

THE QUARTERLY CONNECTION

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

Third Quarter 2015

Phone: (732) 574-9015

136 Central Ave., Clark, New Jersey 07066

Fax: (732) 499-6778

TOP 25 Cautionary Labels in LTC

1. **Actonel (Risedronate)** Administer with 8 ounces of plain water, at least 30 minutes prior to all other food, beverage or medication of the day, remain upright for 30 minutes after administration
2. **Advair (Fluticasone/Salmeterol)** Administer every 12 hours; rinse mouth after use
3. **Calcium supplements** Take with food or meals, separate from iron by 2 hours
4. **Carafate (Sucralfate)** Take on an empty stomach
5. **Cipro (Ciprofloxacin)** Administer 2 hours before or 6 hours after: antacids, sucralfate, products containing calcium, iron, zinc. Encourage extra fluids (unless contraindicated), monitor for dizziness & tendonitis
6. **Colace liquid (Docusate Sodium)** Mix with 6-8 ounces of milk or fruit juice to mask bitter taste & prevent throat irritation
7. **Coreg (Carvedilol)** Administer with food
8. **Coumadin (Warfarin)** Monitor for bleeding or bruising
9. **Ecotrin (Aspirin)** Do not crush. Take with plenty of water
10. **Flomax (Tamsulosin)** Administer ½ hour after the same meal daily, do not crush, open or chew capsule
11. **Fosamax (Alendronate)** Administer with 8 ounces of plain water, at least 30 minutes prior to all other food, beverage or medication of the day, remain upright for 30 minutes after administration
12. **Glucophage (Metformin)** Take with meals
13. **Glucotrol (Glipizide)** Administer 30 minutes prior to meals
14. **Imdur (Isosorbide Mononitrate ER)** Administer in the morning upon awakening, do not crush
15. **Lopressor (Metoprolol)** Take with or immediately following meals
16. **Lovenox (Enoxaparin)** Administer subcutaneously in the abdomen, rotate sites, monitor for bleeding or bruising
17. **Nexium (Esomeprazole)** Take at least one hour before meals
18. **Potassium supplements** Take with meals and a glass of water or other liquid
19. **Prandin (Repaglinide)** Administer immediately preceding the meal to as long as 30 minutes before the meal
20. **Prilosec (Omeprazole)** Take on an empty stomach before eating
21. **Spiriva (Tiotropium)** Inhale twice from the same capsule to receive the full dose
22. **Synthroid (Levothyroxine)** Administer on an empty stomach, preferably before breakfast, separate by 4 hours from iron, calcium, magnesium & aluminum containing products
23. **Tylenol (Acetaminophen)** Do not exceed 4.0 grams daily from all sources
24. **Xarelto (Rivaroxaban)** 15mg and 20mg tablets Take with food (if prescribed for diagnosis of atrial fibrillation, must be administered with evening meal)
25. **Zocor (Simvastatin)** Administer in the evening

Check with specific pharmacy providers as the preprinted precautions may differ from the package insert.

Changes to CMS Five Star Quality Rating System and the Use of Antipsychotics

Among the new quality measures that have been added to the CMS' Five Star Quality Rating System for nursing homes as of February are two regarding short and long-stay antipsychotic use.

Long Stay- For the long-stay antipsychotic medication quality measure, facilities are divided into five groups based on the national distribution of the measure: the top-performing 10 % of facilities receive 100 points; the poorest performing 20% of facilities receive 20 points; and the middle 70% of facilities are divided into three equally sized groups (each including approximately 23.3 percent of

nursing homes) and receive 40,60, or 80 points.

Short Stay - The short-stay antipsychotic medication quality measure is treated similarly, however, because approximately 20 % of facilities achieve the best possible score on this quality measure (i.e. zero percent of residents triggering the quality measure), these facilities all receive 100 points; the poorest performing 20 % of facilities receive 20 points; and the remaining facilities are divided into three equally sized groups (each including approximately 20 % of nursing homes) and receive 40, 60, or 80 points.



Pharma-Care, Inc.
Health Care Consultation Specialists
WWW.PHARMACAREINC.COM



EPIC Corner

ELECTRONIC PHARMACIST INFORMATION CONSULTANT
(MEDICATION REVIEWS WITHIN 48 BUSINESS HOURS)

EPIC Phone: 732-943-3573

EPIC Fax: 732-574-3469

EPIC Reviews and Resident Charts

As per the NJ Administrative Code, please be aware that EPIC reviews should be added to resident's charts:

N.J.A.C. 8:39-30.2 (2015)

*"The consultant pharmacist reviews drug records within 48 hours of admission via facsimile service. All dated and signed comments and recommendations made by the consultant pharmacist shall be added to the resident's **medical record** and shall be distributed to the attending physician or advanced practice nurse and director of nurses for review and action."*

Adverse Drug Reactions

Adverse drug events (ADEs) are defined by the Institute of Medicine (IOM) as "injuries resulting from a medical intervention related to a drug".

Institutionalized elderly experience ADEs at a rate as high as 10.8 events per 100-patient months, often as a result of polypharmacy, multiple comorbid illness, and difficulty with monitoring prescribed medications. This translates into approximately 135 ADEs each year in an average size nursing home (NH; bed size of 105) or approximately 2 million events a year among all U. S. nursing home residents.

Adverse drug events represent the most clinically significant and costly medication-related problems in nursing homes and are associated with 93,000 deaths a year and in as much as \$4 billion of excess healthcare expenditures. Despite the consequences and costs associated with adverse drug events, the vast majority of these events go undetected.

- Adverse drug events increase hospital stays between 8 to 12 days.
- Some signs of a possible adverse drug event include rash, changes in respiratory rate, heart rate, hearing or mental status, seizure, anaphylaxis, diarrhea or fever.
- Medications associated with adverse drug events include warfarin, insulin, phenytoin, digoxin, and opioids.

Professional practice insists one continue to hone their skills daily. Practice, although it does not always make perfect, helps the practitioner remain alert to these possibilities.

The EPIC review alerts the practitioner of things to remain alert for when the resident is entrusted to their care. When the EPIC review is utilized to its fullest extent, the resident benefits from the heightened awareness of caregivers.

EPIC continues to provide comprehensive reviews for over 4000 residents each month. Working collegially, EPIC truly believes the number of adverse drug events will decrease. This is good for the resident, the practitioner, and the facility.

Generic Actonel Launched

Teva recently launched risedronate sodium tablets, the generic version of Actonel bisphosphonate, in three different dosage strengths. The generic product is available in 5 mg, 30 mg, and 35 mg strengths.

NJ Long-Term Care Leaders Coalition Conference
**"Preventing Avoidable Re-Hospitalizations:
Where Do You Fit in the Quality Care Puzzle?"**

October 1, 2015, Thursday
Crowne Plaza, Monroe Twp, (Exit 8A NJ Tpk)
\$100/ \$110 (registration before August 15)

For physicians, physician assistants, medical directors,
administrators, nurses, nurse practitioners, pharmacists,
social workers, case managers, dietitians &
others involved in long-term care.

www.NJLTCLC.org

Phone: (732) 574-9434, ext 105

WELCOME TO OUR NEWEST CLIENTS

The Fountains at Cedar Parke
Brandywine Senior Living at Drescher Estates
Brandywine Senior Living at Haverford Estates
Peaceful Adult Medical Day Care Center
Atlantic County Dialysis
Golden Era Adult Day Care Center
Second Inning Adult Day Care
Metuchen Dialysis

*Certified Medication Aide classes are now being
planned in central and southern New Jersey.
Let us train your CNAs to become CMAs.
Call Maureen Ziegler to arrange training,
(732) 574-9015, ext. 105.*



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