

SDCPhA Meeting

Thursday, October 14th, 2021

AGENDA

1. Call to Order: 6:42pm
2. Roll Call : Gina L., Laura B, Susie N., Roco P., Tony P., , Paul D., Chris W. , Jennifer H., Cathy L., Allison L.
3. PsychU Presentation: Impact of Major Depressive Disorder on Patients, Caregivers, Payers and Employee
 - a. Speakers: Sucharita S. Somkuwar, PhD. B Pharm and Hiten Patadia, Pharm D.
 - b. Objectives:
 - i. Explore the burden of MDD on pt, caregiver, employer
 - ii. DYK: pts w/ MDD were approx 20 times more likely o commit suicide than the general public - direct/indirect cost of MDD
 - c. Prevalence MDD - 8% of American adults, 64% of reported has severe impairment - mostly women. Median time Dx takes 8 years.
 - d. Impact of MDD - COVID pandemic
 - i. Burden of Dx to the individual - physical manifestations (energy, mood), medical conditions (ie chronic Dx), financial stress, education (more likely to do poorly), QOL (disability-adjusted life years),
 - ii. MDD correlations w/ - chronic fatigue, fibromyalgia, chronic pain, heart Dx/ CVD, stroke, diabetes
 - iii. Suicide risk for MDD - chronicity of disease, remission, severity of Sx that co-mix, severity of depression
 1. Tx over time shows decreased risk of suicide thoughts
 - iv. Factors Associated
 1. Stressful life events

2. Med adherence
 3. Alcohol use
 4. Intermittent/poor psych med adherence
 5. Upt o 2 previous suicide attempts
 6. Prescribed antipsychotics
- e. Impact of being a caregiver
 - i. The well-being of caregivers was noted as a public health concern due to the associated psychological and physical problems
 - ii. MDD during and after preg
 - f. Impact of MDD on Employers
 - i. Work productivity
 - ii. Healthcare costs
4. Old Business
 - a. Approve August meeting minutes
 5. New Business
 - a. October 30th - CPhA Law Webinar
 - i. Free for members
 - ii. CE provided
 - b. Future meetings
 - i. November - financial webinar by WestPac Wealth Partners
 - ii. December - Guest Speaker Jill Simonian, President of Pharmacist Cannabis Coalition of California
 6. Adjourn 8:30pm