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How to Conduct a Local P&T Competition

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Introduction

The AMCP Foundation National Student Pharmacist Pharmacy & Therapeutics (P&T) Competition is an annual team event designed to provide an immersive experience in the skills necessary for effective formulary review and management.

Teams ideally comprised of four student pharmacists work together on assignments including:

- A written evaluation of the competition drug(s), with recommendations for formulary placement and associated utilization management strategies.
- A PowerPoint presentation to the “P&T Committee” (i.e., the competition judges).

The assignments involve extensive research into the clinical, societal, and pharmacoeconomic evidence supporting the value proposition of the competition drug(s).

Schools must register their intention to participate in the P&T Competition in the Fall of each year. Entries to the National P&T Competition are due in late January each year.

The National P&T Competition is conducted in phases. During each phase, judges appointed by AMCP Foundation evaluate and score assignments submitted by each team. The teams with the highest scores advance to the final round of competition, which is held in conjunction with the AMCP Annual Meeting in March or April.

Each pharmacy school/college may enter only **one** team into the national competition. If more than one team is interested in competing, schools must decide on a single team. Many schools conduct a local competition to determine a single winning team. The local competition usually is held in January, in advance of the deadline for entries to the national competition.

Schools are free to conduct local competitions in any way that makes the best use of available resources and provides equal opportunity for all interested student pharmacists. Many schools choose to mimic the format of the national competition by having teams submit the required written assignments, followed by a mock P&T Committee presentation at a live or virtual event. Typically, teams present their findings and recommendations to local judges, who evaluate the quality of the submissions and the strength of the evidence supporting the recommendations made. Local judges are recruited by the Competition Coordinator on behalf of the AMCP Student Chapter and are typically managed care, industry, or academic professionals with an understanding of real-world formulary management. These judges decide the winning team from the local competition, and the materials of the winning team are then submitted to the National P&T Competition.

Many AMCP Student Pharmacist Chapters conduct formal educational workshops during the fall semester to help students prepare for the competition, on topics such as pharmacoeconomics, formulary management, and clinical trial design. Some chapters are even able to work with their school administrators to develop educational workshops and the competition itself into academic credit-bearing opportunities for students (elective course, independent study or other).

The How-To Guide is provided by the AMCP National Student Pharmacist Committee to assist you and your chapter in planning a local competition to be held at your school. Local competitions should be planned and organized by members of your chapter's E-Board through the leadership of a Competition Coordinator. Many chapters choose to include Competition Coordinator as an E- Board Officer position.

About the AMCP Foundation National Student Pharmacist P&T Competition

The P&T Competition is designed to challenge students to gain a real-world perspective of the formulary management process. Formulary management is dynamic and requires extensive and timely pharmaceutical knowledge, as well as an understanding of the medical community practice standards that exist within the health care system. A Pharmacy and Therapeutics Committee (P&T Committee) is ultimately responsible for developing, managing and updating formulary systems that are utilized by managed care health systems.

Pharmacists who serve on or provide support to P&T Committees must know how to critically evaluate the best available clinical and economic evidence, weigh their use and impact on patient population outcomes, conduct cost/benefit analyses, and relate drug therapy choices to clinical practice guidelines. Development of these necessary formulary management skills will help managed health care systems achieve the challenging goals of improving the quality of patient care while controlling scarce healthcare resources.

The P&T competition is intended to give students an opportunity to hone a variety of skills including critical analysis, presentation and research skills. More importantly, the competition allows students to view different styles and processes that can be used in effective formulary management and provides exposure to AMCP's Format for Formulary Submissions.

Participating in the National P&T Competition

The timeline for the National P&T Competition varies from year to year. All students interested in participating in the competition should subscribe to the P&T Competition newsletter (sign up [here](#)). Competition Advisors, AMCP Diplomats, and competition mentors also are encouraged to subscribe to the newsletter.

Important P&T Competition milestones and deadlines to watch for include the following:

<p>August</p>	<p>Launch of current year P&T Competition web page</p>	<ul style="list-style-type: none"> • The web page includes information about the competition deadline and how to prepare for and enter the P&T Competition. Information is added throughout the competition cycle. • General information about the P&T Competition is available year-round on the main P&T Competition web page.
<p>September</p>	<p>First issue of the P&T Competition email newsletter for the current competition cycle</p>	<ul style="list-style-type: none"> • AMCP Foundation communicates important P&T Competition news and information primarily via an email newsletter (sent approximately weekly from September to January). • Encourage all students, advisors, and mentors to subscribe to the newsletter via this link.
<p>September–October</p>	<p>Announcement to create a school account in the P&T Competition online portal and register your school's intention to compete</p>	<ul style="list-style-type: none"> • The account is created using the student Competition Coordinator's credentials. • To register your school's intention to compete, you will be asked to supply contact information for your student Competition Coordinator, Chapter President, and Competition Advisor(s).

October–November	Release of the P&T Competition “Case Study and Team Assignments” document	<ul style="list-style-type: none"> • This document and associated materials are sent <i>only</i> to schools that have registered their intention to compete. • The document and associated materials are sent directly to the school’s Competition Coordinator and primary Advisor. The Competition Coordinator is responsible for sharing them with all student teams.
	Announcement for participating students to create individual accounts with FormularyDecisions	<ul style="list-style-type: none"> • This step is necessary to gain access to the manufacturer dossier for the competition study drug. • This step is available <i>only</i> to students at schools that have registered their intention to compete.
January	Opening of the National P&T Competition entry portal	<ul style="list-style-type: none"> • Each school’s single entry must be uploaded to an online judging portal. The portal usually opens approximately 1 week before the stated deadline for entries.

Conducting a Local P&T Competition

AMCP Student Pharmacist Chapters can begin setting their timeline for their local competition as soon as early fall. A sample timeline is provided below outlining detailed steps in planning your local P&T Competition.

The National P&T Competition rules stipulate that each pharmacy school/college must designate one student Competition Coordinator to serve as the primary contact person for all competing teams at the pharmacy school/college. The student Competition Coordinator is responsible for disseminating important P&T Competition materials (e.g., Case Study and Team Assignments document, monograph template) to all competing teams and keeping teams informed about P&T Competition news.

At many schools, the student Competition Coordinator also is responsible for planning the local P&T Competition. Other schools may appoint a different student (in addition to the Competition Coordinator) to plan the local competition or designate assistants to the Competition Coordinator.

The AMCP Foundation recommends adding the Competition Coordinator to the E-Board along with the President, Vice President, etc. This is helpful for both communication and organizational purposes.

The following checklist can serve as a reference for your executive team or Competition Coordinator in planning for your local competition. These steps do not necessarily need to occur in the same order nor within the same time frame. Each task can also be modified according to the needs of your school.

MONTH	TASK
<p>August/September</p> <p><i>Approximately 5 Months Prior to the Local Competition</i></p>	<p>Preliminary planning for your school's chapter.</p> <ul style="list-style-type: none"> ● Are teams receiving course credit? <ul style="list-style-type: none"> ○ If so, your school may require a class syllabus to be submitted to your school's administration ● Is an elective or local competition going to be held? <ul style="list-style-type: none"> ○ If so, communicate with local faculty in order to excuse student absences due to potentially conflicting times ● Do you want to set limits on the number of students from each class year allowed on one team? ● Do you want to require prerequisite classes for team members? ● Recruit members to be involved in the P&T competition ● Assess what resources your chapter has. Faculty, preceptors, members of your AMCP affiliate, and AMCP Diplomats can all be extremely helpful in developing your P&T competition <ul style="list-style-type: none"> ○ Details on AMCP Affiliates can be found here ○ A roster of AMCP Diplomats can be found here

MONTH	TASK
<p>October</p> <p><i>Approximately 3 Months Prior to the Local Competition</i></p>	<p>Begin planning a P&T Workshop for your competitors.</p> <ul style="list-style-type: none"> ● This may include reaching out to potential guest speakers with P&T experience or a pharmacoeconomic background ● Consider looking for a chapter competition mentor to provide further assistance your competitors <ul style="list-style-type: none"> ○ A mentor could be a previous competitor or a pharmacist with P&T Committee experience ○ Coordinators should refer to "P&T Coaching Rules" for exact guidance on acceptable/unacceptable assistance form coaches <hr/> <p>Begin a student chapter sign-up for your local competition.</p> <ul style="list-style-type: none"> ● Form teams by creating a sign-up sheet (e.g., Google Forms)
<p>November</p> <p><i>Approximately 2 Months Prior to the Local Competition</i></p>	<p>P&T Competition Workshops</p> <ul style="list-style-type: none"> ● Hold a workshop for your contestants covering material that is unique to the P&T competition ● Example topics can include pharmacoeconomics, disease state of the drug, and advice from a past competitor <hr/> <p>P&T Competition Planning</p> <ul style="list-style-type: none"> ● Start developing a timeline for your team to follow. <ul style="list-style-type: none"> ○ This can include creating day-of schedule details (see appendix for a Competition Schedule example). ● Invite judges to participate (see appendix for example Judging Request Letter). <ul style="list-style-type: none"> ○ It is recommended to recruit at least two faculty members or managed care professionals that reflect a balance of judging experience (both new and seasoned judges) and a variety of practice areas (e.g., academia, pharmacy benefit managers, health plans) ○ Possible sources of judges include your pharmacy school/college alumni network and past speakers at AMCP Student Pharmacist Chapter events ○ It is strongly discouraged to recruit judges employed in the pharmaceutical industry. Due to confidentiality considerations, employees of biopharmaceutical companies are not permitted to access the manufacturer dossier for the drug under study ● Reserve a physical space or set up virtual space for the competition (i.e., a room at the pharmacy school or on a platform such as zoom). ● Contact your chapter competition mentor (if any) about the P&T Competition and coordinate a method for participants to reach out to the mentor.

MONTH	TASK
Early December <i>Approximately 1 Month (Or When Available) Prior to the Local Competition</i>	Release competition materials to local competitors. The competition has multiple components to submit, which may be overwhelming to new participants. Release the competition material by email and provide a break-down of each of the requirements to your participants.
	Develop a system for your student officer coordinator(s) or chapter competition mentor to answer questions (i.e. Google Doc or Google Form). Consider developing an "FAQ" document so that the questions answered are made available to all competitors.
Late December or Early January <i>Approximately 1-2 Weeks PRIOR to the Local Competition</i>	Deadline for local competition submissions <ul style="list-style-type: none"> • Send out the competition agenda to judges and students • Send each team's monograph to judges to review
January <i>The Week of the Local Competition</i>	Local P&T competition presentations Ensure judges and students are informed of the agenda
	Gather the necessary equipment for the day of the local competition. <ul style="list-style-type: none"> • Laptops, projector, camcorder • Snacks, beverages • Rubrics for the judges
Late January <i>The Week AFTER the Local Competition</i>	Post-Event Tasks: <ul style="list-style-type: none"> • Evaluate what went well, improvements for future competitions, and plan to ensure these lessons learned are passed on to next year's leadership • Send thank you notes to all judges involved

Optional Local Competition Tasks

- Acquire funding/sponsorship (see appendix for example Sponsorship Proposal)
- Host a post-event award ceremony/banquet (e.g. breakfast event)
- Create a class surrounding P&T (see appendix for example P&T Competition Class Syllabus Example)

Every school differs in chapter size, member participation, and structure. Simply put, these are all suggestions for your local competition and can be altered in a way that will best fit your school's needs. The bottom line of hosting a local competition is making an ultimate decision on who will represent your school at the national competition!

P&T Competition Rules and Implications

In order to participate in the P&T Competition, there are some rules and regulations that must be followed. For the complete list, please visit the link below. Here is a quick summary to get your chapter started:

- All members of teams must be active (paid) national [AMCP Student Members](#) and be enrolled full-time in an ACPE accredited Doctor of Pharmacy program.
- Materials for the current P&T Competition are only sent to student Competition Coordinators and Advisors, and only by email.
- Individual teams or team members are not permitted to contact the AMCP Foundation directly.
- Schools that do not have an AMCP chapter are still able to participate. See the full list of rules at the link below for complete requirements.
- The competition has strict guidelines regarding who is allowed to provide mentorship or advice to teams and what kind of guidance is permitted. As a general rule, specific suggestions are not permitted (an advisor may not suggest that the team add that trial to the PowerPoint; they can only suggest that team members expand their search for clinical trials). See the full list of regulations for more details on coaching.

Please refer to the rules released by the AMCP Foundation for a comprehensive list of rules. The full competition rules can be found [here](#).

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Competition Schedule Example*

Team Name	Arrival Time	Presentation Start	Questions Portion	End Time
Team A	8:45 AM	9:00 AM	9:25 AM	9:45 AM
Team B	9:35 AM	9:50 AM	10:15 AM	10:35 AM
Team C	10:25 AM	10:40 AM	11:05 AM	11:25 AM
Team D	11:15 AM	11:30 AM	11:55 AM	12:15 PM
Team E	12:05 PM	12:20 PM	12:45 PM	1:05 PM

**Be sure to check current competition information for timing of presentations. For the 2024 P&T Competition, presentations are limited to 20 minutes.*

P&T Competition Class Syllabus Example

PHARMACY COURSE #100 Pharmacy & Therapeutics Competition

Credit hours: 3 Quarter / 2 Semester

Professor Name: Emily Jones, PharmD, PhD

Semester: Spring

Number of Students: 8

Number of Hours Required: 90 hours of work by student = 2 semester credit hours

Description

The Pharmacy & Therapeutics competition exposes pharmacy students to the process of formulary management. Students will learn to develop and manage a formulary system through evaluating literature, conducting comparative studies, and making real life decisions based on cost-benefit analysis.

Students will have the opportunity to hone a variety of skills including critical analysis, presentation and research skills. The competition is designed to challenge students to gain a real-world perspective of the formulary management process.

Objectives

1. Understanding the significance of formulary management, including research and justification for inclusion in a formulary.
2. Develop a drug monograph utilizing research concerning disease state background, clinical trial reviews, and Pharmacoeconomics of a drug.
3. Evaluate literature and critically analyze scientific, clinical, and economic evidence, as well as the competitive landscape to make recommendations on formulary inclusion
4. Determine the impact of medication use on patient population outcomes, conduct cost/benefit analyses, and related drug therapy choices to current practice guidelines.

Judging Request Example

Dear Dr. John Doe,

My name is Jane Smith, the P&T Competition Coordinator of the AMCP chapter at the University College of Pharmacy. We are proud to announce that our school will be hosting our first ever local P&T competition. We believe this competition will be an essential part of the growth of our AMCP chapter at the University College of Pharmacy. This opportunity provides students with the ability to learn more about formulary management, extensive research, and collaboration.

We are hosting a local P&T Competition this year and would love to have you as a judge. We are currently planning for the competition to be held during the dates of January 10th - January 13th. If you are able to assist us by participating as a judge, please let us know of your availability during these days. We look forward to hearing back from you soon!

Sincerely,
Jane Smith

Judging Confirmation Example

Dear Dr. John Doe,

Thank you once again for volunteering to be the judge for this year's Pharmacy & Therapeutics Competition. The competition will take place on January 13th at 9:00 AM - 1:30 PM at the University Health Sciences Building in Room 1. We have 5 teams competing this year and I am excited to share their work with you.

Building Address:
Medical Sciences Building Room #1
2000 Red Tree Rd.
Alexandria, VA 22222

Parking Address:
Visitor Parking Garage
2100 Red Tree Rd.
Alexandria, VA 22222

The student teams will complete and submit their competition submission by 11:59 PM on January 9th. We will forward their submissions shortly after this time, prior to the presentation day.

For the January 13th presentation portion, we would greatly appreciate it if you could arrive at Room 1 at 8:45 AM. All materials will be electronic during this year's competition. We ask that you bring laptops, or print any of the materials that you would like for reference. We will have the PowerPoint and grading rubric printed for use during the completion. The first team will start their presentation at 9:00 AM.

Please feel free to contact me at any time if you have any questions. We sincerely appreciate all your help.

Sincerely,
Jane Smith

Sponsorship Proposal Example

Dear Dr. John Doe,

The AMCP P&T Competition is an essential component to our student's professional development and growth. The competition serves as an opportunity for students to understand the clinical and pharmacoeconomic aspect of drugs. We believe that our efforts could go even farther with your ongoing support. We would like to ask if you would consider sponsoring our P&T Competition. There are three sponsorship tiers available to choose from, and you may choose to contribute as an individual or on behalf of your company.

BRONZE SPONSORSHIP \$ 50.00

Company logo display at AMCP website and opportunity to be a speaker at one of our general meetings

SILVER SPONSORSHIP \$ 100.00

Above benefits plus company logo on all AMCP presentations/handouts for one year with the exception of P&T Competition related materials

GOLD SPONSORSHIP \$ 250.00

Above benefits and company logo on all P&T Competition materials and presentations, opportunity to speak as a keynote speaker at P&T competition award ceremony and the company banner at the P&T Competition

Thank you for your consideration and your support of our AMCP Chapter!

Sincerely,
Jane Smith