

# THE QUARTERLY CONNECTION

Quarterly Report from Pharma-Care, Inc., Health Care Consultation Specialists

First Quarter 2012

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## State Survey Results of LTC Facilities: Recorded Trends

Our review of the last quarter State Surveys identifies the following areas as having frequently cited deficiencies:

### F332 - Med Pass

- Lopressor needs to be given with or immediately following meals. Some surveyors have commented that it must be given within 15 minutes of eating.
- Multivitamin with Mineral ordered / Hi-Potency Multivitamin given instead.
- Aspirin 325mg ordered / Enteric-coated aspirin given instead.  
Chewable aspirin 81mg ordered / Enteric-coated aspirin 81 mg given instead.

Some facilities are carrying EC aspirin as house stock. Please note: when aspirin is ordered, the regular aspirin should be administered unless the order specifically calls for enteric-coated or EC aspirin. E.g., if the physician writes for aspirin 81mg, use chewable aspirin 81 mg unless EC is actually written in the order or your facility policy indicates otherwise.

- Resident not instructed to rinse mouth after Advair.
- On routine insulin orders, when a BS is ordered before the insulin dose, the insulin should NOT be held unless the prescriber includes a hold parameter in the order to HOLD the dose.

### F441 - Infection Control

- Poor wound cleaning technique.
- No quantification or qualification of data with which to identify trends of nosocomial and community acquired infection.
- Nurse touched eye dropper with hand.

## New Dosing Directions for Extra Strength TYLENOL Products

Recently released changes to Extra Strength TYLENOL products' dosing instructions advise taking two pills every six hours as needed and no more than six

## Congratulations!

**Ed Rucki**, RPh, CCP, CGP, is the 2011 recipient of the prestigious Jesse Gaynor Award for "Consultant Pharmacist of the Year" from the New Jersey Pharmacists Association. The annual award is presented to a pharmacist who has shown meritorious service and dedication to the practice of pharmacy by contributing to elevating the level of expertise of consultant pharmacists through education. Ed has been with Pharma-Care, Inc. since 2004.

**Harry Thibodeau**, President of PCI, was appointed to the New Jersey Epilepsy Task Force established by Governor Christie on August 26. As a member of the NJ Pharmacists Association, he represents the concerns of consultant pharmacy. The purpose of the task force is to develop recommendations to educate the public and health care professionals about screening, diagnosis, and treatment of epilepsy and its complications, as well as, to develop recommendations to address psychosocial issues faced by persons suffering with the disease.

pills per day unless directed by a doctor. Some people accidentally exceed the recommended dose of acetaminophen, the active ingredient in TYLENOL, when taking multiple acetaminophen-containing products at the same time. More than 600 medicines contain acetaminophen. Some common prescription medicines include:

Endocet	Lortab	Vicodin	Ultracet
Fioricet	Norco	Percocet	

Some over-the-counter medicines that may contain acetaminophen include:

Actifed	Dristan	Sinutab
Alka-Seltzer Plus	Equate	Sudafed
Benadryl	Excedrin	Tavist
Comtrex	FeverAll	TheraFlu
Contac	Goody's Powders	Triaminic
Coricidin	NyQuil/DayQuil	Vanquish
Dimetapp	Robitussin	Vicks

The above is not a complete list. Refer to your pharmacist to check if a particular medication contains acetaminophen.



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## Important Notice for EPIC Users

In order to facilitate your request promptly when submitting a request for an EPIC Review, please be sure to:

- include the facility name
- print the resident's name clearly
- include the resident's room number or floor
- include a return fax number for the completed review

### EPIC Corner

• In light of recent state survey results, please be aware that **F- 428 Drug Regimen Review** requires that *“the drug regimen of **each** resident must be reviewed at **least once a month** by a licensed pharmacist. The pharmacist must report any irregularities to the attending physician and the director of nursing, and these reports must be acted upon.”*

Recent NJ state survey teams have cited facilities for not having a system in place to review each resident's drug regimen. This includes **short-stay subacute residents**. Call Rick Corritore at 732-943-3573 or Ed Curtin, 732-574-9015, ext. 294 for more information.

• Congratulations to EPIC staff members *Ed Rucki, RPh, CCP, CGP* upon receipt of the Jesse Gaynor Award and to *Leonard Partanna, PharmD, CCP, RPh*, upon his receipt of a “Certificate of Achievement in Medication Therapy Management”. Their efforts, hard work, and continued contributions to the EPIC department serve to strengthen the services we bring to you.

• EPIC continues to find interesting and novel diagnoses. For instance, we recently found an order for Flomax given to females with benign prostatic hyperplasia! Please remember to question the rationale when there is a diagnosis that is obviously not appropriate for the medication being ordered.



### Welcome to Our New Clients

Merry Heart of Boonton Twp  
Merry Heart Health Care Center  
Merry Heart Assisted Living  
Brandywine Senior Living at Haddonfield  
Brandywine Senior Living at Wall  
Hudson Terrace Medical, PA, Surgery Center  
Washington Twp Senior Living

## Antidepressants and Folic Acid

According to the October 2011 edition of *“Pharmacist’s Letter”*, pharmaceutical representatives are filling up sample closets with Deplin, a medical food, hoping that prescribers will use the product to improve the efficacy of antidepressants.

Why? Some studies suggest that folic acid supplements can increase the efficacy of antidepressants. Deplin’s manufacturer, PamLab, claims that its product is more effective than other folic acid supplements because it contains L-methylfolate, an active form of folic acid.

The manufacturer can make medical claims for Deplin because it is marketed as a medical food, a commonly misunderstood category of products. Medical foods are not Rx drugs, not OTCs, not dietary supplements, and not homeopathics. Medical foods often have a package insert and say “Rx only” on their label, but they are not approved by the FDA like traditional Rx drugs.

While some evidence suggests that adding folate can increase antidepressant efficacy, there is no proof that Deplin is more effective.... and it costs more.

## Parkinson Drug Labeling Causes Confusion

The labeling the anti-Parkinson’s drug Stalevo can be confusing and error-prone. The product contains levodopa, carbidopa, and entacapone. The number that follows the brand name (Stalevo 50, Stalevo 75, Stalevo 100, etc.) corresponds to the dose of levodopa in each tablet. The entacapone dose is 200 mg in all tablet strengths. The problem is that the amount of *carbidopa* is not listed as part of the name even though it also *increases* along with the levodopa strengths.

Recently a patient who had been taking Stalevo 100 was admitted to the hospital. The hospital pharmacist dispensed two tablets of Stalevo 50 for the patient’s dose of Stalevo 100. The patient received the correct amount of levodopa and carbidopa - but twice the amount of entacapone. After two doses, the patient exhibited agitation which eventually led to the discovery of the error.

Another confusing issue is that when a prescription for Stalevo 50 is received, one can’t tell if the 50 refers to the carbidopa or levodopa component since there is a tablet containing 50 mg of levodopa (Stalevo 50) and another containing 50 mg of carbidopa (Stalevo 200).

It has been recommended to the FDA and Novartis that the drug should be labeled similarly to other carbidopa-levodopa products such as Sinemet which includes both drug strengths in association with the product name .

from NurseAdvise-ERR, October 2011



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