

# Training Is Constant *in Compounding Center*



**Dr. Burch, right, consults with her associate, Dr. Sejjal Patel, on a prescription they are compounding.**

**E**ducation and continued training are an important part of every working day for Dr. Jennifer Burch, who oversees and guides activity in two Durham locations: Central Pharmacy and Central Compounding Center.

Some 25 years ago, with doctorate in hand from the Campbell University School of Pharmacy, she joined her father, Bill Burch, RPh, long-since at least semi-retired, and was the principal force in developing extensive capabilities in pharmaceutical compounding. Compounding is the art and science of preparing prescriptions designed for individual patients, in the precise dosage and strength that the patient needs, as prescribed by their physician.

“Education and training are constants in my life,” says Dr. Burch. “Simply put, if I don’t learn something new and of value every day, it’s a lost opportunity. I constantly need to be on top of what’s current and trending in this broad field of pharmaceutical compounding. If there is an article in a journal about a new preparation that isn’t commercially available, that is proving to be of benefit when prescribed for patients, that is something as a compounding pharmacist that I need to understand and incorporate in our practice.

“As professionals, we are always learning and sharing. For example, I just returned from what we call a concierge gathering—a group of a dozen pharmacist colleagues from around the country. We meet annually to dissect topics of interest or explore new developments in compounding. And we also have a monthly teleconference, which is a great way to share new ideas and network. We’re usually talking about either a specific condition

someone is treating successfully with a compounded preparation, with physician oversight; and we often also discuss our experience with nutritional supplements or insights into how we manage our practices.”

## LEARNING AND TEACHING IN AN INCREASINGLY INTERCONNECTED FIELD

“Health care in general has become more integrated and interconnected” notes Dr. Burch. “Here at the Central Compounding Center, we’ve added an educational

component to our practice. We started as a traditional pharmacy, then added compounding, and finally a patient education element. It’s my job to learn as much as I can so that I can educate our patients about relevant health issues. Once they’re educated, they can make informed decisions; if they aren’t aware that there’s something out there that can help them, they can’t seek it out.

“I find that health care providers are constantly looking for more tools to have in their toolbox because they aren’t always getting the best outcomes they want for their patients. That’s when they often turn to compounding. We’re no longer a last-ditch consideration. Typically, doctors now call a bit earlier in therapy and ask, ‘Jennifer, what do you have for this? Or, what have you tried for that?’

“Our relationship with physicians is entirely positive and critically important. A number of doctors have my cell phone number so that if they need information promptly, they can reach me. Our role as a compounder of palliative products is great—a triad relationship between the pharmacist, the patient, and the physician. It’s an approach that provides the best way to provide the best outcome for the patient.”

## HORMONE REPLACEMENT THERAPY

One area of special focus, explains Dr. Burch, is hormone replacement therapy (HRT). “We frequently work with doctors and their patients who are interested in HRT. I’ve had numerous hours of training in this area and continue educating myself. Balancing all the different hormones is important in supporting quality of life and at Central Compounding Center we offer formal patient

education programs on HRT, as well as individual consultations. We have many different ways in which to determine whether a patient is hormone deficient. And once we know what the patient needs, we have a unique therapy that makes sure the patient has the right balance of hormones for long term emotional, mental, and physical health. There is no one ‘right balance’ for all. Our hormone profiles are as unique as our fingerprints,” explains Dr. Burch.

## NEW COMPOUNDS DELIVERING IMPRESSIVE RESULTS

“An impressive compound we prepare is low-dose naltrexone (LDN) which is used for almost every disease under the sun. It’s been documented and used in over 200 different conditions, most of which have some autoimmune component, but it can also be used for pain and depression. It is being used for a variety of conditions that haven’t responded well to other treatment, including multiple sclerosis, chronic fatigue, and fibromyalgia. We’re starting to see people with Crohn’s disease and ulcerative colitis benefit from this drug. Dermatologists are using it to treat rashes that have resisted other treatment. Put them on a low-dose naltrexone and typically there is some level of improvement. We’re planning on offering LDN educational programs soon.

“Another new compound that’s delivering impressive results is ketamine nasal spray to treat pain and depression. There’s some pretty impressive data for using it as an antidepressant. It’s exciting because the literature talks about upwards of an 80 percent positive response rate, which you don’t see very often. And it works within minutes to days versus four to eight weeks.”

**For more information about these community pharmacy/education/wellness centers, contact:**

**Bill Burch, RPh**

**Jennifer Burch, PharmD**

**Sejjal Patel, PharmD**

**Darius Russell, PharmD**

**Donna Ferrell, RPh**

**Michael Verble, PharmD**

**CENTRAL PHARMACY**

**2609 North Duke Street, Suite 103  
Durham, NC 27704**

**Telephone: (919) 220-5121**

**Fax: (919) 220-6307**

**www.centralpharmacync.com**

**CENTRAL COMPOUNDING CENTER**

**6224 Fayetteville Road, Suite 104  
Durham, NC 27713**

**Telephone: (919) 484-7600**

**www.centralcompounding.com**

**Call to schedule a consultation  
with our pharmacists.**