



The Canadian HIV and Viral Hepatitis Pharmacists Network (CHAP)

The Canadian HIV and Viral Hepatitis Pharmacists Network (CHAP) was formed in January, 1997, and is comprised of pharmacists involved in HIV practice across Canada. CHAP members meet on an annual basis, communicate regularly through e-mails, and collaborate on a variety of projects and publications.

SUMMER 2019 NEWSLETTER

NEWS FROM THE (PAST) CHAIR

Hello to all CHAP members! It was a privilege and a very rewarding experience to serve as the chair of CHAP in 2018-2019. As diverse as our own country is, pharmacists involved in HIV and viral hepatitis also demonstrate a broad array of knowledge and clinical expertise and indeed each have unique clinical challenges we face. Through-out the year I never ceased to be impressed by the passion and the contributions our members have made to clinical care and research.

This year, members of the CHAP executive team also included Dominic Martel, Alice Tseng, Deborah Yoong and Mike Stuber. I want to thank each one of you for your contributions to our successful year. I truly appreciate your guidance, dedication and hard work, and I was proud to be a part of this team. As I now shift into the role of past chair, I would like to welcome Jennifer Hawkes, as incoming secretary of the 2019-2020 CHAP executive team. I would also

welcome Mike Stuber who will serve as chair of CHAP. As many of you know, Mike demonstrates incredible passion within his practice in HIV and I have no doubt he will bring this energy to the executive team.

Thank you to all CHAP members who attended and actively participated in the CHAP annual general meeting in Saskatoon. Updates in research initiatives, clinical case presentations, and clinical controversies which were presented by CHAP members were an invaluable part of our meeting. Our educational sessions focused on HIV clinical pharmacology and the very real challenges experienced in managing HIV/HCV in the indigenous population in Saskatchewan.

The next CHAP annual general meeting will be held in Quebec City and I look forward to seeing everyone once again in 2020.

My sincere wishes,

*Karen Tulloch
Oak Tree Clinic, Vancouver, BC
Past chair, 2019-2020*

WELCOME TO ALL THE NEW CHAP MEMBERS

We have a lot of new members since our last update and it was great to welcome so many new faces to the table at the May AGM. Please welcome:

- Mazen Sharaf, mazen.sharaf@cw.bc.ca is a new clinical pharmacist starting at the Oak Tree Clinic in Vancouver, BC.
- Dalia Ghab, westmountpharma@gmail.com is the new manager at Westmount Pharmacy in Guelph, ON.
- Rebecca Blimkie, rblimkie@uohs.uottawa.ca is a pharmacist new to HIV at the University of Ottawa Health Services family health team, Rideau location.
- Blake Ziegler, blake.ziegler@mckesson.ca is a Specialty Clinical Pharmacy Leader with McKesson Canada. He is involved in teaching/training staff members on HCV therapies and has a direct clinical role with patients.
- Kristen Bilawchuk, Kristen.bilawchuk@specialtyrx.ca is a pharmacy manager at SpecialtyRx pharmacy in Saskatoon.
- Stephanie Geysel, sgysel@ualberta.ca, has recently completed a with a rotation at The Southern Alberta Clinic. She is also manager of the Calgary branch of SRx Pharmacy (4525 Monterey Ave NW Suite 260, Calgary, AB T3B 0L4 Tel. (403) 286-0013 and has involvement in Hep C treatment.
- Natacha Beaulieu, natacha123@msn.com works in HIV/viral hepatitis in a primary care facility (Clinique médecine urbaine Quartier Latin) as well as a community

pharmacist at pharmacie Martin Duquette in Montreal.

- Cathy Vo, cathy.vo@specialtyrx.ca practices at SpecialtyRX Solutions, a network of specialty pharmacies that support patients with hepatitis C, hepatitis B and HIV.
- Cassandra McLelland, Cassandra.mclelland@gmail.com, is a Primary Care resident at University Health Network, Toronto. She recently completed a clinical rotation with Alice in the Immunodeficiency Clinic, which has peaked her interest in HIV.
- Sarah Zorzit, s7johnso@gmail.com is a pharmacist at the Sault Area Hospital, iCare Specialty Pharmacy in Sault. Ste. Marie, ON. Sarah specializes in cancer and HIV care in an outpatient pharmacy practice.
- Alice Lin, alicejlin@gmail.com works in the outpatient pharmacy at Michael Garron Hospital, Toronto.

WELCOME TO CHAP'S NEWEST WORKING GROUP MEMBER

- **Tracy Jansen Cheney** (Health Sciences Centre, Clinic B, Winnipeg, MB) and
- **Carley Pozniak** (Positive Living Program, Saskatoon, SK) have joined the CHAP working group. Welcome!

Introducing New Executive:

Jennifer Hawkes, CHAP secretary 2019-2020. Jenn is from Prince George, BC, and is part of the HIV/HCV Specialized Support Team, which provides support to approximately 100 patients living with HIV/HCV in the northern and remote areas. Jenn has been a CHAP member since 2011 and is looking forward to opportunities for collaborative research and clinical sharing.

CHAP AGM SUMMARY

The CHAP annual general meeting (AGM) occurred on May 8, 2019 at TCU Place in Saskatoon, SK as a CAHR conference ancillary event. The meeting was chaired by Karen Tulloch (CHAP 2018-2019 Chair) with a total of 16 working group members and 5 general members attending.

The breakfast symposium from Dr. Courtney Fletcher (*PharmD, University of Nebraska Medical Centre*) was titled “Pharmacologic Insights into HIV Reservoirs and Remission”. At lunch we heard from Dr. Stuart Skinner (*MD, FRCPC, Regina ID Clinic and The Wellness Wheel*) and Ms Susanne Nicolay (*RN, BA, BScN, ACRN – Clinics and Project Coordinator at The Wellness Wheel, Regina, SK*). They presented their insights working in rural and reserve communities in Saskatchewan in their talk titled “HIV and HCV Care and Treatment in Rural and Remote Communities.

The CHAP AGM business meeting included: 1) A summary of CHAP member accomplishments and year in review discussion, 2) the Treasurer’s report, 3) discussion around changes to the Travel Grant Allocation Policy, 4) Updates to our Endorsement Policy 5) Updates to the Terms of Reference

Jenn Hawkes (Northern Health, Prince George, BC) was elected as CHAP secretary/Chair elect for 2019/2020 and Mike Stuber (Sask Health Authority – Regina) becomes the CHAP chair for 2019/2020.

Project leaders provided updates and lead discussion on current CHAP projects including the CHAP national clinical observership program, HIV specialized pharmacy rotations for Family Medicine residents and updates to the DDI reference tool and the CHAP 2012 pharmacist guidelines.

Presentations were also given on a number of topics such as HIV/HCV pharmacist staffing numbers across Canada, INSTI related weight gain, OAT and buprenorphine/naloxone microinductions and case reports of patients with poor immune reconstitution despite viral suppression.

CHAP wishes to sincerely thank all the sponsors who contributed to the event (*Gold Sponsors: Gilead; Silver Sponsor: ViiV*

Healthcare, Abbvie; *Bronze Sponsors:* Merck;
Other Sponsor: Theratechnologies).

The next CHAP meeting will be held in April 2020 in Quebec City at the 2020 CAHR Annual conference.

Check out the CAHR travel awards program for help with funding to go to HIV meetings!

<http://www.cahr-acrv.ca/hcp-travel-awards-competition/#conditionsoffunding>

CHAP OBSERVERSHIP

The CHAP National Observership Program began in 2017 with educational funding from Gilead. Nine pharmacists have participated so far and an update was presented at the CHAP AGM in May. So far the program is a success with a number of positive reviews from participants.

- “This past May I was given the amazing opportunity to spend a few days learning from Northern BC’s HIV pharmacist Jenn. It was a great experience to be able to learn how HIV care works in a more remote area of our province and gain from her experience. Our clinic shares care with numerous patients in Northern BC and this opportunity allowed us to brainstorm how we could collaborate to provide the best care for our mutual patients. In addition to teaching me her approach to HIV care, Jenn shared a lot of tips and tricks for Hepatitis C treatment which is a new area of practice for me. We were able to discuss different clinical scenarios, Jenn shared a variety of resources and tools that she had created and answered all my questions. Thanks to my observership experience, I feel more confident in the HIV care I am providing to our patients and I have found a new mentor for my career as a HIV/Hepatitis C pharmacist.” – Stacey Tkachuk
- “I was very fortunate to have completed an observership with CHAP. All of the program administrators were very friendly and easy to coordinate with. The observership itself allowed me to expand my knowledge base on a theoretical and practical level. I was shown the various resources and strategies available for providing HIV care and was able to apply them on the very same day. Furthermore, seeing my preceptor providing such a high level of care to each individual patient was not only educational but also inspirational. I can’t recommend this program enough.” – Andrew Ibrahim

UPDATES FROM OUR MEMBERS

NEWS from Nova Scotia



❖ **From QEII Health Sciences Center Infectious Diseases Clinic, Halifax**
(Tasha Ramsey)

Being new to the CHAP working group and contributing to the newsletter for the first time, I thought I would introduce the structure of adult HIV and viral hepatitis care, our local HIV/HCV education, and research in Nova Scotia.

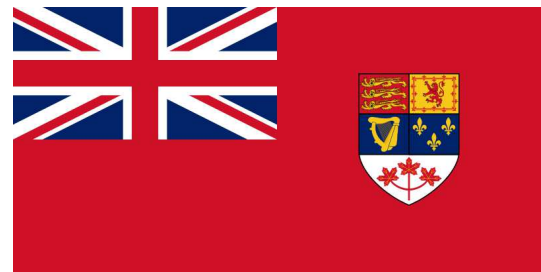
I have the opportunity to work with approximately 550 adults living with HIV in Nova Scotia and also individuals with viral hepatitis, predominantly HIV and HCV co-infections, on a consult basis. Our staff consists of a dedicated (1 FTE) nurse for the HIV clinic and otherwise the general infectious diseases team, that provide inpatient and outpatient care, support the HIV clinic. There are three infectious diseases physicians and a (0.4 FTE) pharmacist (me) that see patients in Halifax and two infectious diseases physicians that see patients in Cape Breton and the Annapolis Valley.

For local HIV and HCV education, we participate in the Atlantic Collaboration for Human Immunodeficiency Virus Education (ACHIVE) Conference that occurs every September. This year it will be hosted by Newfoundland.

From a research point of view, I am very excited to support Approach 2.0 coming to Nova Scotia in the near future and see STBBI POCT in NS community pharmacies.

We are experiencing an HIV outbreak in Halifax with a predominance of persons who inject drugs being impacted. We are working to find creative solutions to engage them in care and test/treat their contacts. Otherwise, most of our work is focused on simplification of therapy for individuals with HIV.

NEWS from Ontario



❖ **From St. Michael's Hospital, Toronto** (Deborah Yoong)

Greetings from Toronto! Although it started as a pretty rainy season, the summer has finally come with warmth and sunshine. Our clinic continues to chug along with both HIV, PEP, PrEP, and HBV/HCV clinics. Unfortunately, we

are still seeing locally newly diagnosed patients, although our numbers for new PrEP referrals are steadily rising. In July, our hepatitis C nurse resigned, with a major force being that most, if not all, of our co-infected patients engaged in care have been successfully treated and referrals for untreated patients have significantly dwindled down. The focus has now shifted to finding and treating those not engaged in care. We're hoping to get some movement here in Ontario with pharmacists being involved in point of care testing. Some pharmacists/pharmacies have started providing this service under a medical directive but through other advocacy groups, we hope to start dialoging with relevant stakeholders to add this to the pharmacist's scope of practice.

❖ **From Toronto General Hospital, Toronto**

(Alice Tseng)

a) **UHN Immunodeficiency**

Clinic. After over 20 years, Dr. Irv Salit stepped down as director of the clinic, but luckily, he continues to see patients and run his anal pap clinic. Sharon Walmsley is now the new director.

b) **UHN/MUHC HIV residency**

program. The residency will be undergoing accreditation by the Canadian Hospital Residency Board this coming November. We will be the first Year 2 residency program in Canada to go through this process, and Nancy and I have been working hard to prepare. Salin has

also been very helpful in getting all our documentation in place. Please keep your fingers crossed! Salin's residency project was also presented as a poster at the STI & HIV 2019 World Congress in Vancouver in

July. Congratulations! Nhean S, Tseng A, Sheehan N, et al P427 SUPPLEX: appearance and performance-enhancing supplements use in people on pre-exposure Prophylaxis Sexually Transmitted Infections 2019;95:A203.

https://sti.bmj.com/content/95/Suppl_1/A203.2

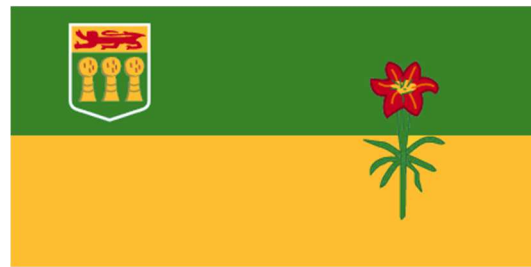
- c) **HIV/HCV app.** We are very happy that Christine Hughes, Deb Yoong, and Karen Tulloch have joined the editorial board for the app. It's been wonderful to have more hands on deck to contribute to the ongoing app content/development work. Additional print/pdf functions for the app have been added recently, and new drug classes now include HRT/gender affirming therapies, new anti-cancer drugs (in progress) and conference updates from CROI, the HIV pharmacology meeting, and IAS. Thank you also to everyone who has forwarded comments and suggestions for improvement.
- d) **HIV drug interaction booklet (2019 edition).** The popular, spiral-bound booklet on antiretroviral DDIs with colour-coded summary charts is in the process of being updated to

include new drugs and new data. The English charts are already posted on the clinic website at <https://hivclinic.ca/drug-information/drug-interaction-tables/> and the entire booklet is posted at: https://hivclinic.ca/downloads/DDI%20Booklet%202019_English.pdf Currently, the booklet is being translated into French; when ready, hard copies of both English and French versions will be printed and available for distribution. Alice, Linda, Mike, Rachel, and Dr. Gord Arbess reconvened to develop this update.

- e) **CHAP National Observership Program.** CHAP received a grant from Gilead for 2019, so we were able to offer 3 observerships for this year. Cathy Vo (Toronto) completed a 2 day observership with Alice Tseng (University Health Network) and Deb Yoong (St. Michael's Hospital), Sarah Zorzit (Sault Ste. Marie) is scheduled for a 2 day observership with Linda (Windsor) and Erin Ready (Vancouver) is scheduled for a 2 day observership with Pierre (Ottawa).
- f) **Ontario HIV Pharmacists Education Day.** The annual Ontario HIV Pharmacists Education Day and the Ontario HIV Clinics Network Education Day are scheduled in Toronto for Thursday, December 12th and Friday, December 13th, respectively. Please save these

dates, agenda/speakers are being finalized.

NEWS from Saskatchewan



❖ From Regina (Mike Stuber)

Summer has flown by here in southern Saskatchewan. We have been keeping busy with an increase in new cases across the province. It has been a challenge in Regina with a lot of staff turnover in our clinic but we are happy to have a couple of new nurses and a new permanent social worker. We also welcome our new ID physician, Dr. Stephen Lee who will be taking on HIV and HCV patients. I'm also very fortunate to have a fantastic PharmD student, Lindsey Ziegler, from the U of A with me for six weeks. She has been working on a few tools to help improve communication between our clinic and community pharmacists.

Our PrEP clinic has been quite successful and we continue to book up each month. It has largely spread by word of mouth and we are all quite proud of the reach we've had to MSM populations of the province. We are finally moving forward with Saskatchewan focused PrEP guidelines and prescriber/patient

resources. These will be available online this fall.

Outside of the Regina clinic I am involved in a number of HIV related projects. Some of the highlights include working with medSask at the University of Saskatchewan on development of a comprehensive online module for pharmacists, nurses and other HCPs who want to learn about HIV and our unique challenges in this province. We hope to have this up and running by World AIDS Day this fall. Both Carley Pozniak and I will be sharing our knowledge with primary health care practitioners in North Battleford this fall. This area has declared an HIV outbreak and we are working together with SIDCN (<https://sidcn.ca/about/>) to build treatment capacity in Saskatchewan's northwest. I will also be presenting on HIV at our CSHP- Sask Branch AGM this October.

Saskatchewan has also begun rolling out our updated PEP kits. We have switched to a 5 day kit and updated the contents to include raltegravir and TDF/FTC. This updated regimen should result in less wasted medications compared to our older kits.

I also have a post on the Catie Blog (blog.Catie.ca) that will be posted in early September, 2019.

NEWS from Alberta



❖ From Edmonton

(Christine Hughes, Michelle Foisy)

Hi everyone! So far, we started off the summer with a bang- major forest fires and droughts in northern Alberta leaving us in heavy smoke for a few weeks in May and then monsoon season hit in June with at least some rain almost every day since.... We'll see what August brings- better not be the white stuff!

Clinical Notes:

Our clinic is transitioning from eClinician to Connect Care this year and we go live in early November. Everyone is busy with training and getting psyched up for the big day.

The HIV-HCV app team (Toronto Hospital) is pleased to welcome Christine Hughes on board as an editor.

Publications:

Hughes C, Yoong D, Giguere P, Hull M, Tan DH. Canadian guideline on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis for pharmacists. *Can Pharm J* 2019;152:81-91. (now in print)

Giguere P, Nhean S, Tseng AL, Hughes CA, Angel JB. Getting to the heart of the

matter: a review of drug interactions between HIV antiretrovirals and cardiology medications. *Can J Cardiol* 2019;35:326-40.

Nguyen B, Foisy MM, Hughes CA. Pharmacokinetics and safety of the integrase inhibitors elvitegravir and dolutegravir in pregnant women with HIV. *Ann Pharmacotherapy* 2019; 53: 833-44.

Posters:

Merali A, Foisy MM. Integrase Strand Transfer Inhibitor (INSTI) Associated Weight Gain in HIV+ Patients: A Review of the Literature [abstract CSP4.01]. Presented at: The 28th Annual Conference on HIV/AIDS Research (CAHR 2019), Saskatoon, Sask, May 9-12, 2019. (*Poster*)

Presentations:

Hughes C, Foisy M. Community pharmacists update: Hot Topics in HIV and HCV care, Edmonton, AB. June 20, 2019.

Hughes, C. HIV Drug Resistance. Presented at: Academic Half Day - ID Subspecialty Residents. Edmonton, AB. March 26, 2019.

Hughes, C. Interdisciplinary HIV Panel Discussion (Pharmacy Awareness Month). Edmonton, AB. March 4, 2019.

Foisy, M. HIV Treatment Update. STI Centre Team Rounds, Edmonton, AB, February 26, 2019.

❖ **From Calgary - Southern Alberta Health Clinic**

(Jeff Kapler on behalf of Shayna Campbell, Geneviève Olsen, Jinell Mah Ming)

Summer in Calgary – where did it go??
So fickle, seemed really to last only three weeks!

We welcome casual pharmacist Kim Lau to our group! Kim has worked in community as well as the Anticoagulation Management Service here in Calgary, and she's enthusiastically soaked up all the information we've provided her so far... glad she's joined us, she will be helping cover some holidays and honeymoons!

Dr Jacqueline McMillan, the geriatrician who joined our clinic about a year ago, is picking up more patients to follow here, and is leading a project to develop a formal framework for assessing and caring for our older, frailer folks. (Not including Jeff). Care pathways will address polypharmacy and needs such as psychiatry, housing, occupational therapy, and potentially other services that might benefit that group of patients. Another activity in our clinic with the neurologist, Dr Chris Power, is a pilot study on inhaled insulin in HIV-associated neurocognitive disorder – stay tuned for the outcomes! Genevieve continues to work on her project on glucose, weight and BP as affected by ARV.

Our clinic intake process is going to be taking a more intensive approach to ensure that families of patients are

getting HIV tests. This instigated by the recent diagnosis of a 21 year old man, perinatally infected but not tested by immigration when he was a youth, and his mother didn't seek medical care for him until significant neuro-motor problems emerged, at a CD4 of 1. The unfortunate young man is likely in a wheelchair for life and has been placed in extended care.

We don't have any stats on the uptake of PrEP since the provision of meds was funded provincially.... Our clinic is not directly involved in it, but sometimes the physicians who do it do consult with our pharmacists for advice from time to time. It does seem to have generated some interest to say the least! Recent call from one doc: "I am meeting this fellow who is interested in PrEP... he's a 60 year-old, obese, hypertensive with insomnia/sleep apnea, low testosterone, OCD, GAD, osteoporosis, osteoarthritis, post-hip replacement...."

We appreciate the warnings (and some reassurance) from our friends in Ottawa about EPIC electronic medical record system.... Most of the Alberta Health Services facilities (including SAC) will be phasing over to that system over the next year'ish. This is intended to lead to even better connectivity in the provincial health system. SAC is in Wave 2 of the transition, currently scheduled for March... so we can debrief with you all about it at the next CHAP meeting!

NEWS from British Columbia



❖ **From St. Paul's Hospital, Vancouver**
(Linda Akagi)

We have been blessed this summer with warm, sunny days and enough rain to keep the forest fires at bay. Summer vacations are top of the mind for most, but the work continues for many of us.

The BC HIV program continues to grow for both treatment and more significantly our prevention program. In March we surpassed enrolling 4000 patients into our publicly funded pre-exposure prophylaxis (PrEP) program. We are seeing a few hundred new enrolments each month and as a result, we continue to work on ways to gain efficiencies and improve access.

As far as staffing goes, the SPH Ambulatory pharmacy has seen a big change this month with the recent retirement of Jack da Silva. Jack worked for 33.5 years mainly at SPH. He started his career in the palliative care program and then moved to the managing the Ambulatory pharmacy. We weren't sure who could fill Jack's shoes, but we were very blessed to recruit Osric (Oz) Sin into this position. We are all excited to

work with Oz and are confident that our program will continue to move forward under his direction.

❖ **From the Oak Tree Clinic, Vancouver**
(Karen Tulloch)

Our Oak Tree clinic team has changed in the last few months and has most recently grown to include Mazen Sharef, a 2018 pharmacy graduate from Dalhousie University, whom recently completed his hospital pharmacy residency in Vancouver within the LMPS program. We will also soon be saying goodbye to our colleague, Ryan Fung, who will be moving to Saskatoon, Saskatchewan to join his wife and start a new career. We wish him the best!

In April, our clinic implemented a Sexual Assault Service program. Women who are seen in emergency and are given 5 days supply of ARVs are given the opportunity to come directly to the Oak Tree clinic for further follow-up. They are primarily managed by our clinic Nurse Practitioner and assessed for continuation of need to complete the 28-day PEP ARV course. Our ambulatory care pharmacy provides the medications and women are followed up with in patient visits and/or a telephone calls.

Moving down the calendar, in October, our clinic will be celebrating its 25th anniversary of service. We will be hosting an evening education session for our community partners and health care providers.

On a brief clinical note, we have started our first patient on doravirine after successfully obtaining a compassionate supply of doravirine from the manufacturer. And in the world of publication our cabergoline review paper was published in JIAS in June.

Tulloch KJ, Dodin P, Tremblay-Racine F, Elwood C, Money D, Boucoiran I. Cabergoline: a review of its use in the inhibition of lactation for women living with HIV. *Journal of the International AIDS Society* 2019, 22:e25322.
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/jia2.25322>

We wish everyone the best!

Karen Tulloch
Oak Tree Clinic, Vancouver BC