

# OPA CE at Sea: Mediterranean

September 24-October 4, 2015

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## September 28, 2015

**8:00 a.m.**

### **OTC Products for Oral Health**

*Randall Nameth, R.Ph., DDS  
Dentistry for Adults and Children*

Maintaining good oral health is essential to maintaining good overall health, and pharmacists can have an important role in helping patients decide which over-the-counter (OTC) product is right for them. This session will provide an overview of OTC dental care products, including dentifrices, floss, mouth rinses, whiteners and topical pain relievers. Dental emergencies and when to refer to a dentist will also be discussed.

*ACPE #0129-0000-15-069-L01-P  
CPE Credit: 0.1 CEU*

**9:00 a.m.**

### **A Healthier Heart and Other Benefits of the Mediterranean Diet**

*Donald Bennett, R.Ph., MBA  
Clinical Assistant Professor  
The Ohio State University*

Modifying risk factors will decrease the incidence of heart disease. This presentation will include three such factors, as well as major components of the Mediterranean Diet and Mediterranean lifestyle that contribute to improved health. In addition, our speaker will describe the potential benefits of moderate consumption

of wine when incorporated into a healthy diet, and summarize current medication strategies used to reduce the risk of heart disease.

*ACPE #0129-0000-15-070-L01-P  
CPE Credit: 0.15 CEU*

**10:30 a.m.**

### **Xerostomia/Helping Patients with Dry Mouth**

*Randall Nameth, R.Ph., DDS  
Dentistry for Adults and Children*

“Dry mouth,” also known as xerostomia, is a common complaint that may affect up to 20 percent of the adult population and nearly 50 percent of the elderly. The severity of symptoms can range from mild oral discomfort to significant oral disease that can compromise the patient’s health, dietary intake and quality of life. Our speaker will discuss the common causes of xerostomia, as well as management of the condition with OTC and prescription medications.

*ACPE #0129-0000-15-071-L01-P  
CPE Credit: 0.05 CEU*

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## October 2, 2015

**8:00 a.m.**

### **Closing the Immunization Gap**

*Kathleen Nameth, R.Ph., Director of Continuing Education and Amy Bennett, Assistant Executive Director, Ohio Pharmacists Association Immunization Training Faculty*

Despite the development of safe and effective vaccines, the World Health Organization (WHO) reports 1 in 5 children are still missing out on routine life-saving immunizations that could avert 1.5 million deaths each year from preventable diseases. This session will look at the immunization landscape today; coverage gaps between countries; key challenges in eliminating regional and local disparities in immunization rates; targets in WHO’s 2015 Global Vaccine Action Plan; and what pharmacists can do to improve immunization rates for children and adults.

*ACPE #0129-0000-15-072-L04-P  
CPE Credit: 0.15 CEU*

**9:30 a.m.**

### **Improving Transitions of Care: the Pharmacist’s Role**

*Donald Bennett, R.Ph., MBA  
Clinical Assistant Professor  
The Ohio State University*

This presentation will include the potential safety and financial issues caused by disruptions in patient care during transitions. In the U.S. health system, there are current and potential roles to be played by pharmacists in the transitions of patient care. Resources to support expansion of pharmacists’ roles in transitions of care will also be outlined.

*ACPE #0129-0000-15-073-L04-P  
CPE Credit: 0.15 CEU*

## CONTINUING PHARMACY EDUCATION CREDIT

These CPE programs are intended for all pharmacists. To receive credit, you must attend the entire session, provide your NABP e-Profile ID number and birth date on the CPE form, indicate programs attended, and **return the signed CPE form to OPA staff**. All CPE credit will be uploaded to the CPE Monitor at the end of each month. CPE statements of credit can be printed from the CPE Monitor website.

Learning objectives for the continuing pharmacy education programs can be found on the OPA website at [www.ohiopharmacists.org](http://www.ohiopharmacists.org). All sessions are knowledge-based activities.

### Faculty Disclosure

Disclosure of faculty and commercial support relationships will be made known at the activity.

The Ohio Pharmacists Foundation, Inc. is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.



## Additional OPA Continuing Education Opportunities

**OPA Midyear Meeting  
November 8, 2015**

**OPA Annual Conference  
April 15-17, 2016**

**APhA's Delivering MTMS  
Certificate Training  
Programs**

**Pharmacist Training  
for Immunizations**

**Diabetes Care Certificate  
Training Programs**

**Diabetic Shoe-Fitting  
Training Programs**

**Pharmacy Technician  
Education Seminars**

**Various Seminars from the  
OPA Center for  
Entrepreneurship**

**CE on Demand: OSHA  
Training and much more**