

HOLLADAY HAPPENINGS

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DETER DRUG DIVERSION

By D. Newsome

Drug diversion and abuse are huge problems in this country. The “street price” for many prescription drugs is high which incentivizes people to steal them to sell. Here are some tips to minimize diversion:

- Make sure all “hard” (original, signed paper) copies of prescriptions for controlled substances are sent to the pharmacy. This discourages someone from taking them to elsewhere to be filled.
- Ensure all controlled substances are being

counted as soon as they arrive in the facility. Don’t leave the count sheet attached to the product or keep it folded in the narcotic count book until you begin to use the product. Someone could take the drugs and the count sheet and you wouldn’t know it.

- Return controlled substances as soon as they expire or are discontinued. Holding on to them ena-

bles someone to take them before they are written up for return.

- You should receive a completed count sheet for all controls returned to the pharmacy. Reconcile these to the copy of the Medication Return Form you send to the pharmacy and to the copy you receive back from the pharmacy.



Denise Newsome, R.Ph. is the Pharmacy Manager for Holladay Pharmacy.

SPECIAL POINTS OF INTEREST:

- *What is key to weight loss? Page 2 has answers to this age-old questions.*
- *INHALED Insulin? It’s just been released and you can find out all about it on page 3.*
- *It’s summertime. Work the crossword puzzle on page 4 and have some fun.*
- *Page 5 will introduce you to a medical app you can really use.*

RACING TO EXCELLENCE: NCDONA 2014

It will soon be time for the 19th Annual NCDONA conference! The conference will be held September 10th-14th, 2014 at the Hilton Myrtle Beach Resort in Myrtle Beach, SC. The 2014 theme is “Racing to

Excellence...In It to Win It”!

Both Holladay Pharmacy and Holladay Surgical representatives are suiting up to meet you there. Be sure to make a pit stop by booth to say hello to our crew

and learn about our newest innovations in technology, customer service and resident care. It will be easy for you to see that Holladay is the 1st Place Winner. With Holladay as part of your team, you win the Grand Prize!

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MEET THE STAFF: DENISE NEWSOME



Denise enjoys water sports on Lake Norman.

Denise and her crew *bleed* Carolina Blue! Denise graduated from the Pharmacy School at Chapel Hill. Her son Tyler carries on the tradition as a rising junior at Carolina and daughter Taylor will be a freshman this fall.

When Denise is not at the pharmacy, you

can find her enjoying Lake Norman. The Carolina Panthers and, of course, the Tar Heels are her teams to root for!

Denise has been employed with Holladay for 2 years, currently as Pharmacy Manager. She oversees the in-house pharmacy and collaborates with

the Holladay Team to provide the highest quality of care. Denise feels the people she works with on a day to day basis also make Holladay Healthcare Pharmacy such a great place to work. "The staff at Holladay all work so well together. It is a true team effort throughout the pharmacy," she says.

TRAMADOL NOW A CONTROLLED SUBSTANCE

Effective August 18, 2014, Tramadol will be regulated as a Schedule V controlled substance. Holladay Pharmacy will package all Tramadol products in blister packs and send con-

trolled count sheets with each dispensing.

Be on the lookout for a memo with more information on how this will affect your facility.

BENEFITS OF BREAKFAST

By B. Cross

Like many Americans, you may be trying to shed extra pounds. One weight loss tip experts agree on is eat breakfast. According to a new study performed at Tel Aviv University, eating a big breakfast may actually boost your weight loss. It also protects against other health conditions like type 2 diabetes, lung and heart disease.

The study examined 93 obese women and their eating habits. The women were divided into two groups. One group ate 700 calories at breakfast, 500 at lunch and 200 calories at dinner. The other group switched up the routine and ate only 200 calories at breakfast with 500 at lunch and 700 calories at dinner.

The results of this study showed that the participants who ate a bigger

breakfast were also the biggest weight losers. Both groups of women lost weight, but the women who ate most of their calories at breakfast lost an average of 10.5 pounds more and 1.6 inches more from their waists than the other group. The group with a larger intake at breakfast also had lower blood sugar, triglyceride and ghrelin levels. Ghrelin is a hormone that stimulates appetite. Lower levels of ghrelin means you are less likely to be hungry and snack later in the day.

This study clearly shows that eating more calories in the earlier part of the day is key to losing weight, inches, and lowering serum markers for diabetes and heart disease. So remember: enjoying a big breakfast and a light dinner is a start to a healthier, slimmer you!

Becky Cross, RN, BSN, is the Director of Customer Service for Holladay Healthcare Pharmacy.

NOT ONLY DOES
BREAKFAST HELP
YOU LOSE
WEIGHT, IT
IMPROVES YOUR
OVERALL
HEALTH!

AFREZZA®, A RAPID-ACTING INHALED INSULIN

Approved 6/27/14 by the FDA

By C. Teeter

Afrezza is a rapid-acting *inhaled* regular human insulin used to improve glycemic control in patients who have diabetes. For patients who have Type I diabetes, it must be used with a long- acting insulin.

Afrezza has a Black Box warning advising that acute bronchospasm has been observed in patients with asthma and COPD. Because of this warning, spirometry (FEV1) should be performed on all patients before starting treatment to assess lung function. Also, a pulmonary function study should be assessed after 6 months of therapy and yearly thereafter even if the patient has no symptoms. Patients are also at greater risk of diabetic ketoacidosis while on Afrezza than on injectable insulin. If a patient is also on a TZD (eg., Actos), there is a greater risk of heart failure and discontinuation of the drug should be considered. Because the safety of Afrezza in patients who smoke has not been established, its use is not recommended in smokers.

Afrezza is supplied in 4 and 8 unit breath activated cartridges and multiple cartridges may be used for one dose. The dose should be administered by the inhaler at the beginning of a meal. In insulin naïve patients, the starting dose is 4 units at the beginning of a meal. For conversion of current mealtime insulin to Afrezza, see the table below:

Current Injected Mealtime Insulin	Afrezza Dose
Up to 4 units	4 units (one 4 unit cartridge)
5-8 units	8 units (one 8 unit cartridge)
9-12 units	12 units (one 4 and one 8 unit cartridges)
13-16 units	16 units (two 8 units cartridges)
17-20 units	20 units (one 4 unit and two 8 unit cartridges)
21-24 units	24 units (three 8 unit cartridges)

The most common adverse reaction associated with insulins, including Afrezza, is hypoglycemia, which may cause seizures and may be life threatening. Other common adverse reactions are cough (25.6%) throat irritation (4.4%) and headache (3.1%).

In the clinical trials with Afrezza, 381 patients were 65 years of age or older and only 20 were over 75. However, there were no overall differences in safety and effectiveness between patients over 65 and younger patients.

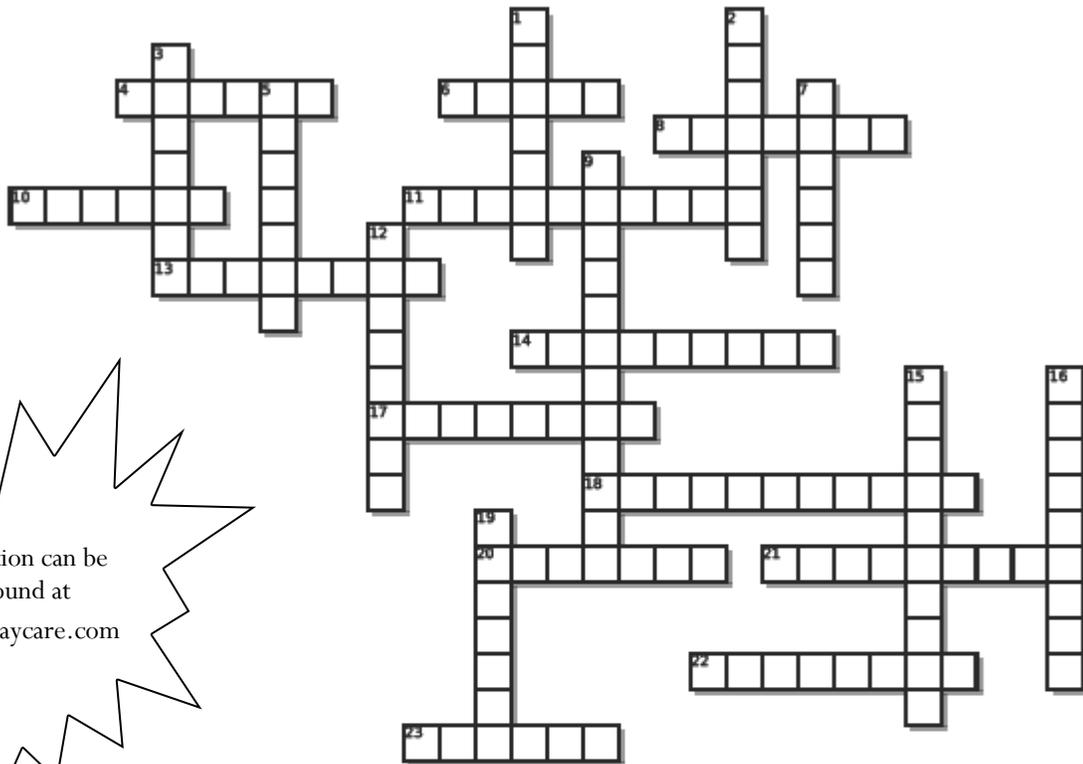
The Afrezza inhaler can be used for 15 days from the date of first use. The foil package containing the blister cards with cartridges must be stored in the refrigerator until used. When in use (unrefrigerated), the sealed blister cards and strips must be used within 10 days and opened strips must be used within 3 days. Both the cartridge and inhaler should be at room temperature for 10 minutes before use.

The FDA is requiring post-marketing studies for Afrezza to determine safety and efficacy in pediatric patients, to evaluate the risk of pulmonary malignancy, and to study dose-response and within-subject variability.

Candice Teeter, R.Ph., is a Consultant Pharmacist for Holladay Healthcare Pharmacy based out of the Raleigh area.

MEDICATIONS CRISS-CROSS

Medications



Solution can be found at holladaycare.com

ACROSS

- 4 Citalopram
- 6 Diuretic
- 8 Medication for ADHD
- 10 Medication for seizures
- 11 Medication for neuropathic pain
- 13 Recently made OTC
- 14 Oral diabetes medication
- 17 Antipsychotic
- 18 Antibiotic
- 20 Long acting insulin
- 21 Common side effect is drowsiness
- 22 Need to monitor INR

23 Available as a patch for dementia

DOWN

- 1 Medication for osteoporosis
- 2 Class of medication that lowers cholesterol
- 3 Antidepressant often used to increase appetite
- 5 Eye drops
- 7 Used to help prevent stroke
- 9 Medication for rheumatoid arthritis
- 12 Medication for reflux
- 15 Medication for high blood pressure
- 16 Inhaler
- 19 Influenza virus vaccine

CIRRHOSIS OF THE LIVER

By J. Evans

What is Cirrhosis? Cirrhosis is a complication of many liver diseases characterized by abnormal structure and function of the liver. These diseases injure and kill liver cells, after which the inflammation and repair that is associated with the dying liver cells causes scar tissue to form. This scar tissue typically causes the liver to enlarge and become firm and non-functional.

Why does Cirrhosis cause problems?

The liver performs many critical functions, two of which are producing substances required by the body, such as clotting proteins that are necessary in order for blood to clot, and removing toxic substances that can be harmful to the body, such as drugs. The liver also has an important role in regulating the supply of glucose and lipids that the body uses as fuel. In order to perform these critical functions, the liver cells must work normally, and have an intimate relationship with the blood since the substances that are added and removed by the liver are transported to and from the liver by the blood. In cirrhosis, the relationship between blood and liver cells is destroyed. The scarring of the liver obstructs the flow of blood through the liver. This causes blood to “back up” in the

portal vein, ultimately causing “portal hypertension”. A second reason for the problems caused by cirrhosis is the disturbed relationship between the liver cells and the channels through which bile flows. Bile aids in digestion, and also helps to remove and eliminate toxic substances from the body. This loss of normal flow of bile causes a build-up of toxic substances, and a reduction in digestion.

Signs and Symptoms of Cirrhosis:

Yellowing of the skin (jaundice), fatigue, weakness, loss of appetite, itching, easy bruising, edema and ascities (accumulation of fluid in the abdomen). Other complications are bleeding from esophageal varices, hepatic encephalopathy, and liver cancer.

Treatment is designed to prevent further damage to the liver, treat complications and prevent or detect liver cancer early. Liver transplantation is becoming an important option for treating patients with advanced cirrhosis. All patients with cirrhosis should avoid alcohol.

Jerry Evans, PA, Pharm.D., is a Consultant Pharmacist with Holladay Pharmacy.

THE LIVER PRODUCES PRODUCTS NECESSARY FOR THE BODY TO FUNCTION, REGULATES BODY FUNCTION, AND REMOVES TOXIC SUBSTANCES.

THERE'S AN APP FOR THAT: LEXICOMP

By N. Brown

Lexicomp is a comprehensive database that provides up to date, accurate, and detailed information about many medications and medical conditions. This product offers a number of suites including suites for pharmacists, nurses, and physi-

cians. The suites can be accessed by either a computer or up to 2 personal mobile devices. The variety of information made available by this product makes it useful for any healthcare professional.

There is a fee associated with the Lexicomp app but there are many

packages that allow you to make a choice that is economical and still gives you the information you need on your favorite mobile device. You can test out the databases you are interested in for free by downloading a free 30 day trial.

Nicole Brown, Pharm.D., is a Consultant Pharmacist.



Tramadol is now a controlled substance. See page 2 for more details on what this change means for your facility.

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HOLLADAY HEALTHCARE
PHARMACY



100 YEARS OF EXPERIENCE AT HOLLADAY!

The Holladay Pharmacy management team has almost 100 years of combined experience in long-term care pharmacy.

Susie Tickle, our Director of Operations, has spent her career at Holladay in many key areas including overseeing the finances and business decisions of the company. Her knowledge of the company's history combined with her vision for the future steer us forward.

Our Pharmacy Director, Denise Newsome, R.Ph., has numerous years

of experience in managing the day-to-day operations of several pharmacies.

Her varied experiences enable her to see new possibilities for old procedures and break through to better pharmacy practices for everyone.

Becky Cross, RN, BSN, is the Director of Customer Relations for Holladay Pharmacy. She also oversees IV therapy, client software implementation, and is our Quality Assurance officer. Her 20+ years of practice as a nurse consultant in long-

term care have uniquely qualified her to be an expert in many areas.

Finally, Gianna Bryan, Pharm.D., CGP, has had many differing practice experiences in her decades of work in the long-term care environment. She currently serves as the Director of Clinical Services for Holladay Pharmacy where she oversees and develops new programs to keep us current in the industry.

The Holladay team has the experience you need to get the job done right.

