

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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FLU VACCINE TIME!

The first and most important step in preventing the flu is to get a flu vaccination each year. The Centers for Disease Control and Prevention (CDC) also recommends everyday preventive actions like frequent handwashing, avoiding contact with people who are sick, and covering coughs and sneezes.

The CDC recommends that everyone 6 months or older receive a flu vaccine, unless contraindicated, by the end of October. For most adults it takes about two weeks for the body to produce a full immune response to the flu vaccine and be fully protected. Flu vaccine should continue to be offered to unvaccinated patients throughout the flu season, even into January or later.

What is new for 2016-2017 Flu Season?

Only the injectable flu shots are recommended for use this season. The CDC does NOT recommend using the nasal spray flu vaccine (also called LAIV) based on data showing poor or relatively lower effectiveness of LAIV from 2013 through 2016.

The recommendations for people with egg allergies have been updated this season:

- People who have experienced only hives after exposure to egg can get any licensed flu vaccine that is otherwise appropriate for their age and health.
- People who have symptoms other than hives after exposure to eggs such as angioedema, respiratory distress, lightheadedness or recurrent emesis or who have needed epinephrine or other medical intervention also can get a recommended flu vaccine that is otherwise appropriate for their age and health, but the vaccine should be given in an inpatient or outpatient medical setting and the vaccination should be supervised by a health care provider who is able to recognize and manage severe allergic conditions.

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

TECHNOLOGY INNOVATION

Holladay Healthcare Pharmacy has upgraded their delivery service and partnered with SDS RX, Strategic Delivery Solutions. Holladay now offers electronic scans, signatures and tracking. Receipt of delivery automatically integrates to Holladay's software platform. This enhancement benefits Holladay's customers by saving valuable nursing time, automating delivery time and location, and allowing for more precise medication delivery. Holladay is committed to offering their customers state-of-the-art technology solutions.

VSL#3, A POTENT PROBIOTIC MEDICAL FOOD

VSL#3 is a high potency probiotic medical food, approved by the FDA for the dietary management of IBS, ulcerative colitis and pouchitis. The FDA may consider approval for other uses once there is sufficient clinical data. VSL#3 is 10 times more potent than other probiotics and should be used under medical supervision. It contains 8 diverse strains of live bacteria which have significant advantages in terms of metabolic and functional activities.

There are many (over 30) clinical trials that have been conducted with VSL#3 including three with data in children for these and other GI conditions including radiation induced diarrhea and probiotic use in critically ill patients, but it has not been approved by the FDA for treatment of any of these conditions. There are numerous testimonials on the VSL#3 website and other online sources claiming that VSL#3 is effective for other GI conditions.

VSL#3 is available as powder packets or capsules. The powder packets are designed to be mixed into cold drinks such as water and juice or foods like applesauce or yogurt. VSL#3 formulations should not be mixed with hot drinks or foods, as heat may inactivate the bacteria. Once added to food, VSL#3 must be consumed immediately. The capsules can be swallowed whole or opened and the contents can be mixed into beverages and foods. Because the strains are live, VSL#3 must be refrigerated. VSL #3 capsules and packets are gluten and dairy free.

VSL#3 formulations can be taken every day for as long as needed to eliminate or control problems. VSL#3 can be consumed with all types of drugs. If you take it with antibiotics, VSL#3 should be consumed in between antibiotic doses thereby maximizing the probiotic effect. A physician should determine the exact dose for each patient based on their conditions. *Candice Teeter, RPh., is a consultant pharmacist with Holladay Healthcare Pharmacy.*

ISOLATION AND LONELINESS IN THE ELDERLY

Feelings of loneliness and isolation greatly affect the health of seniors. Seniors that live alone and don't have family available, don't automatically have loneliness and isolation. And, just because seniors live in an Assisted Living facility, or a Skilled Nursing facility, surrounded by many people, doesn't automatically mean they are happy, socially engaged and content. It has to do with socialization. This lack of socialization may contribute to feelings of loneliness and isolation.

These are some potential consequences of isolation in the elderly:

**** Increased Risk of Mortality --** With fewer people around, or a lack of socialization and interaction, there is a higher chance of depression. Depression may make the management of other medical problems such as diabetes, and heart disease much more difficult.

****Mental and Physical Health Effects --** Seniors who feel lonely often have poor mental health. And these seniors have more physical symptoms such as headaches, stomachaches, and other psychosomatic complaints.

****Increased Risk of Dementia --** Cognitive decline and decreased cognitive performance is a consequence of loneliness. When seniors don't have regular cognitive stimulation, dementia symptoms can become progressively worse.

****Unhealthy Behaviors --** Often, isolated seniors may not exercise, or may eat an unhealthy diet, or may smoke. All these behaviors may have dramatic negative health consequences.

There are several ways to help reduce loneliness and isolation in seniors. The following list of tips may be helpful:

1. Provide socialization and a sense of purpose for seniors -- Encourage hobbies or group activity if possible.
2. Encourage religious seniors to maintain attendance in worship service.
3. Encourage a positive body image -- Seniors who are amputees, have excessive weight, or are otherwise different in some way, may be at risk for social isolation. Compliments and positive comments can go a long way to boosting the self-esteem of seniors.
4. Encourage hearing and vision tests for seniors -- Hearing difficulty and vision impairment are often barriers to social interactions.
5. Encourage dining with others -- Studies have shown that humans have almost always shared food - people tend to eat together. Dining with others is likely to help promote better nutrition.
6. Address incontinence issues -- Seniors are reluctant to socially interact when there is a fear of an incontinent episode.
7. Give a HUG!! -- Friendly touching from staff, friends and family - like hand holding or hugging can lower stress and promote feelings of well-being.

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

H.E.L.P 2017

Holladay Healthcare Pharmacy is pleased to announce the date of the 2017 8th annual Holladay Educational Learning Program (H.E.L.P). The annual event will be held at the Proximity Hotel in Greensboro, North Carolina, March 9th - 10th.

HELP 2017 will be an event you will not want to miss. The symposium will be packed with education pertinent to long term care today. Attendees also enjoy fellowship, food and fun. The cost for the program will remain at \$75 for two days. Administrators and nurses will be awarded CE hours for attending both days. Holladay's H.E.L.P event has grown tremendously, sold out in the past and will be on a first come, first served basis. Please stay tuned to holladaycare.com for registration information and a full agenda.

TAILORED LIGHTING TO IMPROVE SLEEP FOR PERSONS WITH DEMENTIA AND CAREGIVERS

Patients with Alzheimer's disease and related dementia (ADRD) often suffer from inadequate sleep. In comparison to older healthy adults, people with ADRD have lower sleep efficiency and more frequent arousals, which can also affect their caregivers. A recent study published in *Sleep Health* aimed to determine the efficacy of light intervention on circadian stimulation during the day in patients with ADRD and their caregivers.

The study enrolled 35 subjects with ADRD and 34 caregivers for an 11 week study. Participants were exposed to custom lighting with high short-wavelength content and high light output. Researchers used subjective questionnaires, daysimeters, and actigraphs to collect data at baseline, after 4 weeks of therapy, and 3 weeks following removal of therapy.

The results of the study showed a significant increase in circadian entrainment, indicated by phasor magnitude, and sleep efficiency, indicated by actigraphs. Participants with ADRD also showed significantly reduced symptoms of depression via questionnaires. In caregivers, a significant seasonal effect of greater sleep efficiency and longer sleep duration was observed as well. Although only a minor increase in sleep efficiency was observed at 2%, the results may still be clinically significant since small improvements in sleep efficiency can greatly reduce symptoms associated with ADRD.

The authors of the study concluded that ambient lighting interventions can be used to increase daytime circadian stimulation, thus increasing sleep efficiency in people with ADRD, along with their caregivers. These findings may be applicable to other populations such as healthy older adults with insomnia or nursing home residents with future studies.

Reference:

Figueiro MG, Hunter CM, Higgins P, Hornick T, Jones GE, Plitnick B, Brons J, Rea MS. Tailored lighting intervention for persons with dementia and caregivers living at home. *Sleep Health*. 2015 Dec 1;1(4):322-330.

Jordan Richmond is a Doctorate of Pharmacy Candidate/former Holladay Healthcare Pharmacy Intern.

MEET THE HOLLADAY STAFF:

Denise Newsome

Holladay Healthcare Pharmacy is proud to have Denise Newsome leading the pharmacy department as Pharmacy Manager. Denise joined the Holladay team four years ago and has made many positive changes benefiting the quality of care for the residents Holladay serves. She coordinates the day-to-day processes of the prescription service, staffs the pharmacy and provides support for Holladay's in-house team. Handling communication from the facilities, ensuring that customers' ongoing needs are being met while offering them the superior service that Holladay is built around, is a top priority for Denise. Denise has a gift to "think outside the box" and has created innovative procedures to streamline the workflow in the pharmacy. Being on the cutting edge of technology and her ability to quickly grasp the concepts involved, has also assisted the daily operations of the pharmacy.

Denise is Tar Heel born and bred! She graduated from UNC- Chapel Hill school of pharmacy and has two children that are students at Chapel Hill, studying biology and computer science. Denise grew up in Winston-Salem and currently resides in the beautiful town of Davidson. Not only does she possess a passion for helping others at her workplace, she also has recently participated in a medical mission trip to Haiti and sponsors a child to receive an education. In her spare time Denise loves to travel, attend Carolina Panthers football games, Carolina Tar Heel basketball games, concerts and boating on Lake Norman. Denise is actually a certified scuba diver! Holladay is fortunate to have Denise leading the pharmacy team. "Holladay is about people helping people," Denise says. "The staff is very dedicated to providing quality pharmacy services."

Holladay Healthcare Pharmacy Out in the Community PACE and NCDONA

Holladay Healthcare Pharmacy was proud to support the NC PACE Association (Programs of All-inclusive Care for the Elderly) during the month of September. Governor Pat McCrory has officially proclaimed September as PACE month in North Carolina. 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. The Holladay team also attended the NCDONA conference in Myrtle Beach. Thank you to those of you who came by the Holladay booth and enjoyed the *Come Grow with Us* theme. Holladay is strong in education and strives to meet the ongoing needs of the nursing community.

NC DONA

NC DONA, LTC



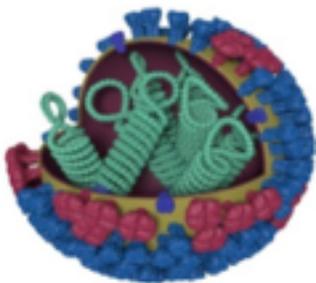
NC PACE ASSOCIATION



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- Find CDC recommendations on influenza infection control.
- Obtain information on diagnosis and treatment of influenza, including antiviral treatment recommendations by CDS and the ACIP.
- Obtain information on laboratory testing for influenza.
- View videos of CDC subject matter experts in discussing influenza topics.

With this official application of the Centers for Disease Control and Prevention for iPad, iPhone, iPod Touch, or Android devices, you can personalize your experience with features like highlighting, notes, and bookmarks to suit your own needs or even share the content with others through social media such as Facebook and Twitter.

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

Medication Error True/False

1. The most common type of medication error is transcription.
2. Medication errors are not preventable.
3. Medication errors could result in patient harm.
4. Certain abbreviations should be avoided in an effort to prevent medication errors.
5. One person should be blamed for a medication error.

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

1. True
2. False, medication errors are preventable.
3. True
4. True
5. False, the system should be reviewed to prevent additional medication errors.