

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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SWEET DREAMS ARE MADE OF THIS: GOOD SLEEP HYGIENE TO REDUCE HYPNOTIC MEDICATION USE

In April 2016 CMS added six new quality measures to the Nursing Home Compare website. One of these measures is the percentage of long-stay residents who received anti-anxiety or hypnotic medications. The anti-anxiety /hypnotic quality measure will not be incorporated into the calculation of the Nursing Home Five Star Quality Ratings at this time because an appropriate benchmark has not yet been determined. The purpose of this measure is to prompt nursing facilities to re-examine prescribing patterns in order to encourage practice consistent with clinical recommendations and guidelines. Anti-anxiety and hypnotic medications can increase the risk of sedation and falls and should only be used when benefit outweighs risk.

One way to minimize the use of hypnotic medications for insomnia is to promote good sleep hygiene. The National Sleep Foundation defines sleep hygiene as a variety of practices necessary to have normal quality nighttime sleep and full daytime alertness. These practices include:

- Establishing a regular sleep/wake pattern with consistent bedtime and waking schedule seven days a week
- Avoiding napping during the day and especially in the afternoon
- Making sure the room is not too hot, too cold, too bright or noisy
- Exercising during the day if possible
- Avoiding caffeine, alcohol, nicotine in the evening
- Avoiding large meals or spicy foods two to three hours before bedtime
- Ensuring daytime exposure to natural light if possible
- Establishing a regular relaxing bedtime routine and avoiding upsetting conversations or activities before trying to go to sleep
- Avoiding use of electronic devices like laptop computers before bedtime or during the night

In addition to these sleep hygiene tips from the National Sleep Foundation, consider having your consultant pharmacist review residents' other medications to ensure there are none in the regimen that could be causing or worsening insomnia, and ensure your residents on hypnotics have been assessed for pain since this could also disrupt sleep.

Charlotte Matheny, PharmD, CGP is a consultant pharmacist with Holladay Healthcare Pharmacy

NCDONA CONFERENCE 2016

Holladay Healthcare Pharmacy along with Holladay Surgical will be supporting the 21st NCDONA multistate conference on September 14-17, 2016. The event will be held at the Hilton Resort, Myrtle Beach, SC. Come by the Holladay booth for some fun, games and education. NCDONA is a nonprofit association for Directors of Nursing in long term care. The primary goal of NCDONA is to provide opportunities to advance the professionalism of each caregiver in long term care.

TRESIBA - A NEW LONG ACTING INSULIN

Tresiba (insulin degludec) is another insulin approved in 2015. It is a long-acting insulin analog indicated to improve glycemic control in adults with Type 1 and 2 diabetes mellitus. Tresiba is administered subcutaneously once daily at any time of day. The glucose lowering effects of Tresiba last at least 42 hours.

The efficacy and safety of Tresiba used in combination with mealtime insulin for the treatment of patients with Type-1 diabetes were evaluated in three studies with 1,102 participants. In Type-2 diabetes there were three studies with 2,713 participants. Tresiba provided reductions in HbA1c in line with reductions achieved with other, previously approved, long-acting insulin. Differences in safety or effectiveness were not suggested in analyses comparing subjects older than 65 years to younger subjects. In controlled clinical studies, 25% of the 2,713 Tresiba-treated patients with Type 2 diabetes were 65 years or older and 3% were 75 or older. Nevertheless, greater caution should be exercised when Tresiba is administered to geriatric patients since greater sensitivity of some older individuals cannot be ruled out. The initial dosing, dose increments, and maintenance dosage should be conservative to avoid hypoglycemia as hypoglycemia may be more difficult to recognize in the elderly. Dose adjustment should be made no oftener than every 3 to 4 days.

Tresiba is only available in 3 ml Flex-Touch pens with either 100 units/ml or 200 units/ml and, like other insulins, is injected subcutaneously in the thigh, abdomen or back of the upper arms at the same time each day. The injection site should be rotated to avoid lipodystrophy. Dose conversion is not necessary if switching from another long-acting insulin and the dose window for both the Tresiba U-100 and U-200 FlexTouch pens shows the number of insulin units to be delivered.

As with other insulins, the pen should not be used for different patients even if the needle is changed. Pens should be dated when first used and unused pens should be stored in a refrigerator. Tresiba expires 56 days after first use.
Candice Teeter, RPh., is a consultant pharmacist with Holladay Healthcare Pharmacy

IS THAT ITCHY RASH SCABIES??

Human Scabies is caused by an infestation of the skin by the human itch mite. The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs. The most common symptoms of scabies are intense itching and a pimple-like skin rash, which is caused by a hypersensitivity reaction (allergy) to mites and their fecal matter. The scabies mite is spread by direct, prolonged, skin-to-skin contact with a person who has scabies. Scabies can be spread rapidly under crowded conditions where close body contact is frequent. Institutions such as nursing homes, extended-care facilities, and prisons are often sites of scabies outbreaks.

The diagnosis of scabies is made based upon the customary appearance and distribution of the rash and the presence of burrows. The diagnosis should be confirmed by identifying the mite, or mite eggs, or fecal matter (scybala). This can be done by carefully removing the mite from the end of its burrow using the tip of a needle or by obtaining a skin scraping to examine under a microscope for mites, eggs, or fecal matter. However a person can still be infested even if mites, eggs, or fecal matter cannot be found.

Treatment of Scabies: Treatment should be given to both the infested person and to household members, sexual contacts, and to anyone with close and prolonged direct skin-to-skin contact with the infested person within the previous month. All bedding, clothing and towels should be decontaminated by washing in hot water, and drying in a hot dryer, by dry-cleaning, or by sealing in a plastic bag for at least 72 hours. Scabies mites generally do not survive more than 2-3 days away from human skin. Scabicide should be applied to all areas of the body from the neck down to the feet and toes, and should be left on for the recommended time before washing off. If itching is still present more than 2-4 weeks after treatment or if new burrows or rash continue to appear, then re-treatment may be necessary.

Jerry D. Evans PA, PharmD, is a consultant pharmacist/Director of Clinical Services with Holladay Healthcare Pharmacy

HOLLADAY HEALTHCARE PHARMACY ELECTRONIC HEALTHCARE EXPERTS

The majority of North Carolina long term care facilities are currently using an eMAR (electronic medication administration record) system or will be implementing one in the near future. Government agencies are also urging long term care to move forward electronically. The CMS proposed rules can be found at federalregister.com. "We encourage facilities to explore how the use of certified health IT can support their efforts to electronically develop and share standardized discharge summaries," CMS writes in its proposed rule. With an eMAR system in place, the medication administration is not only automated but streamlined and simplified. The extensive benefits of eMAR contribute to a significant reduction in errors and increase compliance, as well as less time taken by staff to complete medication passes.

Holladay Healthcare Pharmacy is committed to providing our customers with state-of-the-art, innovative technology solutions. Not only experts in the technology arena, Holladay also is a pioneer. Holladay Healthcare Pharmacy was the first in the state of North Carolina to offer the eMAR system Accuflo®. Today, there are numerous eMARs available for long term care, and Holladay has expanded interface options to meet their customers' ongoing needs. Some of the systems that Holladay currently supports are AOD®, AHT®, Matrix®, PCC®, QuickMAR® and Accuflo®. Holladay is equipped to explore all eMAR opportunities and partner with system of our customers' choice. A highly experienced technology team is dedicated to assist with the implementation of an eMAR system, as well as ongoing customer support and maintenance. As the electronic medical records industry is constantly evolving and changing, Holladay Healthcare Pharmacy ensures that staying abreast of the changes and continuing to offer state-of-the-art, innovative technology solutions provide our residents with the best possible quality of care. For more information on electronic medical record expertise, please call 1-800-848-3446.

CHRONIC USE OF PROTON PUMP INHIBITORS IN THE ELDERLY AND RISK FOR DEMENTIA

Within the past 3 years the prevalence of dementia has increased, sparking interest in this area of research. One study published in 2013, concluded that elderly with low vitamin B12 levels also presented with cognitive deficits.¹ This was related back to proton pump inhibitors (PPI's) because of their ability to cause vitamin B12 deficiency. Therefore, can PPI's cause dementia? Another study published in 2013 found lansoprazole to increase amyloid- β ($A\beta$) species in the brain, one of the possible mechanisms causing dementia.² This year, in February 2016, published in JAMA Neurology, was a study that looked directly at the link between dementia and PPI use in the elderly.³

The study conducted was a prospective cohort that combined data from a large German insurance company, spanning 2004-2011. The data was able to show that participants older than 75, on maintenance PPI were at significantly greater risk for developing dementia than those who were not on a PPI. All data points were found to be statistically significant, with a hazard ratio of 1.44. The study did address confounding factors that could have introduced bias, such as depression or stroke; these two patient populations were found to have a higher risk of dementia.³

However, PPI use or not, dementia prevalence increases tremendously with age. This is an area of research that is ongoing and in need of a large randomized, prospective clinical trial. Due to the recent findings linking dementia to long term PPI use, unnecessary use of PPI's should be avoided.

Resources:

- Vogiatzoglou A, Smith AD, Nurk E, et al. Cognitive function in an elderly population: interaction between vitamin B12 status, depression, and apolipoprotein E ϵ 4: the Hordaland Homocysteine Study. *Psychosom Med.* 2013;75(1): 20-29.
- Badiola N, Alcalde V, Pujol A, et al. The proton-pump inhibitor lansoprazole enhances amyloid beta production. *PLoS One.* 2013;8(3): e58837.
- Gomm W, von Holt K, Thome F, et. al. Association of Proton Pump Inhibitors With Risk of Dementia: A Pharmacoepidemiological Claims Data Analysis. *JAMA Neurol.* 2016;73(4):410-416. doi:10.1001/jamaneurol.2015.4791.

*Brooke Christenbury is a Doctorate of Pharmacy Candidate/
former Holladay Healthcare Pharmacy Intern*

MEET THE HOLLADAY STAFF:

Ricky Hughes

Ricky has been a loyal, dedicated Holladay Healthcare Pharmacy employee for 25 years! His Uncle, Norman, who is also a Holladay employee, recommended Ricky for a driver position at Holladay, delivering medications to various facilities. The management at Holladay noticed Ricky's hard work and talent, for which he was promoted and is currently a leader in the IT department. He oversees many different aspects of the technology arena; implementing eMAR systems and enhancements, along with assisting customers with eMAR service and maintenance. This is a vital role with Holladay, since Holladay is committed to being on the cutting-edge of technology, offering their customers the best products available. The department has grown tremendously, due to technology and systems constantly changing and evolving. Ricky is always willing to be a team player. Another part of his job responsibilities include filling the control medications, CII-CIV.

One thing that someone may not know about Ricky is his passion for travel. He has been on three cruises in one year! He travels with his wife, Laura of 22 years and his daughter, Audrey and son, Patrick. Patrick has recently joined the team at Holladay working as a filling technician. Patrick is the third generation of his family to work at Holladay. Ricky feels that this "family atmosphere" is what makes Holladay such a great place to work. "Good people work at Holladay," says Ricky. And Holladay is thankful to have such a "good person" as a member of the Holladay team for 25 years and many more!

Holladay Healthcare Pharmacy PACE Partnership

Holladay Healthcare Pharmacy was proud to support the NC PACE Association's third annual statewide conference. PACE (Programs of All-inclusive Care for the Elderly), provides comprehensive health care and services that allow individuals 55 years and older who qualify for nursing facility level of care to remain in the community with their friends and family. Holladay has been a PACE pharmacy partner since 2011 and services PACE of the Triad and PACE @ Home. Holladay applauds the NC PACE association for their great work out in the community.



NC PACE
ASSOCIATION



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DRUG INTERACTIONS- BEST FREE APPS

The best free apps to look up drug interactions and alternatives to safely prescribe and administer medication include EPOCRATES RX and MEDSCAPE MOBILE.

EPOCRATES RX: An easy drug interaction checker that includes multiple drug checking and OTC medication with alternative suggestions to therapy. It does not include herbal medications. This app is designed to help you determine when to AVOID, and use ALTERNATIVE or MONITOR and MODIFY therapy.



MEDSCAPE MOBILE: A drug interaction checker that supports multiple drugs, OTC and includes the HERBAL medications. It breaks down the interaction into SERIOUS, SIGNIFICANT, and MINOR so that the prescriber can decide the significance of the interaction.



Both applications are available on platforms including iPhone/iTouch/iPad and Android. Update yours today for the most up to date DRUG INTERACTIONS.

Jennifer Hamilton, Pharm D, CGP is a consultant pharmacist with Holladay Healthcare Pharmacy

SUDOKU PUZZLE by Jessica Higgins

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