

# THE QUARTERLY CONNECTION

Quarterly Report from Pharma-Care, Inc., Health Care Consultation Specialists      Second Quarter 2011

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## State Survey Results of LTC Facilities: Recorded Trends

Our review of the last quarter State Survey identifies the following areas as having frequently cited deficiencies:

### F281 Professional Standards of Practice

Resident not being instructed to blow nose in order to clear nostrils prior to inserting Flonase nasal spray.

### F323 Accidents

Need for staff education on how to unlock resident bathroom doors in case resident is locked in.

### F332 - Medication Errors

- Medication not timed appropriately with meals.
- Medications not adjusted for dialysis.
- Surveyors finding patches have not been removed from previous shift.

### F425 - Pharmacy Services

Facility must have a policy and procedure for return of non-controlled medications awaiting pharmacy pick-up.

### F431- Labeling of Drugs & Biologicals

Lockbox in refrigerator attached to shelf but not affixed to refrigerator. Surveyors feel that the shelf with the lockbox can be removed.

### F441 - Infection Control

- Handwashing technique: make sure that by friction, enough lather is generated before rinsing.
- Glucometers not being cleaned between uses.

#### Additionally, please note:

- On several occasions, we have seen that surveyors have been observing all nurses on duty during the medication pass rather than just a small, random sampling.
- Some hospice care companies are prescribing Atropine 1% ophthalmic drops sublingually to control excessive secretions. Make sure that the order is written clearly and indicates "for secretions" rather than "for the eye" in order to avoid confusion.

## Healthcare U. Makes the Grade



Over 130 healthcare professionals attended the first **Healthcare U.** day of education sponsored by Pharma-Care, Inc. and OPT Communications. The event was free-of-charge for PCI clients and offered four continuing education

**Reminder** - If the Department of Health enters your facility for inspection, please remember to **call the Pharma-Care, Inc. office first, not your consultant!!**

Your consultant might be off that day, on vacation, or otherwise be unavailable. By calling the office, you can be assured that your information will be directed to the appropriate person in order to ensure a quick response. **Call 732-574-9015 and**

## Welcome to Our New Clients

Northern New Jersey Endoscopy Center

Advanced Services International  
Day Care Plus

Cherry Hill Rehabilitation and  
Nursing Center

Shore Memorial Dialysis Center



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Health Care Consultation Specialists  
www.pharmacareinc.com

## EPIC Updates

### Avoid Coumadin Complacency

Did you know that Coumadin (warfarin) composes 50 % of the top ten drug interactions in long-term care?

- ▶ Remember to monitor for the adverse effects of Coumadin when administering non-steroidal anti-inflammatory drugs such as ibuprofen.
- ▶ Sulfa drugs, macrolide antibiotics and quinolones may increase the effect of Coumadin. A PT/INR should be obtained when the resident is receiving a course of these antibiotics.
- ▶ The interaction between warfarin and phenytoin is very complex. An immediate interaction may occur as phenytoin can displace warfarin from protein binding sites causing rapid increases in the INR. After prolonged administration, phenytoin may reduce the effectiveness of warfarin by inducing the metabolism of warfarin. Competitive inhibition may also occur since phenytoin and warfarin are both substrates for cytochrome P450 2C9. Phenytoin also may deplete vitamin-K dependent clotting factors after prolonged therapy. Warfarin dosage adjustments may be necessary if phenytoin is added. Warfarin may alter phenytoin serum concentrations as well.



Congratulations to Len Partanna who earned his PharmD from Auburn University in December 2010. Dr. Partanna celebrates his fourth anniversary at EPIC in April.

Welcome to Lisa Kilburg who joined EPIC in November, 2010. Ms Kilburg shares her extensive experience from Pharma-Care, Inc.'s State Division. Her insights into complex therapies are most welcome.



Questions about EPIC?  
Call our dedicated phone

## In the News

- Lilly has introduced Humulin N in a 3mL size vial. Humulin R and Humalog are already available in 3mL vials. The smaller vials have the same color differentiating system as the 10 mL vial. Because of the 28 day expiration on insulin, the 3mL vials prevent waste and are more cost-effective for lower dosing. Make sure the prescriber requests the 3 mL vial when writing the order.
- Did you know that some insulins are good for longer than 28 days? Levemir, NovolinN, Novolin R and Levemir flex pens are good six weeks (42 days) after opening.
- According to the Clarion-Ledger of Mississippi, a new study is showing promise in creating a device that can detect MRSA in less than 15 minutes. The study, a partnership between QuantaLife and the University of Mississippi Medical Center, will be testing a third generation machine that is hoped to give results in less than 15 minutes at a cost of \$2. The new method would require just a swab of specimen from the patients nose. In addition to the ease of testing, the machine would be as small as a microwave making it

## CNA Continuing Education Workshop

CNAs receive four hours of instruction, Q and A, and discussion designed to impart the importance of their work in the spectrum of care and to keep them abreast of current trends in healthcare. Topics include:

- Overview of the Aging Process
- Skin Care in LTC
- Pain Management
- Review of Vital Signs
- Dealing with Conflict

**April 6, Wednesday**

**9 a.m. - 1:00 p.m.**

**Pharma-Care, Inc. Classroom**

**Clark, NJ (exit 135 GSP)**

**Fee: \$45**



## Certified Medication Aide Classes

CNAs that work in assisted living can be certified to pass medications to residents. Our 30 hour class meets state regulations and prepares students for the state exam. Classes are currently scheduled in both north and south Jersey locations through August 2011. Class schedules can be arranged to meet facilities' request as well. For information about education programs, call:

**Maureen Ziegler 732-574-9434, ext. 105**



**Pharma-Care, Inc.**

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