

HOLLADAY HEALTHCARE PHARMACY

HOLLADAY HAPPENINGS

VALUE - DEDICATION - QUALITY



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ANTIBIOTIC STEWARDSHIP: THE NURSE'S ROLE

Can you imagine a day when antibiotics are no longer effective in fighting common infections? This threat is very real. Antibiotic resistance is a growing problem, especially in both the hospital and nursing home settings. This resistance occurs when bacteria in your body change, making antibiotics that were once successful in treating the infection now ineffective. These resistance organisms are often called "Superbugs".

It is the healthcare team's responsibility to ensure that the resident is receiving:

- The Right Antibiotic
- The Right Dose
- The Right Time
- The Right Length of Therapy

A Stewardship Program should include:

1. Identify the Stewardship Team members, including the leader, responsible for program outcomes. Include a pharmacist on your Stewardship Team as your drug expert
2. Develop clear Policy and Procedures
3. At a minimum, enforce a 48-hour reassessment of the prescription to ensure appropriateness based on lab results and patient symptoms (antibiotic type and dose)
4. Always ask for the length of therapy when receiving a verbal or telephone order from the prescriber
5. Monitor and track prescribing and antibiotic resistance patterns
6. Develop a staff education program about antibiotic resistance and improving prescribing practices; reeducate staff at least annually
7. Monitor and report hand hygiene and infection control adherence
8. Encourage all recommended vaccines for patients and staff
9. Monitor and report compliance with completion of entire antibiotic therapy regimen
10. Monitor and report compliance with timeliness of each prescribed antibiotic dose

Contact Holladay Healthcare Pharmacy if you would like assistance in developing your Antibiotic Stewardship Program.

**SAVE THE
DATE:**

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

**MARCH
15th-16th**

**Greensboro,
North Carolina**

TICAGRELOR (Brilinta):

Does It Have Advantages Over Clopidogrel (Plavix)?

Ticagrelor is a P2Y₁₂ platelet inhibitor approved to reduce the rate of cardiovascular death, myocardial infarction, and stroke in patients with acute coronary syndrome (ACS) or a history of MI (Myocardial Infarction). The drug is combined with aspirin at a dose of less than 100mg unless the latter is contraindicated.

Ticagrelor was approved in July 2011 and in March 2016, the American College of Cardiology (ACC) and American Heart Association (AHA) released a treatment guideline on the duration of dual antiplatelet therapy. Ticagrelor is recommended over clopidogrel for the management of patients with ACS who have received a coronary stent and in non-ST Elevation Acute Coronary Syndrome patients treated with medical therapy alone. This update was the first time the ACC/AHA has recommended ticagrelor over clopidogrel for patients who have experienced an ST-elevation myocardial infarction (STEMI). The guideline supports continuation of P2Y₁₂ therapy beyond 12 months in prior MI patients who are not at high bleeding risk.

Following an ACS event, the initial loading dose of ticagrelor is 180mg, followed by treatment of 90mg twice a day for a year, then 60mg twice a day. All doses are given with an aspirin dose of 75-100mg daily. With clopidogrel, in patients who need an antiplatelet effect immediately, initiate clopidogrel with a 300mg oral loading dose and then continue at 75mg once daily also with aspirin.

The most common adverse events with ticagrelor are bleeding and dyspnea. With clopidogrel, it is bleeding. Ticagrelor has several significant drug interactions. Strong CYP3A4 inhibitors (e.g., ketoconazole and clarithromycin) increase exposure to ticagrelor and therefore increase the risk of bleeding and dyspnea. Strong CYP3A4 inducers (e.g., phenytoin, carbamazepine, phenobarbital) may reduce the effectiveness of ticagrelor. It also increases the concentration of simvastatin and lovastatin and they should not be used in doses greater than 40mg daily. Clopidogrel does not have these interactions but does have a significant interaction with strong CYP2C19 inhibitors (e.g., omeprazole.)

As mentioned in the prescribing information for patients who are unable to swallow, ticagrelor tablets may be crushed and mixed with water. They can also be administered by an NG tube.

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

ELECTRONIC PRESCRIPTIONS HAVE COME TO HOLLADAY PHARMACY

As anyone who has ever received a prescription from their doctor knows, it can be sent electronically to the pharmacy of the patient's choosing. This makes life easier for both the patient and the pharmacy because the patient doesn't typically have to wait long to pick up the medication, and the doctor doesn't have to worry the patient will misplace the prescription. Holladay Pharmacy is now able to accept prescriptions electronically as well. This includes controlled prescriptions which can cause a paper trail nightmare at the facility level.

The best way to avoid losing the prescription or wondering if Holladay received the fax is to ask your physicians if they have ePrescribing ability. If they do, they just select the pharmacy of choice (in this case Holladay Pharmacy) and you can rest assured, Holladay will receive the prescription. This is true of any physician the patient might go to and most physicians with an office will have ePrescribe capabilities. For outside physicians, this is much faster than waiting until the patient returns to the facility, then manually faxing it over.

So, save yourself the headache of the possibility that the doctor "didn't fill out the prescription right" or the "prescription didn't make it back to the facility" and ask that it be sent electronically. The doctor can always print out a copy of the order for the chart, or the pharmacy can send you a copy of the prescription if it is needed.

If you have questions about this, please contact either Holladay Pharmacy or your pharmacist consultant. We're here to help!

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

SUN SAFETY IS EASY



According to the Centers for Disease Control and Prevention (CDC), skin cancer is the most common cancer in the United States. Every year, nearly 5 million people are treated for skin cancer at a cost of more than \$8 billion. The CDC reports there are 72,000 new cases and 9,000 deaths from melanoma each year. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) rays.

UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sun lamps. These UV rays can penetrate and change skin cells causing sunburn, premature aging, and can lead to skin cancer. Cataracts have also been linked to UV rays.

As summer months approach more people are spending time outdoors. The outdoors offers many opportunities to be physically active while promoting mental health, stress reduction, and stimulating production of vitamin D. Overexposure to the sun is the most preventable risk factor for skin cancer. Taking these simple steps to protect yourself and your loved ones while outdoors can reduce the risk of skin cancer:

- Seek shade, especially during midday hours (10am to 4pm) when the sun's UV rays are most intense
- Wear protective clothing including sunglasses and wide-brimmed hat
- Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Apply 15 minutes before sun exposure, and reapply every 2 hours and after swimming or sweating
- Avoid sun tanning and tanning beds

Early detection of melanoma can save one's life. Regular skin examinations may be the best way to detect skin cancer. It is important to note, anyone regardless of skin color, can get skin cancer.

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

MEET THE STAFF : RACHEL BARBOUR

In this summer issue of Holladay Happenings we are spotlighting Rachel Barbour, Consultant Pharmacist. Rachel joined the Holladay team in November 2016 and has been a wonderful addition.

Rachel brings to the table an abundance of skills and long term care pharmacy expertise. Rachel attended NC State University and continued her education at at Campbell University School of Pharmacy. As a teenager, Rachel discovered her interest in pharmacy and began work in a local pharmacy at the age of sixteen. She has over nineteen years of long term care and retail experience. Not only does Rachel have extensive knowledge and a consulting background, she is caring and patient-oriented. With empathy, compassion and a smile on her face, Rachel is dedicated to the customers and residents she serves.

When Rachel is not working at Holladay, she enjoys traveling, yoga, spending time outdoors with the pups, cooking, concerts and live music. Rachel has been married to Wayne for 10 years, and they are the proud parents of two dogs Sadie and Roxie.

Rachel enjoys her job at Holladay. "The opportunity to work with and continually learn from various members of the interdisciplinary healthcare team make Holladay a great place to work," says Rachel. She also likes getting to know many of the residents that reside in the facilities that we have the opportunity to serve. Holladay is fortunate to have Rachel as a member of the consulting team.

HOLLADAY IN THE COMMUNITY

NCDONA Multi-State Conference

Holladay Healthcare Pharmacy will be supporting the North Carolina Director of Nursing's annual conference in Myrtle Beach, South Carolina. This year's conference and trade show will be held on September 20th - 23rd. The 22nd annual multi-state conference, 2018 theme is *Rockin' with the Oldies* and is sure to provide great education and a lot of fun too. Holladay is proud to support this organization and the nursing community in all that they do. Please come by to visit the Holladay booth during the trade show held on September 21st - September 22nd.



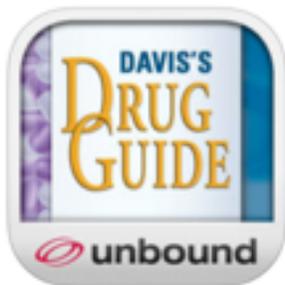
H.E.L.P. 2018 Holladay Healthcare Pharmacy - Leaders in Education

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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Davis's Drug Guide



<https://www.drugguide.com>

One can safely administer drugs with confidence by downloading Davis's Drug Guide to your smartphone and tablet. There is a free App to download on all devices or one can purchase and subscribe to the full access App and Web Guide. Group or institution discounts are available.

Davis's includes generic and trade names, therapeutic classes, natural/herbal products, and intravenous (IV) administration information. Davis's Drug Guide is focused on practical information with increased emphasis on evidence-based content that includes high-alert notices and patient safety coverage so you can administer meds confidently and effectively.

Jennifer Hamilton, PharmD, BCGP is a consultant pharmacist with Holladay Healthcare Pharmacy.

SUN SAFETY WORD SEARCH

n	m	t	t	a	d	s	t	o	s
r	w	a	t	e	r	f	e	e	n
e	h	l	a	a	d	t	s	e	t
s	l	c	p	s	d	s	e	m	r
u	b	b	c	u	a	r	d	e	i
n	t	f	i	l	c	j	a	m	h
o	h	t	g	s	m	r	h	e	s
n	i	n	n	y	n	l	s	m	t
i	u	u	n	h	h	e	o	n	o
s	s	p	i	l	h	o	s	t	m

Sunglasses

Shade

T-shirt

Hat

Sunscreen

Water