

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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**HOLLADAY
HEALTHCARE
PHARMACY**

**H.E.L.P.
8th Annual
Holladay Educational
Learning Program**

March 9-10th

**Proximity Hotel
Greensboro, NC**

**Registration Now Open
(See Insert)**

HEART HEALTH STARTS WITH YOU

As a new year begins, many people use this time to make new goals for the ensuing year. February is American Heart Month and is a great time to commit to a healthy lifestyle by making small changes that can lead to longer, healthier, and more productive lives. Heart disease is the number one cause of death for both men and women in the United States. An estimated 600,000 people die of heart disease in the United States every year – that is 1 in 4 deaths. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart and can cause a heart attack. Coronary artery disease kills an estimated 370,000 people annually.

The good news is...YOU can take several steps to reduce your risk for heart disease.

- 1) **Maintain a healthy diet** rich in a variety of fruits and vegetables, fiber-rich whole grains, fish, skinless poultry, and low-fat dairy products. Limit saturated fat, trans fat, and added sugars.
- 2) **Reduce your sodium intake.** The American Heart Association recommends no more than 2,300mg of sodium a day and an ideal limit of no more than 1,500mg per day. Instead of salt, use spices and herbs to enhance the natural flavor of food. Read labels and limit the amount of prepackaged foods in your diet.
- 3) **Engage in physical activity.** Aim for at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking.
- 4) **Quit smoking.** Smoking is the most preventable cause of premature death.
- 5) **Drink alcohol in moderation.** Men should consume no more than 2 drinks per day and women should consume no more than 1 drink per day.
- 6) **Manage stress with healthy habits.** Get enough sleep, talk with family and friends, and remember to laugh.
- 7) **Maintain a healthy weight.** Excess weight increases the heart's work. Losing excess weight can help lower blood pressure and manage diabetes.
- 8) **Talk with your medical provider** about your risk factors for heart disease. Take your medications as prescribed if you take medications for blood pressure and cholesterol. Take an active role in your health – know your numbers: blood pressure, cholesterol, and blood sugar.

Rachel K. Barbour, PharmD, is a consultant pharmacist with Holladay Healthcare Pharmacy.

XTampza ER, A NEW AND DIFFERENT EXTENDED RELEASE OXYCODONE

XTampza ER is a newly-approved oxycodone (a Schedule II controlled substance) indicated for the management of pain severe enough to require daily, around-the-clock, long-term opioid treatment and for which alternative treatment options are inadequate. Unlike other extended release products, Xtampza ER can be taken in multiple ways that do not involve swallowing tablets or capsules. According to an FDA publication, up to 40% of Americans may experience difficulties swallowing tablets and capsules and many patients with chronic pain also experience issues with swallowing. Of course, this includes many patients in nursing facilities. Xtampza ER is designed with DETERx microsphere technology which can help prevent problems such as misuse or abuse. Pharmacokinetics studies have shown that manipulation including crushing, chewing and snorting had little to no effect on the PK profile (although abuse of Xtampza ER by injection and via the oral and nasal routes is still possible.)

Xtampza ER can be taken 4 ways, including several not previously available in other ER opioid medications: as an oral capsule, sprinkled on soft foods, sprinkled in a cup and then directly into the mouth, and taken through a feeding tube. (It is the only extended-release opioid approved for use in nasogastric tubes.) To administer via a tube, open an Xtampza ER capsule and carefully pour the microspheres directly into the tube. Do not pre-mix the capsule contents with the liquid that you will be using to flush them through the tube. Draw up 15 mL of water into a syringe, insert the syringe into the tube, and flush the microspheres through the tube. Repeat the flushing two more times, each with 10 mL of water, to ensure no microspheres remain in the tube.

Because food has an effect on absorption of oxycodone from Xtampza ER, each dose of Xtampza ER should be taken with the same amount of food in order to ensure that appropriate plasma levels are consistently achieved. Xtampza is available in 9 to 36 mg capsules (equivalent to 10 to 40mg oxycodone) and should be given every 12 hours with food.

Candice Teeter, RPh., is a consultant pharmacist with Holladay Healthcare Pharmacy.

ANGER: TIPS FOR BETTER MANAGEMENT

Anger is a perfectly normal emotion, and when dealt with appropriately, can even be considered a healthy emotion. We all feel angry from time to time, yet this feeling can lead us to say or do things that we later regret. It is important to recognize when you feel angry or experience feelings that may lead to anger.

The following few tips may help you manage anger in a more positive way:

- **Exercise/Fitness** – When you exercise regularly, your body regulates adrenaline and cortisol levels more effectively. Anger causes a release of these hormones – which in high amounts may cause harm to the body.
- **Sleep** – Good quality sleep can help combat many physical, mental, and emotional problems including anger. Sleep helps to rebuild damaged cells and neural pathways – and 7 hours a night is best!
- **Seek Solutions Rather Than Identifying Problems** – Understand what made you angry in the first place, and then focus on a resolution so the same problem won't arise again.
- **Express Yourself** – Wait until you are calm. You can be assertive without being aggressive, when you are calm and collected.
- **Don't Hold Grudges** – Be realistic and accept that people are the way they are, not how we would like them to be. You can't change how other people behave or think, but you can change how you deal with others by having a positive attitude.
- **Have a Sense of Humor** – The simple act of laughing can reduce anger. Make an attempt to introduce some humor into difficult conversations.
- **Breathe Slowly and Relax!!!**

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

HOLLADAY HEALTHCARE PHARMACY Out in the Community FACILITIES TRADE SHOW CRISIS CONTROL MINISTRY

Holladay Healthcare Pharmacy will be supporting the North Carolina Health Care Facilities Association (NCHCFA) at their annual trade show on February 28th, at the Koury Convention Center in Greensboro, NC. If you are planning on attending the show, please stop by the Holladay booth. NCHCFA was organized in 1955, and is an active network of over 380 licensed nursing facilities throughout North Carolina. More information on NCHCFA and the symposium can be found on nchcfa.org.

Holladay Healthcare Pharmacy understands the value of servicing others in the North Carolina community. Holladay has been a long time partner of the Crisis Control Ministry clinic. The mission of Crisis Control Ministry is to provide assistance to those in crisis; meeting their essential life needs in order to become self-sufficient. Please visit the Crisis Control Ministry website at crisiscontrol.org for more information.

TECHNOLOGY INNOVATION ePrescribing and Interfaces

2016 has been an exciting technology growth year for Holladay Healthcare Pharmacy. Holladay stays committed to providing customers with the most current and state-of-the-art technology.

When ePrescribing became accessible to the long term care industry, Holladay Healthcare Pharmacy's management formed a task team in order to ensure this feature would be available to customers. Currently, Holladay has assisted 13 customers to fully integrate the ePrescribing module of their Electronic Health Record system. Holladay Pharmacy is partnered with QS/1 Primecare/LTC dispensing software®.

Holladay Healthcare Pharmacy is dedicated to supporting their customers' eMAR system of choice. Interfaces currently available from Holladay Pharmacy include: QuickMAR®, Accuflo®, MatrixCare®, American HealthTech (AHT)®, Answers on Demand (AOD)® and PointClickCare (PCC)®. 2017 is also off to a running start with 2 customer integrations already scheduled. Holladay applauds our customers for being exemplary leaders and caregivers. As a partner, Holladay will continue to grow and thrive with our clients, ensuring that their ongoing technology needs are being met and their experience is a positive one. If you are interested in becoming a Holladay Healthcare customer, please contact us at 1-800-848-3446. With over 9 years of eMAR and ePrescribing experience, Holladay is ready to assist you and your team.

MEET THE STAFF :

Penny Crews

Holladay Healthcare Pharmacy is proud to recognize Penny Crews for 20 years of service. Penny is often referred to as "the voice of Holladay". Holladay prides itself on "speaking to a real person" and Penny sets the tone with her cheerfulness, professionalism and willingness to always assist others. Not only is Penny "the voice of Holladay", she also processes all return medications, oversees the account payables for the pharmacy and works one Saturday a month as a pharmacy technician. She is always willing to help out where needed and because of this "can do" attitude, is frequently asked to assist in other areas.

When Penny is not at Holladay, she enjoys her church community, walking, working out in the gym, and going out with friends to dinner or the movies. She especially loves teaching the children at her church. And that is such a gift!

Why is Holladay Healthcare Pharmacy such a great place to work? Penny says, "It is nice to work with positive and upbeat people that enjoy what they do". Congratulations Penny on your successful milestone, and thank you for your hard work and dedication.



H.E.L.P. 2017

HOLLADAY EDUCATIONAL LEARNING PROGRAM

March 9th - 10th

Greensboro, NC

Holladay Healthcare Pharmacy is dedicated to providing our customers and the NC long term care community quality education. Planning for Holladay Healthcare Pharmacy's 8th Annual H.E.L.P. Symposium is well underway. H.E.L.P. will be held at the Proximity Hotel in Greensboro, N.C., March 9th - 10th. CE hours will be awarded to nurses and administrators attending the symposium. The 2017 agenda is packed full with topics that are pertinent to long term care today. The well renowned Doug Blizzard, Vice-President of Membership with CAI, will be sharing successful tools on dealing with "difficult customers". Doug is an expert in the human resources consulting industry and a frequent speaker at North Carolina conferences and events. Back by popular demand, will be Scott Herrick, State Director of Public Policy with the Alzheimer's Association, discussing *Alzheimer's Early Detection, Intervention and Impact on Public Health*. Also on the agenda in 2017 is a *Developing a Road Map to Controlled Substance Diversion Prevention* presentation and discussion, which is imperative for all long term care employees to recognize and take action. The *Limiting Risks with Proper Documentation* session will provide the attendees with some excellent knowledge to take back to their staff. Included in the H.E.L.P. program is a "fun" but educational segment, one will not want to miss. Please visit holladaycare.com for a complete agenda. Holladay's H.E.L.P. symposium sells out quickly; the registration information can be found on the enclosed insert. Please contact 1-800-848-3446 for additional information. We hope to see you in March for great education, food, fun and fellowship!



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These clinical information topics and data bases include:

*Prevention of Falls Guidelines	*Management of Atrial Fibrillation
*Guide to Common Immunizations	*GeriPsych Consult
*Geriatrics Cultural Navigator	*AGS Updated Beers Criteria

American Geriatrics Society (AGS) has put together a source of information in order to prevent medication side effects and other drug related problems in older adults. For example, along with the Beers listed drug information for potentially inappropriate medications used in the elderly, the Quality of Evidence, Strength of Recommendation and Rationale are explained to give you any possible appropriateness for use of an otherwise inappropriate medication.

Although the iGeriatrics application is mistakenly listed as a free application on my device, it is a single application that covers multiple clinical information data bases in the AGS information service at a bargain of \$9.99 per year. Furthermore, it is an excellent introduction to the information and other services offered by the AGS. *Jennifer Hamilton, PharmD, CGP is a consultant pharmacist with Holladay Healthcare Pharmacy.*

Second/Third-Hand Smoke True/False

- Smoke is harmful to pets in addition to humans.
- Third-hand smoke is residue that gets on carpets, clothes, furniture and skin.
- If a pet grooms itself, it will not ingest the residue.
- Cats who live with people who smoke more than a pack of cigarettes a day have three times the risk of developing lymphoma.
- Smoking does not endanger pet fish.

Jessica Higgins, PharmD, is a consultant pharmacist with Holladay Healthcare Pharmacy.

1. True
2. True
3. False
4. True
5. False