

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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NEW RULES FROM THE “MEGA RULE” FOR PRESCRIPTIONS

Everyone in long-term care knows it’s coming, but is your facility prepared? Here are the key points from the Mega Rule for prescription changes. While this is not law until November 28, 2017, the habits for taking new orders and new admissions need time to change. Implementing these changes today will help you in the future since your staff will already be accustomed to writing the orders with the new requirements. These are the new requirements for PRN psychotropic medications.

1. All PRN **psychotropic** medications must have a length of therapy, and the patient must be seen to renew the order. This includes all medications that could affect behavior including ones like Compazine and Melatonin.

2. All *NEW* PRN **psychotropic** orders and new admissions must be written “X 14 days” until the patient is seen. This includes any verbal order where the doctor isn’t actually present to evaluate the patient. If the doctor is present, they can determine what the appropriate length of therapy is (ie “X 90” days) and justify this in the resident’s record.

3. All true PRN **antipsychotic** medications can ONLY have a 14 day length of therapy. (An antipsychotic is a type of psychotropic drug.) This would include medications like Zyprexa, Haldol, Seroquel and Risperdol. There are no exceptions, including patients on hospice. In order to renew the order, the patient has to be seen and evaluated every time which is unpractical for most prescribers.

Given this is all new, please ask questions if this sounds confusing. The goal of specifying a length of therapy is to have it fall off the MAR if it isn’t renewed, and to ensure there is adequate justification in the record as to why it is needed. The biggest point to make is that no order can be renewed unless the patient is actually seen, so if the staff fails to notice a PRN dropped off, they cannot call and get another order. The patient must be seen and re-evaluated every time. Please keep this in mind if your facility receives a new PRN order for Seroquel or Haldol. Will your physician be able to come back and evaluate the patient every 14 days?

Christy Ledger, PharmD, MS, BCGP, is a consultant pharmacist with Holladay Healthcare Pharmacy.

**SAVE THE
DATE:**

**H.E.L.P.
2018**

**MARCH
15th-16th**

**Greensboro,
North Carolina**

INGREZZA (Valbenazine)

Ingrezza (Valbenazine) was approved in April 2017, and is the first prescription medication that is FDA-approved for treatment of adults with tardive dyskinesia (TD).

Tardive dyskinesia (TD) is a hyperkinetic movement disorder that can occur with prolonged exposure to drugs that block dopamine in the brain like antipsychotics and metoclopramide. Features of TD may include movements of mouth, lips, tongue, face, limbs, or trunk. Severe TD may interfere with speech, eating, gait and/or mobility. Several rating scales are used to detect and monitor severity of TD including the AIMS and DISCUS tests, and patients on antipsychotics or metoclopramide should be monitored periodically for development or worsening of TD.

- **MECHANISM OF INGREZZA (VALBENAZINE):** unknown, but is thought to reduce irregular dopamine signaling in the brain.
- **EFFICACY:** was shown in a clinical trial conducted in 234 participants with moderate to severe TD and underlying schizophrenia, schizoaffective disorder or a mood disorder. After 6 weeks, participants who received Ingrezza had improvement in severity of abnormal involuntary movements compared to those who received placebo.
- **DOSING/ADMINISTRATION :** Initial dose 40mg daily increased, to 80mg daily after one week. Ingrezza can be taken with or without food. With moderate or severe hepatic impairment, the recommended dose is 40mg daily. Use is not recommended with severe renal impairment. Dose adjustments may also be required based on drug interactions.
- **ADVERSE EFFECTS:** In clinical trials the most common side effect was sleepiness. Ingrezza may cause arrhythmia due to an increase in QT interval.
- **SELECT DRUG INTERACTIONS:** Use with strong CYP3A4 INDUCERS (eg. phenytoin and carbamazepine) is not recommended. Avoid use with MAOI drugs. Reduce Ingrezza dose with strong CYP3A4 INHIBITORS (eg. clarithromycin) and consider reducing dose with strong CYP2D6 INHIBITORS (eg. fluoxetine or paroxetine). Monitor closely with digoxin due to risk of increased digoxin concentrations.

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

HEPATITIS C VIRUS (HCV)

Hepatitis C virus (HCV) primarily affects the liver. It may develop into cirrhosis, liver cancer, or liver failure and cause other health complications as well. U.S. estimates from 2014 showed a prevalence of 30,500 acute HCV cases with approximately 2.7-3.9 million people suffering from chronic HCV. Studies show that treatment of HCV infections is warranted in all but those with short life expectancies that cannot be remedied by HCV therapy.

There are several different HCV genotypes, around which therapy is guided. In recent years, many new therapies have been FDA approved and are now standards of care for HCV. These newly approved medications have shown higher success rates than previous therapies, with some cure rates surpassing 90%.

Cure is achieved by sustained virologic response, meaning that no HCV-RNA is detected at 12 weeks following completion of the standard 12 week duration of therapy. Costs of therapy can range as high as \$90,000. In addition to the often prohibitive costs, the main barrier to successful treatment of HCV is the requirement that the patient comply strictly with the chosen therapeutic regimen in order to achieve the best outcome or cure.

For all questions and concerns, please contact your consultant pharmacist.

Michael W. Gilliam is a Doctor of Pharmacy Candidate 2018 and an intern with Holladay Healthcare Pharmacy.

HOLLADAY IN THE COMMUNITY

Holladay Healthcare Pharmacy along with Holladay Surgical was pleased to support the NCDONA Conference in Myrtle Beach, SC. The nurses had a lot of fun at the Holladay booth and received great education from the association.

Holladay was out in the community celebrating the NC PACE (Programs of All-Inclusive Care for the Elderly) organization. September is officially declared PACE month throughout the state. Holladay is proud to partner with this quality organization, dedicated to providing comprehensive health care services for the elderly.



IT'S THAT TIME OF YEAR AGAIN

It may still feel like summer in much of the United States, however flu season is here. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Signs and symptoms of the flu include: fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Some people may experience vomiting and diarrhea, though this is more common in children than adults. The flu can also make chronic health problems worse, such as asthma and congestive heart failure. The Centers for Disease Control and Prevention (CDC) estimates that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. The National Institute for Occupational Safety and Health (NIOSH) report, the annual direct costs, such as hospital or doctor's office visits and medications for flu in the United States, are an estimated \$4.6 billion. The flu causes U.S. workers to lose up to 111 million workdays at an estimated \$7 billion a year in sick days and lost productivity.

While seasonal flu viruses can be detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May.

The timing, severity, and length of flu season vary each year. While it is not possible to predict what the flu activity will look like each season, the CDC does indicate the single best way to prevent seasonal flu is to get your flu vaccine. The CDC recommends everyone 6 months of age or older should receive a flu vaccine every season. Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and those with certain chronic health conditions. For the 2017 to 2018 flu season, only injectable flu vaccines are recommended. The nasal spray flu vaccine is not recommended for use this season. Talk to your health care provider to determine which option is best for you.

In addition to the flu vaccine, remember these simple reminders to stop the spread of germs in order to keep you and your loved ones healthy this flu season:

1. **Cover your nose and mouth** with a tissue when you cough or sneeze. Use your elbow if you do not have a tissue.
2. **Wash hands often** with soap and water. Wash for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice). If soap and water are not available, use an alcohol-based sanitizer.
3. **Try to avoid touching surfaces and objects that are used and shared often** (door handles, counter tops, and pens) in public places.
4. **Avoid touching your eyes, nose, and mouth.** Germs spread this way.
5. **Practice other good health habits** including: get plenty of rest, stress management, physical activity, drink plenty of fluids, and eat nutritious meals.

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

MEET THE STAFF : AMY DARROW

Amy Darrow has been a pharmacist with Holladay since May 2016. Amy is a 1988 graduate of UNC Chapel Hill with a BS degree in pharmacy. She came to Holladay with a wide variety of work experience including a free clinic, hospital and retail pharmacy (both independent and chain). Amy goes above and beyond in her role and responsibilities of a pharmacist at Holladay.

Amy is blessed to have such a wonderful family. She will be married to her husband Mike for 30 years this December. Amy has 3 children; Josh, who graduated from Wingate School of Pharmacy in 2016 with his PharmD, and works in retail pharmacy, and his wife Laura and baby Addysen (who is the apple of Amy's eye); Brandon, who is a chemist at RJR and his wife Kacie; and Taylor, who is a senior at UNC Chapel Hill and is applying to Physical Therapy schools. All 3 of her children attended or are attending UNC for their undergraduate education. Amy loves being a mom and grandma and spending time with her family, especially her grand baby! Her husband Mike received his MBA at Wake Forest, which is his current place of employment. The Darrows are a family divided when it comes to cheering for the Deacons or the Tar Heels! Amy enjoys the beach, reading, and playing cards and board games with family and friends. And of course, watching the Tar Heels! "My faith is very important to me, and I strive to live a life that reflects the love of Jesus to those I come in contact with," says Amy.

What makes Holladay such a great place to work? Amy says the people. "They treat you like family." Amy, we are glad you are part of the "Holladay Family."

H.E.L.P. 2018 Holladay Healthcare Pharmacy Leaders in Education

Holladay Healthcare Pharmacy's 9th annual H.E.L.P. (Holladay Educational Learning Program) is scheduled for March 15th-16th at the Proximity Hotel in Greensboro, North Carolina. Please visit www.holladaycare.com for more information.



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Sanford Guide to Antimicrobial Therapy

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Sanford Guide to Antimicrobial Therapy has been a resource for clinicians since 1969 with 25 million in aggregate circulation and a leading resource for recommendations for the treatment of infectious disease.

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

Alzheimer’s Quiz

1. Around 5 million people in the United States are thought to suffer from Alzheimer’s? T/F
2. Which of the following are thought to delay or prevent the onset of Alzheimer’s symptoms?
 - a. Regular exercise
 - b. Having a heart-healthy diet
 - c. Controlling high blood pressure and cholesterol
 - d. All of the above
3. People in the early stages of Alzheimer’s can’t learn new information? T/F
4. A diagnosis of “possible Alzheimer’s” means that:
 - a. The doctor believes there is a 50 to 60 percent chance that the patient has the disease.
 - b. The patient probably has Alzheimer’s disease but there may also be another disorder causing dementia as well.
 - c. The patient probably has age-related dementia.
5. Which of the following is the most important risk factor for developing late-onset Alzheimer’s disease?
 - a. Advanced age
 - b. A family history of the disease
 - c. Head injuries

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