

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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INSULIN PENS

Many facilities have made the switch to pre-filled insulin pens instead of traditional insulin vials because they offer convenience and accuracy of dosing. Correct use of pre-filled insulin pen devices is critical to your residents and your institution. Proper training and periodic review of safety measures is necessary to ensure safe use of insulin pen delivery devices in a health care facility.

Reminders:

- Insulin pens and the cartridges within are for single-patient use and must NEVER be used for more than one resident even if the needle has been changed
- Use of safety pen needles is recommended to comply with OSHA standards
- Needle should be changed after each injection, even though the pre-filled insulin pen is used by only one resident. The device should never be stored with needle attached
- Never use a syringe to draw insulin out of an insulin pen cartridge
- Each pre-filled insulin pen should be labeled clearly with the resident's name and if the label is missing the pen should not be used
- Unopened insulin pen devices should be stored in the refrigerator until opened
- Pens should be clearly dated with the date when first opened and then stored in resident-specific bin or bag in medication cart at room temperature. Refer to manufacturer's product information for specific expiration dates for pens once opened
- Pre-mixed insulin pen products require mixing before use. Staff should be familiar with proper mixing technique
- Rubber stopper on the pen device must be cleaned with alcohol swab before needle is attached
- The insulin pen must be primed prior to each use with a 2 unit "air shot" to prevent the collection of air in the insulin reservoir and ensure that pen device and needle are functioning properly
- The injection should be at a 90-degree angle and the needle should be kept in the skin for a count of 6 to 10 seconds (depending on device) after complete dose has been delivered
- Needle should be discarded in sharp's container and pen cap replaced to pen device for storage in medication cart until next use

Links to useful websites on insulin pen administration:

<http://www.oneandonlycampaign.org/content/insulin-pen-safety>
<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Downloads/Survey-and-Cert-Letter-12-30.pdf>

<http://www.cdc.gov/injectionsafety/clinical-reminders/insulin-pens.html>

<http://www.consumermedsafety.org/tools-and-resources/insulin-safety-center/insulin-pen-safety> Charlotte Matheny, PharmD, CGP¹ is a consultant pharmacist with Holladay Healthcare Pharmacy.

SAVE THE DATE

H.E.L.P. 2016

HOLLADAY'S

EDUCATION

LEARNING PROGRAM

MARCH 10th-11th

PROXIMITY HOTEL
GREENSBORO, NC

REGISTER TODAY!

LINZESS for IBS

Linzess was approved in 2012 for the treatment of adults with IBS with constipation (IBC-C) or chronic idiopathic constipation (CIC). It is the first drug in its class and only the second drug approved for these indications. (The other is Amitiza.) It is not indicated for children and is contraindicated in pediatric patients under 6 and in patients with known or suspected mechanical gastrointestinal obstruction.

The most common side effect of Linzess is diarrhea at an incidence of 16 to 20 % with 2% of patients experiencing severe diarrhea. If diarrhea occurs, Linzess should be stopped. The other adverse events with Linzess were abdominal pain, flatulence, headache, and abdominal distension.

Since Linzess and its active metabolite are not measurable in the blood stream, it is not expected to have any significant drug interactions. No drug interaction studies have been conducted.

For IBS-C the recommended starting dose is 290mg daily and for CIC it is 145mg, both taken on an empty stomach, 30 minutes prior to the first meal of the day. No dose adjustment is necessary based on renal or hepatic impairment.

Linzess should not be crushed or chewed but the capsules can be opened and the beads mixed in applesauce or water. For applesauce, add the beads to one teaspoonful in a clean cup, mix and swallow immediately. The beads should not be chewed. For water, mix 30mL of bottled water into a clean cup, empty the beads into the water and gently stir for 10 seconds. Drink immediately and then add another ounce of water to any beads in the cup and drink remainder. For use in a nasogastric or gastric feeding tube, open the capsule, empty the beads into a container with 30mL of water. Next swirl the beads for 10 seconds and withdraw the contents into a syringe. Apply steady pressure to dispense the contents into the tube. To finish, flush tube with at least 10mL of water.

Of note, the studies did not include sufficient numbers of patients over 65 years of age to determine whether they respond differently from younger subjects. *Candice Teeter, R.Ph., is a consultant pharmacist with Holladay Healthcare Pharmacy.*

LONG TERM CARE WORD SEARCH - WINTER FUN

M	C	C	G	S	D	W	E	H	P	U	H	I	F	S
I	K	I	N	U	O	T	N	C	O	G	E	P	Y	R
T	G	D	I	S	V	U	I	U	I	V	L	E	F	U
T	Y	E	D	F	O	O	P	T	H	G	O	U	I	H
E	X	R	R	G	N	I	T	A	K	S	R	P	R	O
N	M	O	A	L	C	H	I	L	I	B	E	D	E	C
S	S	N	O	W	F	L	A	K	E	P	S	Q	P	K
N	T	C	B	R	F	P	A	F	P	L	S	I	L	E
I	N	B	W	R	N	K	Y	E	E	U	A	D	A	Y
A	I	P	O	F	T	T	R	D	S	G	C	Q	C	B
T	F	U	N	D	S	M	D	E	G	U	Z	N	E	Z
N	N	P	S	O	I	I	C	A	J	F	T	A	R	I
U	O	U	R	N	N	V	S	R	E	P	P	I	L	S
O	F	F	T	G	A	A	O	C	O	C	G	P	E	C
M	D	A	E	R	B	R	E	G	N	I	G	X	T	H

SNOWFLAKE	COCOA	CHILI
PEPPERMINT	SNOWBOARDING	CASSEROLE
SLEDDING	MOUNTAINS	SLIPPERS
SKATING	FROSTY	MITTENS
ICE	SOUP	HOCKEY
FIREPLACE	CIDER	GINGERBREAD

HypErthyroidism!!!

Frequently, hypothyroidism is diagnosed and treated in the long-term setting. However, the opposite thyroid disorder - "hyperthyroidism" also occurs and may be more harmful if left untreated. Hyperthyroidism is the overproduction of thyroid hormone and is far less common than hypothyroidism. The most common cause of hyperthyroidism is "Graves Disease", followed by toxic multinodular goiter, and toxic adenomas (cancer). Toxic multinodular goiters are the most common cause of hyperthyroidism in patients over 40 years of age. These hyperfunctioning nodules cause the release of excess thyroid hormone. Secondary causes of hyperthyroidism are increased iodine levels, and drugs such as Amiodarone.

Symptoms:

- **sudden onset tachycardia (pulse > 100)
- **anxiety
- **fine tremor
- **hypertension
- **unintentional weight loss
- **delirium

Physical Findings:

- **enlarged thyroid
- **exophthalmos (bulging eyes)
- **painful thyroid gland
- **some elderly patients have no physical findings!!

Diagnosis:

- **Low TSH level (Thyroid Stimulation Hormone)
- **High T-4 level (thyroxine - active thyroid hormone)

Treatment:

In the elderly patient with toxic multinodular goiter or thyroid adenoma, permanent thyroid tissue destruction with radioactive iodine ablation, or thyroidectomy, is the recommended treatment option. Short course anti-inflammatory drug therapy (Ibuprofen) may help reduce inflammation and pain, and beta blockers like Metoprolol or Atenolol may help treat anxiety, tachycardia and hypertension.

****Long-Term Treatment:** Patients undergoing radioactive iodine ablation or thyroidectomy may require lifelong thyroid hormone replacement therapy. *Jerry D. Evans, PA, PharmD, is a consultant pharmacist with Holladay Healthcare Pharmacy.*

MEET THE HOLLADAY STAFF: HOPE HARDY - BILLING MANAGER

Holladay Healthcare Pharmacy is pleased to introduce you to Hope Hardy. Hope is an integral part of the Holladay team and has been with Holladay for 20 1/2 years. As her role as Billing Manager, she oversees all areas of billing - from 3rd party billing to collections. Hope is the liaison with our courier service and directs logistics from in-house. She also serves as the Compliance and Privacy Officer for Holladay Pharmacy. Hope is a graduate from UNC-Chapel Hill and will be married 4 years in April to Phillip. She also lives with her cat of 14 years - Rudy. Traveling is one of their favorite things to do, in which Hope has compiled a "bucket list" of places to visit. Last year they visited Key West and Nashville and plan to travel to Savannah this year. Hope is an extremely dedicated, service-oriented employee. She feels that Holladay is like a family. "We treat our customers the same". The relationship between Holladay, their employees and customers is what sets Holladay apart from the national pharmacy chains. "The Holladay staff works well together and help each other, whether it is professionally or personally". This and employees like Hope make Holladay such a great place to work!

HELP 2016

Holladay Healthcare is pleased to announce our 7th annual H.E.L.P. program. Join us in Greensboro at the Proximity Hotel on March 10th and March 11th. Administrators and nurses will be awarded contact hours for attending.

This year's H.E.L.P. symposium will be an event you do not want to miss. The agenda explores topics ranging from *Drug Diversion, Prevention, Detection & Response* to the *Human Impact of Alzheimer's in the Community*. Highlighting Holladay's 2016 program is Allyson Jones Labban from SmithMooreLeatherwood Attorney at Law discussing eCommunications in relation to HIPPA and Risk Management. Another interesting topic, *The Role of Genetic Testing in Pharmaceutical Treatment*, will provide the attendees with valuable information pertinent to long term care today.

Do not miss out on CE hours, fun and fellowship! Space is limited and the H.E.L.P. symposium fills up quickly. Please contact 1-800-848-3446 for additional information or visit the Holladay website at holladaycare.com for a complete list of topics.

To Register: Go to : <http://nwahec.org/48660>

- Select 'Register for Event'
 - If not in AHEC system, enter profile information and return to registration link to register
 - Confirmation will be emailed
- (Print as proof of registration)



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Here's an App for That: GERIATRICS AT YOUR FINGERTIPS

All Healthcare providers who care for older adults will value this essential geriatric smart phone / tablet application (APP) tool for quick reference. "Geriatrics at Your Fingertips" (GAYF) from the American Geriatric Society (AGS) is available free for iPhone and Android users. This APP contains the latest, specialized, up-to-date evaluation and management strategies for common geriatric conditions and disorders found also in the annual print edition from the AGS (www.americangeriatrics.org) Table of Contents includes a section of Tools, Abbreviations, Formulas and Reference Information, Assessment and Approach, Appropriate Prescribing, Drug Interactions, and Adverse Events.



The tools section contains assessment instruments such as an Opioid Risk Scale, A Brief Hearing Loss Screener, Pain Scales (faces, numeric, verbal), Brief Pain Inventory, Geriatric Depression Scale, Abnormal Involuntary Movement Scale (AIMS) along with other assessments.

Furthermore, the section of calculators, tables and figures specifically consists of useful tools such as an ideal body weight calculator as well as a creatinine clearance calculator, a table of potentially clinically important drug interactions that should be avoided in older adults, a deep vein thrombosis prophylaxis risk table for older patients, an assessment and prevention of falls table along with an algorithm of evaluation for possible Iron deficiency anemia which assists prescribers as well as care givers in keeping their older adult patients safe, happy and healthy.

The information, including phone numbers and websites, contained in this one application attempts to support geriatric healthcare providers in multiple healthcare settings. Medical or Nursing Directors, Nurses, Consultant Pharmacists, Admission or Minimum Data Set Coordinators, Quality Control or Educational staff, Physicians, Physician Assistants, and Nurse Practitioners or any clinical person working with older adults would benefit from this broadly multifunctional support tool application, "Geriatrics at Your Fingertips." *Jennifer Hamilton, PharmD, CGP is a consultant pharmacist with Holladay Healthcare Pharmacy.*

NCHCFA Expo

The North Carolina Healthcare Facilities Association Trade Show will be held February 21-24 at the Koury Convention Center in Greensboro, NC. Holladay will be there supporting the NCHCFA Association and participating in The Art of Patriotism theme for the expo on Tuesday, February 23rd wearing our red, white and blue. Please come by the Holladay booth #409 and #411 for some fun, prizes and education.