



A Community Asset

Congratulations to David Rochefort, RPh, of Northern New England Compounding Pharmacy in Littleton, N.H., for being named **PCCA's January Pharmacist of the Month**.

David Rochefort was born into a pharmacy family with a rich heritage of serving the local community. After completing his freshman year at the University of Rhode Island, David began helping his father compound prescriptions at the pharmacy and liked what he saw. "Dad showed me that work doesn't have to be work," Rochefort says. "For 34 years, I saw him come home from the drugstore with a smile on his face. I think of that every night when my daughters greet me at the door." Prior to opening his own pharmacy, Rochefort co-owned the **Sullivan Drug Store** (which originally was established in 1856) with his parents. They sold the traditional pharmacy in late 2005, and in March 2006 Rochefort opened **Northern New England Compounding Pharmacy**, which he describes as "the only pharmacy in New Hampshire dedicated exclusively to meeting patient needs through compounding."

Over the years, Rochefort has enjoyed solving tough medication challenges for his patients. Among the most memorable,

"As my practice grows, I'm constantly reminded of the patience and guidance that my peers have shown towards me. George Roentsch, RPh, of The Apothecary in Keene, N.H., for example, has shown me that there is a tremendous amount of research that has been done that can have amazing implications for compounded treatments. George has forgotten more than I will ever know. It's that constant desire to share and learn that makes a community worth belonging and contributing to."

— David Rochefort, RPh



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Rochefort had his first opportunity in 1999 to help a hospice patient through compounding. "George Lyford was a 75-year-old dairy farmer from Vermont with end-stage lung cancer. Prior to this, I had very little interest in hospice work. I had a preconceived idea that it would be depressing and pointless; after all, the patient was going to die and there was no hope for a cure. Mr. Lyford had been pain-free for his entire illness until about five weeks before his death. He was unable to swallow his liquid morphine or lorazepam tablets. My father made the point to me that this patient had a true need for compounding and suggested to Mr. Lyford's physician that we compound the morphine and lorazepam in a PLO, to which the physician skeptically agreed. Not only did the compound work to relieve the symptoms, but the process of rubbing these preparations

into the patient's skin provided his family with comfort and the knowledge that they were easing his suffering.

"On November 22, 1999, George Lyford passed away peacefully, surrounded by his family. On that day, I made hospice and palliative care the priority of our practice. George Lyford was my grandfather and my first hospice patient. To this day, when we receive a hospice order, all other work stops until that hospice prescription is filled. It is by far the most fulfilling aspect of our practice."

Rochefort's sense of community has encouraged him to take an active role in his profession. He is extremely active in the International Academy of Compounding Pharmacists (IACP), and currently is chairman of COMP-PAC, IACP's political action committee. He also has served as secretary on IACP's Executive Committee, as well as on the Public Affairs Committee. This year, he was honored by the *New Hampshire Union Leader* and the Business and Industry Association of New Hampshire as a member of the "40 Under 40" class, a program that recognizes emerging leaders with a record of professional and volunteer accomplishments in New Hampshire. With a passion for serving his patients through compounding pharmacy, Rochefort is well on his way to making an indelible mark upon his community.

Practitioner Quote:

"David Rochefort's problem-solving creativity has been invaluable to our staff at Caledonia Home Health and Hospice. David is devoted to making our patients' final days as comfortable as possible, which provides great relief to them as well as to their families. Always available to us, he has educated all of our staff on how we can help our patients. He is a jewel."

— Linda Johnson, RN