2010.



Laura Ann Griffith,
D.O.

Dr. Laura Griffith is a physician with Concentra Healthcare specializing in occupational health. She is a 1988 graduate of the University of South Dakota with a Bachelor of Science in Biology and a minor in Chemistry. Dr. Griffith then attended the University of Osteopathic Medicine and Health Sciences in Des Moines and graduated in 1993 with a Doctor of Osteopathy degree. Dr. Griffith then completed both an internship and a residency at Des Moines General Hospital from 1993-1996. Prior to joining Concentra, she was a general internist at the Mater Clinic in Knoxville and at Des Moines Internal Medicine. Dr. Griffith is also a guest lecturer at Des Moines University. She is the Vice President of Sigma Sigma Phi National Honorary Osteopathic Fraternity and is a member of the American Medical Association, the American Osteopathic Association, the Iowa Osteopathic Association, the Iowa Medical Society, and the Polk County Medical Society. Dr. Griffith joined the Commission in July 2005; her term will expire in 2009.

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**Craig Logemann,
R.Ph., Pharm.D., BCPS**

Dr. Craig Logemann is a clinical pharmacist at the Urbandale Family Physicians Clinic. He graduated with his Bachelor Degree in Pharmacy from the University of Iowa in 1988. He completed a pharmacy residency at the University of Iowa Hospitals and Clinics. Later he received his Pharm.D. degree from the University of Minnesota. He was an Assistant Professor at the University of Iowa College of Pharmacy for nine years prior to accepting his current position. Dr. Logemann's term will expire in 2008.



**Dan Murphy,
R.Ph.**

Dan Murphy is a pharmacist practicing at Main Healthcare Pharmacy in Davenport. Since 1989, he has been a consultant to several long-term care facilities. He graduated from the University of Iowa in 1984 and became certified in geriatric pharmacy in 1999. He has been active with the Iowa Pharmacy Association including past participation on the Medicaid Advisory Committee and the Task Force on Long-term Care. His term will expire in 2009.



**Susan Parker,
Pharm.D.**

Dr. Susan Parker is the Pharmacy Consultant in the Bureau of Long Term Care for the Department of Human Services and serves as liaison to the Commission. She graduated with a Doctor of Pharmacy degree from Mercer Southern School of Pharmacy in Atlanta, Georgia. She is also a graduate of Gannon University in Erie, Pennsylvania with a Bachelor of Science degree Physician Assistant. Dr. Parker brings to the Commission a variety of experience in health care as an Iowa Medicaid drug prior authorization pharmacist, community pharmacist, and physician assistant. She is a member of the National Medicaid Pharmacy Administrators Association and the Western Medicaid Pharmacy Administrators Association.



**Richard Rinehart,
MD.**

Dr. Rick Rinehart is a staff psychiatrist at the Iowa City VA Medical Center and a clinical assistant professor at the University of Iowa Hospital and Clinics. He graduated from Ohio State University and completed his residency at the University of Iowa. He was in private practice in Cedar Rapids for 12 years prior to accepting his current position. Dr. Rinehart's second term will expire in 2011.



**Sara Schutte-Schenck,
D.O., FAAP**

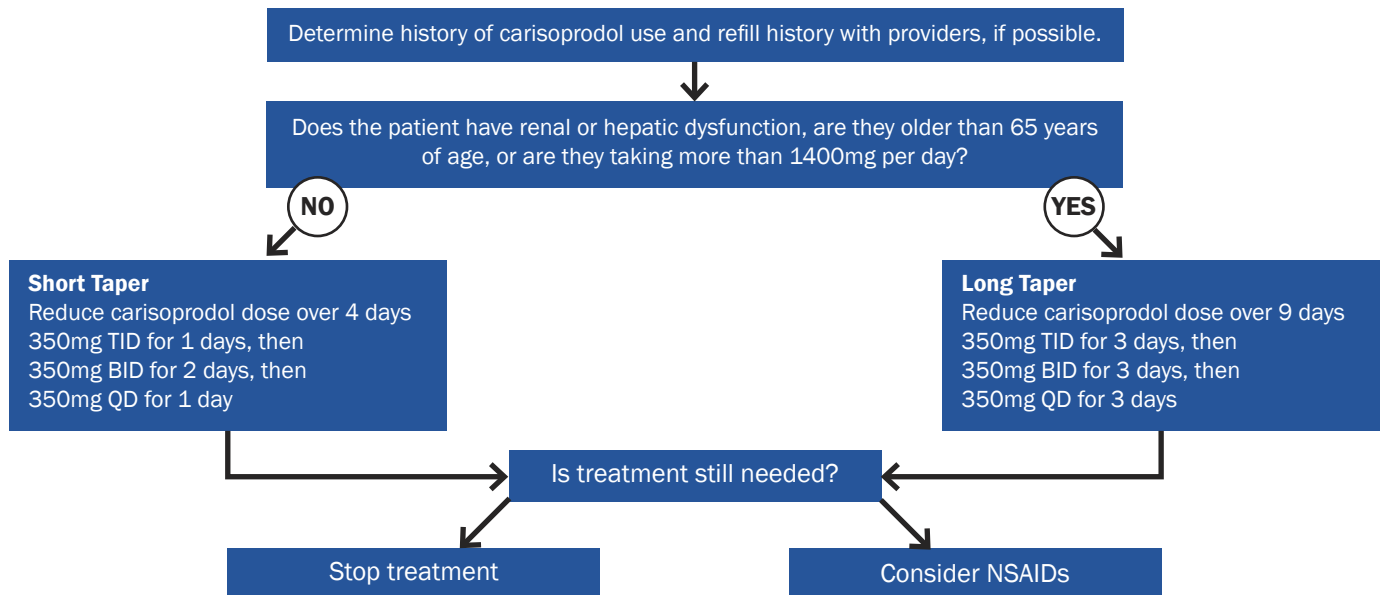
Dr. Sara Schutte-Schenck is a graduate of Drake University and the University of Osteopathic Medicine and Health Sciences. She completed her pediatric residency at Blank Children's Hospital and is currently in practice in Des Moines. Dr. Schutte-Schenck is board certified by the American Academy of Pediatrics. She previously served on P & T committees as well as credentialing committees for Securecare of Iowa. Currently, she serves as a member of the Utilization Management Committee for Coventry Healthcare of Iowa. Dr. Schutte-Schenck's term will expire in 2008.

SOMA® (CARISOPRODOL UPDATE)

Soma® (carisoprodol) is a noncontrolled skeletal muscle relaxant whose active metabolite is meprobamate, a Schedule IV controlled substance.¹ The exact mechanism of action is unknown, but the drug is thought to act by causing sedation rather than by direct skeletal muscle relaxation.¹ Carisoprodol's usefulness is mitigated by its potential for abuse.²

Due to its abuse potential, carisoprodol's status will change from a preferred to a nonpreferred agent on the Iowa Medicaid Preferred Drug List starting October 29, 2007. In addition, quantities will be limited to 120 tablets/30 days for carisoprodol and 240 tablets/30 days for Soma® Compound (carisoprodol/ASA) and Soma® Compound w/Codeine (carisoprodol/ASA/codeine) per package labeling.

Due to potential dependence, upon discontinuation of high doses of carisoprodol, patients may suffer withdrawal symptoms such as body aches, increased perspiration, anxiety, and insomnia. To assist prescribers who wish to discontinue carisoprodol products, an example of a carisoprodol tapering schedule is listed below.



Tapering schedule developed by the Department of Veterans Affairs Medical Center, Portland, Oregon, as published in the Oregon DUR Board Newsletter. Oregon DUR Board Newsletter.2002; 4:1.28 December 2005. Reproduced by permission from the Oregon State University College of Pharmacy Department of Drug Use Research and Management.

References

1. Reeves RR, Carter OS, et al. Carisoprodol (Soma): Abuse Potential and Physician Unawareness. *J Addict Dis* 1999;18(2):51-56.
2. Toth PP, Urtis J. Commonly used muscle relaxant therapies for acute low back pain: A review of carisoprodol, cyclobenzaprine hydrochloride, and metaxalone. *Clin Ther* 2005;26:1355-67.



Iowa Medicaid Drug Utilization Review

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OUTGOING MEMBERS OF THE COMMISSION



**Ronald W. Miller,
M.D., M.B.A.**



**Connie Connolly,
R.Ph.**

Ronald W. Miller, M.D. and **Connie Connolly, R.Ph.**, recently completed terms of service with the Iowa Medicaid Drug Utilization Review Commission. The Commission and the Department of Human Services wish to thank Dr. Miller and Ms. Connolly for their many years of dedicated service to the Commission and the recipients of Iowa Medicaid.