



Shawna Allen, CPhT

of **Conversio Health** in San Luis Obispo, California

A PATH TO COMPOUNDING

Shawna Allen has been compounding for 13 years, but her introduction to pharmacy came well before that, and it has led to a variety of experiences and a wealth of knowledge in the field. She started first as a clerk at a pharmacy, where she was encouraged to pursue her technician license. She was then hired to work in a hospital's sterile IV room. From there, she went on to a community pharmacy, where she was taught how to compound capsules, troches, creams, gels and other dosage forms.

"I really liked how pharmacy worked and kept trying to educate myself in different fields within pharmacy and compounding," she says. "Seminars, webinars and articles were all places I would look to. I really liked reading about sterile compounding and how to compound for children."

So it seems that curiosity and a desire to help people drew Shawna further into pharmacy. "I saw it as a way to help patients," she says. "I was also interested in how something you added to your body could make your infection, blood pressure or any ailment better."

And regarding compounding specifically, she says that "it always reminds me of baking, which I love to do. You follow a recipe just like you do in baking."

FAVORITE FORMULAS

When it comes to favorite formulas, Shawna is a fan of PCCA Formula #10213 (Flurbiprofen 10%/Amitriptyline HCl 1%/Gabapentin 6%/Lidocaine 2%/Prilocaine 2% Topical Lipoderm® ActiveMax™). "I like how it all comes together," she says. "In the ActiveMax, it doesn't look like it wants to separate," Shawna explains.

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THE SUCCESS IS IN THE STORIES

In thinking about compounding successes, Shawna points to a specialty at Conversio Health. "Here at Conversio, we still do nebulized medications," she says. "We have had patients who have become more compliant with their medications by being able to combine their breathing treatments." Shawna elaborates, saying that "when a patient is on nebulizer medication, sometimes they must take three to four treatments a day with different medications," which can be quite burdensome. "By combining them into one nebulization," Shawna says, "we can cut it to two times a day – morning and evening, usually – and then they are able to live relatively normal lives."

APOTHATIP

As a tip to her fellow compounders, Shawna is simple and direct. "I love using the adapters for liquid so that you can pull out the right amount of medication without overfilling your cylinder," she says, referring to bottle adapters for use with syringes (Easy-Fill™ Adapters, SealSafe™ Adapters and Universal Adapter).

This interview has been edited for clarity and length. The views/therapies expressed in the above article are those of the interviewee and may not be endorsed by PCCA.

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