

**Materials for this course will release 03/29/2023**

**Ambulatory Care Pharmacy Specialty Review Course, Workbook Chapters, and PRACTICE EXAM (No Recert Credit (Cert # L239131))**

**Teaser:** This online Specialty Review Course, workbook chapters, and practice exam package will help you prepare for the Board of Pharmacy Specialty (BPS) examination. With this course, get comprehensive, practical guidance, with a variety of complex cases, including references for further study.

**Tag:** Certifications; Ambulatory Care



**ACPE Numbers:** Various – see listing below

**Pre-Sale Date:** 03/15/2023

**Content Release Date:** 03/29/2023

**Expiration Date:** 02/13/2024

**Activity Type:** Application-based

**CE Credits:** 24.5 contact hours (ACPE only)

**Activity Fee:** \$425 (ASHP member); \$625 (non-member)

**Accreditation**



The American College of Clinical Pharmacy is accredited by the Accreditation Council for Pharmacy Education as providers of continuing pharmacy education.



The American Society of Health-System Pharmacists is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education with Commendation.

**Target Audience**

These activities are intended for pharmacists who are seeking to update their knowledge and skills commensurate with a board certification examination in the areas listed below.

**Activity Overview**

Ambulatory Care Pharmacy Preparatory Review and Recertification Course is designed to help pharmacists who are preparing for the Board of Pharmacy Specialties certification examination in Ambulatory Care Pharmacy as well as those seeking a general review and refresher on disease states and therapeutics. The program goals are as follows:

- To present a high-quality, up-to-date overview of disease states and therapeutics;
- To provide a framework to help attendees prepare for the specialty certification examination in ambulatory care pharmacy; and
- To offer participants an effective learning experience using a case-based approach with a strong focus on the thought processes needed to solve patient care problems in each therapeutic area.

This course is **NOT** intended for those obtaining recertification credit. To earn recertification credit, please see courses here: <http://elearning.ashp.org/catalog/amb-care-recert>

These activities are part of the ACCP and ASHP professional development program.

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### **REVIEW COURSE**

This course consists of 19 activities (see table below) and provides up to 24.5 contact hours of continuing pharmacy education credit. The Review Course includes case-based presentations for application to real-life scenarios, workbook, a practice exam along with correct answers, and links to the reference sources, and domains, tasks, and knowledge statements. To help you further prepare, this package includes a compilation of practice questions in the same format and rigor to help you prepare for the BPS Specialty Examination.

For full program information, please visit: <http://elearning.ashp.org/catalog/amb-care-review>

| Learning Module   | ACPE Number            | Credit Hours | ACPE Expiration Date |
|---|------------------------|--------------|----------------------|
| Trial Design and Biostatistics  | 0217-9999-23-050-H04-P | 2.50         | 03/02/23             |
| Endocrine Disorders   | 0217-9999-23-051-H01-P | 1.50         | 03/03/23             |
| Genitourinary, Electrolytes, and Nutritional Deficiencies/Supplementation in Older Adults | 0217-9999-23-049-H01-P | 1.00         | 03/02/23             |
| Cardiology I  | 0217-9999-23-052-H01-P | 1.50         | 03/04/23             |
| Cardiology II   | 0217-9999-23-053-H01-P | 1.50         | 03/04/23             |
| Bone/Joint and Rheumatology   | 0217-9999-23-054-H01-P | 1.00         | 03/03/23             |
| Diabetes Mellitus   | 0217-9999-23-055-H01-P | 1.50         | 03/02/23             |
| Obstetrics and Gynecology   | 0217-9999-23-056-H01-P | 1.00         | 03/04/23             |
| Pulmonary Disorders   | 0217-9999-23-057-H01-P | 1.50         | 03/03/23             |
| Practices and Processes of Care   | 0217-9999-23-058-H04-P | 1.00         | 03/02/23             |
| Communication Strategies in Pharmacy  | 0217-9999-23-059-H04-P | 1.00         | 03/02/23             |
| Developing and Managing a Clinical Practice   | 0217-9999-23-060-H04-P | 1.50         | 03/03/23             |
| Psychiatric Disorders   | 0217-9999-23-061-H01-P | 1.50         | 03/04/23             |
| Neurology   | 0217-9999-23-062-H01-P | 1.00         | 03/04/23             |
| Gastrointestinal Disorders  | 0217-9999-23-063-H01-P | 1.50         | 03/03/23             |
| Infectious Diseases I   | 0217-9999-23-064-H02-P | 1.00         | 03/04/23             |
| Infectious Diseases II  | 0217-9999-23-065-H01-P | 1.00         | 03/04/23             |
| Nephrology  | 0217-9999-23-066-H01-P | 1.00         | 03/03/23             |
| Dermatologic and Eyes, Ears, Nose, and Throat, and Immunologic Disorders                  | 0217-9999-23-067-H01-P | 1.00         | 03/02/23             |

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## Learning Objectives

At the end of the presentations, the pharmacist should be able to:

### Trial Design and Biostatistics

ACPE #: 0217-9999-23-050-H04-P

- Describe hypothesis testing and state the meaning of and distinguish between p values and confidence intervals, and measures of central tendency and data spread.
- Define, compare, and contrast the concepts of internal and external validity, causation, association, bias, and confounding in trial design. Select strategies to eliminate or control for bias and improve internal and external validity.
- Compare and contrast the advantages and disadvantages of various study designs (e.g., prospective, retrospective, case-control, cohort, cross-sectional, randomized controlled clinical trials, systematic review, meta-analysis).
- Determine why a statistical test is appropriate or not appropriate, given the sample distribution, data type, and study design. Interpret statistical and clinical significance for results from commonly used statistical tests.
- Define and evaluate odds ratio, risk/incidence rate, relative risk, number needed to treat, number needed to harm, and other risk estimates.

### Endocrine Disorders

ACPE #: 0217-9999-23-051-H01-P

- Identify appropriate thyroid hormone replacement therapy dosing strategies for patients with hypothyroidism and hyperthyroidism.
- Recommend appropriate patient-specific pharmacotherapy for the treatment of polycystic ovary syndrome.
- Medically manage a patient with hyperprolactinemia, acromegaly, and growth hormone deficiency.
- Differentiate between available weight-loss medications and design a patient-specific treatment plan.
- Recognize the clinical presentation, and design a treatment plan for, a patient with adrenal gland disorders and Cushing disease.
- Compare available testosterone (T) replacement products and list appropriate monitoring guidelines for hypogonadism.

### Genitourinary, Electrolytes, and Nutritional Deficiencies/Supplementation in Older Adults

ACPE #: 0217-9999-23-049-H01-P

- Identify and assess common genitourinary diseases, electrolyte abnormalities, and nutritional deficiencies in ambulatory older adults.
- Evaluate and manage drug-induced causes of benign prostatic hyperplasia (BPH), urinary incontinence, erectile dysfunction (ED), electrolyte abnormalities, and nutritional deficiencies in ambulatory older adults.
- Compare and contrast pharmacologic interventions for BPH, urinary incontinence, ED, electrolyte abnormalities, and nutritional deficiencies.
- Formulate treatment strategies for BPH, urinary incontinence, ED, electrolyte abnormalities, and nutritional deficiencies using patient-specific information.

### Cardiology I

ACPE #: 0217-9999-23-052-H01-P

- Evaluate the appropriate use of aspirin for primary prevention of cardiovascular events according to practice guidelines and clinical trial evidence.
- Design an evidence-based treatment and monitoring strategy for patients with hypertension that considers goals of therapy, comorbid conditions, and compelling indications.
- Create an evidence-based treatment and monitoring plan for patients receiving lipid-lowering therapies for primary and secondary prevention of atherosclerotic cardiovascular disease and hypertriglyceridemia.
- Devise an evidence-based treatment plan for secondary prevention of acute coronary syndrome, stroke and transient ischemic attack, and peripheral arterial disease.

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### **Cardiology II**

ACPE #: 0217-9999-23-053-H01-P

- Formulate appropriate oral anticoagulant treatment strategies for patients who develop venous thromboembolism (deep venous thrombosis or pulmonary embolism), nonvalvular atrial fibrillation, or who have mechanical heart valves consistent with available consensus panel guidelines, recent U.S. Food and Drug Administration approvals, and randomized clinical trials.
- Describe key differences in onset of action, dosing, administration, absorption, effects on common coagulation tests, and drug interactions between dabigatran, rivaroxaban, apixaban, edoxaban, and warfarin.
- Develop patient-specific, guideline-driven treatment, monitoring, and follow-up plans for patients with heart failure, atrial fibrillation, or ventricular tachycardia.
- Identify treatment goals, common adverse effects, clinically important drug interactions, monitoring, and risk evaluation and mitigation strategies requirements for oral pharmacotherapy of pulmonary arterial hypertension.

### **Bone/Joint and Rheumatology**

ACPE #: 0217-9999-23-054-H01-P

- Systematically identify patients to screen for osteoporosis, and use the screening results to guide the decision on how to treat the patient.
- Use a STEPS-wise approach (safety, tolerability, efficacy, preference [pearls], simplicity) for comparing, recommending, and justifying a drug therapy regimen for osteoporosis, rheumatoid arthritis (RA), psoriatic arthritis (PsA), osteoarthritis (OA), fibromyalgia, gout, and systemic lupus erythematosus (SLE).
- Choose a drug therapy for OA or fibromyalgia on the basis of drug efficacy and a patient's comorbid conditions.
- Select screenings or laboratory tests at correct intervals for patients with RA, PsA, or SLE treated with disease-modifying antirheumatic drug (DMARD) or biologic DMARD (bDMARD) therapies.
- Formulate a care plan to help patients decrease their uric acid concentrations, gout symptoms, and gouty attacks using nonpharmacologic and pharmacologic interventions.

### **Diabetes Mellitus**

ACPE #: 0217-9999-23-055-H01-P

- Identify differences between prediabetes, type 1 diabetes mellitus (T1DM), type 2 diabetes mellitus (T2DM), and gestational diabetes mellitus (GDM), including differences in diagnostic criteria and clinical presentation.
- Describe the pathophysiology of T1DM and T2DM.
- Compare agents used in the treatment of diabetes mellitus (DM), including their mechanisms of action, adverse effects, contraindications, advantages, and disadvantages.
- Select appropriate insulin regimens for patients on the basis of desired onset, peak, and duration of insulin effects.
- Individualize a comprehensive glycemic treatment and monitoring plan for a patient with prediabetes, T1DM, T2DM, and GDM.
- Discuss appropriate blood pressure and lipid management for patients with DM.
- Discuss the acute and chronic complications associated with DM and strategies to prevent them or slow their progression.

### **Obstetrics/Gynecology**

ACPE #: 0217-9999-23-056-H01-P

- Recommend therapy for contraception, infertility, menstrual disorders, and endometriosis on the basis of patient-specific information.
- Recommend appropriate treatment for common acute and chronic conditions in pregnancy and lactation.
- Recommend therapy for menopausal symptoms on the basis of patient-specific information.
- Develop provider and patient education regarding medication use during pregnancy and lactation, contraception, infertility, menstrual disorders, endometriosis, and postmenopausal therapy.

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### **Pulmonary Disorders**

ACPE #: 0217-9999-23-057-H01-P

- Compare and contrast between common features of patients with asthma or chronic obstructive pulmonary disease (COPD).
- Select appropriate evidence-based treatment for patients with asthma, COPD, and/or nicotine dependence based on specific patient factors and comorbidities.
- Develop a comprehensive education plan with monitoring parameters for patients on therapy for asthma, COPD, and/or smoking cessation.
- Compare and contrast the different respiratory inhaler devices and holding chambers.
- Integrate brief behavioral counseling and smoking cessation best practices when assisting a patient with quitting smoking.

### **Practices and Processes of Care**

ACPE #: 0217-9999-23-058-H04-P

- Identify a pharmacist's role and resources for achieving quality measures and improving the process of transitions of care.
- Describe different types of patient care services within ambulatory care pharmacy practice, including any applicable scope or limitations of practice.
- Apply tools and resources to detect, classify, report, analyze, and reduce preventable and non-preventable adverse drug events.
- Use formulary management activities and other resources to improve the prescribing of and access to safe, effective, and affordable treatments.

### **Communication Strategies in Pharmacy**

ACPE #: 0217-9999-23-059-H04-P

- Use strategies that develop patient rapport, foster trust, and effectively and efficiently obtain accurate, comprehensive histories, despite potential barriers in communication.
- Use assessments of patients' knowledge, health literacy, self-management skills, health beliefs, and attitudes toward medications to tailor educational interventions that will improve medication therapy adherence and self-efficacy.
- Communicate medication-related information and pharmacist-directed patient care interventions effectively to other health care professionals both verbally and in writing through the medical record.
- Discuss factors and methods used to assess and select age- and grade-level appropriate written educational materials intended for a variety of patient types.

### **Developing and Managing a Clinical Practice**

ACPE #: 0217-9999-23-060-H04-P

- Perform an internal and external environmental scan and needs assessment to determine the need for and organizational value of an ambulatory pharmacist-provided patient care service.
- Discuss steps to implement an ambulatory service, including identifying key stakeholders and developing essential clinic operational activities.
- Develop a robust and sustainable quality assessment program using the balanced scorecard concept for your clinical service and identifying quality measures important to your organization and patient population.
- Develop a credentialing and privileging process to ensure the competency of pharmacists providing direct patient care in your ambulatory service.
- Identify and implement revenue-generating opportunities for pharmacist-provided patient care services in different ambulatory care settings.

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### Psychiatric Disorders

ACPE #: 0217-9999-23-061-H01-P

- Analyze the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, Text Revision (DSM-5-TR)* criteria and disease course for anxiety disorders, sleep disorders, major depression, bipolar disorder, attention-deficit/hyperactivity disorder, schizophrenia, and substance use disorders.
- Apply a working knowledge of common drug and nondrug therapies for psychiatric disorders, including drug, dose, frequency, adverse effects, drug interactions, and monitoring values.
- Recommend appropriate treatments, including both lifestyle modification and specific drug therapy (medication dose, schedule, and delivery system), on the basis of relevant patient factors (pharmacodynamic, physiologic, pharmacokinetic, and socioeconomic parameters).
- Monitor for adverse drug effects, drug-drug and drug-disease interactions, and appropriateness of therapy, including polytherapy.

### Neurology

ACPE #: 0217-9999-23-062-H01-P

- Given a patient case, select an appropriate antiepileptic drug (AED) regimen for a patient with epilepsy on the basis of seizure type and AED mechanism of action, common adverse effects, and drug interactions.
- Recommend an appropriate pharmacologic therapy for a patient with episodic or chronic migraine headache.
- Recommend and manage appropriate disease-modifying therapy for a patient with multiple sclerosis (MS) on the basis of MS subtype and other patient-specific factors.
- Recommend an appropriate pharmacologic therapy for a patient with Parkinson disease, neuropathic pain, or Alzheimer disease.

### Gastrointestinal Disorders

ACPE #: 0217-9999-23-063-H01-P

Gastrointestinal (GI) disorders within the objectives refer to the disorders covered in this chapter and include the following: gastroesophageal reflux disease, peptic ulcer disease, chronic liver disease manifestations, viral hepatitis, malabsorption syndrome, diarrhea, constipation, nausea and vomiting, irritable bowel syndrome, and inflammatory bowel disease.

- Apply national guideline-based treatment strategies for gastrointestinal (GI) disorders.
- Assess the benefits and risks of drug therapy for patients with GI disorders.
- Recommend appropriate nonpharmacologic and pharmacologic interventions for managing GI disorders.
- Develop and implement a patient-specific comprehensive therapeutic plan for managing GI disorders.
- Provide drug-related patient education and counseling for pharmacologic therapies used in managing GI disorders.

### Infectious Diseases I

ACPE #: 0217-9999-23-064-H02-P

- Identify the clinical presentations of sexually transmitted infections, and design appropriate treatment regimens.
- Describe the mechanisms of action, adverse effects, and major drug interactions associated with antiretroviral agents.
- Formulate treatment strategies for the management of HIV and commonly encountered opportunistic infections.
- Design appropriate strategies for treatment and prevention of influenza and other viral infections.
- Explain the risk factors for superficial and endemic fungal infections, and design corresponding treatment regimens.

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## Infectious Diseases II

ACPE #: 0217-9999-23-065-H01-P

- Design appropriate pharmacologic and nonpharmacologic treatment regimens for patients with urinary tract infections, prostatitis, community-acquired pneumonia, sinusitis, pharyngitis, acute otitis media, skin and soft tissue infections, latent tuberculosis infection, conjunctivitis, Lyme disease, antibiotic prophylaxis, infectious diarrhea, and *Clostridioides difficile* infections.
- Identify risk factors and clinical circumstances for antimicrobial resistance.
- Design an antimicrobial therapeutic regimen to treat resistant infections and prevent their future development.
- Apply evidence-based medicine and patient-specific factors to design antimicrobial regimens that are appropriate and cost-effective for the patient.

## Nephrology

ACPE #: 0217-9999-23-066-H01-P

- Identify a patient at risk of developing, or presenting with, acute kidney injury, drug-induced kidney disease, or chronic kidney disease (CKD), and formulate an appropriate care plan to mitigate risk and slow progression.
- Using appropriate data, assess kidney function, dialysis regimen information, and pharmacokinetic/pharmacodynamic drug properties in a patient to inform clinical decision-making.
- Formulate an evidence-based treatment plan for managing the most common medical problems in patients with CKD, including anemia, CKD-related mineral and bone disorder, and hyperkalemia.
- Describe Medicare Part B and D policies related to end-stage renal disease (ESRD) and dialysis care (i.e., ESRD Prospective Payment System, Quality Incentive Program, Conditions for Coverage, Centers for Medicare & Medicaid Services Comprehensive ESRD Care Model) and their respective effects on medication use.

## Dermatologic and Eyes, Ears, Nose, and Throat, and Immunologic Disorders

ACPE #: 0217-9999-23-067-H01-P

- Formulate an ophthalmologic drug therapy regimen for a patient presenting with macular degeneration, dry eye syndrome, or glaucoma.
- Construct an individualized pharmacy care plan for a patient with allergic rhinitis.
- Using a treatment algorithm, initiate, change, and modify topical and oral therapeutic regimens for acne.
- Recommend single or multiple topical and systemic agents for treating plaque psoriasis given a patient's disease presentation, severity, and prior therapies.
- Effectively educate a patient presenting with a skin infestation or minor burn on the purpose, proper use, and potential adverse reactions of the first-line treatment options.

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(<https://www.rxcertifications.org/Ambulatory-Care/Course-Faculty>)

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**Disclosures**

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The following persons in control of this activity's content have relevant financial relationships:

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**Grant Funding/Research Support:** Jessica Farrell (Janssen Pharmaceuticals), Michelle T. Martin (Merck)

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#### **Methods and CE Requirements**

Activities can be completed in any order. Each activity consists of audio, video, and/or PDFs and evaluations. Learners must review all content and complete the evaluations to receive continuing pharmacy education credit for each activity.

Follow the prompts to claim, view, or print the statement of credit within 60 days after completing the activity.

#### **System Technical Requirements**

Courses and learning activities are delivered via your Web browser and Acrobat PDF. For all activities, you should have a basic comfort level using a computer and navigating web sites.

View the [minimum technical and system requirements](#) for learning activities.

#### **Development**

ACCP collaborates with ASHP on Ambulatory Care Pharmacy activities.

*To maintain its strict, independent standards for certification, BPS does NOT endorse or provide review information, preparatory courses, or study guides for Board Certification Examinations.*