THE QUARTERLY CONNECTION

Quarterly Report from Pharma-Care, Inc., Health Care Consultation Specialists Second Quarter 2014

Phone: (732) 574-9015 136 Central Ave., Clark, New Jersey 07066 Fax: (732) 499-6778

Survey Updates

Two areas that have become a primary focus on state inspections are Unit/Medication Room inspection items as well as kitchens. Surveyors are starting inspections of med rooms and kitchens on the very first day of survey. Please make sure your units, med rooms, and kitchens are always ready for a state inspection.

Additionally, concerning multidose vials, you should not be cited because you did not date a multidose vial or insulin if the label indicates the pharmacy delivered it less than 28 days ago. That does not mean we are encouraging nurses not to date multidose vials and/or insulin. You should ALWAYS date them when opened. But, we just wanted you to know if you are caught in this scenario during survey, you can argue that the multidose vial or insulin could not be expired because it was delivered by the pharmacy less than the 28 days ago.

Update from State Operations Manual

(revised 2011; pages 430-435 from State Operations Manual)

1) Exceptions to the "Do Not Crush" rule:

- If the prescriber orders a drug to be crushed which the manufacturer states should not be crushed, the prescriber or the pharmacist must explain, in the clinical record, why crushing the medication will not adversely affect the resident. Additionally, the pharmacist should inform the facility staff to observe for pertinent adverse effects.
- If the facility can provide literature from the drug manufacturer or from a reviewed health journal to justify why modification of the dosage form will not compromise resident care.

2) Adequate Fluids with Medications:

The administration of medications without adequate fluid when the manufacturer specifies that adequate fluids be taken with the medication. For example:

- Bulk laxatives (e.g., Metamucil, Fiberall, Serutan, Konsyl, Citrucel);
- Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) should be administered with adequate fluid. Adequate fluid is not defined by the manufacturer but is usually four to eight ounces. The surveyor should count fluids consumed during meals (such as coffee, juice, milk, soft drinks, etc.) as fluids taken with the medication, as long as they have consumed within a reasonable time of taking the medication (e.g., within approximately 30 minutes). If the resident refuses to take adequate fluid, the facility should not be at fault so long as they made a good faith effort to offer fluid, and provided any assistance that may be necessary to drink the fluid. It is important that the surveyor not apply this rule to residents who are fluid restricted; and
- Potassium supplements (solid or liquid dosage forms). Again, if the resident refuses to take adequate fluid, the facility should not be at fault so long as they made a good faith effort to offer fluid, and provided any assistance that may be necessary to drink the fluid. It is important that the surveyor not apply this rule to residents who are fluid restricted.

3) Medications Administered with Enteral Nutritional Formulas:

Administering medications immediately before, immediately after, or during the administration of enteral nutritional formulas (ENFs) without achieving the following minimum Objectives:

- Check the placement of the naso-gastric or gastrostomy tube in accordance with the facility's policy on this subject. **NOTE:** If the placement of the tube is not checked, this is not a medication error; it is a failure to follow accepted professional practice and should be evaluated under Tag F281 requiring the facility to meet professional standards of quality.
- The administration of enteral nutrition formula and administration of dilantin should be separated to minimize interaction. The surveyor should look for appropriate documentation and monitoring if the two are administered simultaneously. If the facility is not aware that there is a potential for an interaction between the two when given together, and is not monitoring for outcome of seizures or unwanted side effects of dilantin, then the surveyor should consider simultaneous administration a medication error.

4) Determining Medication Errors

Timing Errors - - If a drug is ordered before meals (AC) and administered after meals (PC), always count this as a medication error. Likewise, if a drug is ordered PC and is given AC, count as a medication error. Count a wrong time error if the drug is administered 60 minutes earlier or later than its scheduled time of administration, BUT ONLY IF THAT WRONG TIME ERROR CAN CAUSE THE RESIDENT DISCOMFORT OR JEOPARDIZE THE RESIDENT'S HEALTH AND SAFETY. Counting a drug with a long half-life (e.g., digoxin) as a wrong time error when it is 15 minutes late is improper because this drug has a long half-life (beyond 24 hours) and 15 minutes has no significant impact on the resident. The same is true for many other wrong time errors (except AC AND PC error.

Discontinuation of NAMENDA® tablets

Forest Pharmaceuticals, Inc. plans to discontinue the sale of NAMENDA 5mg and 10 mg tablets on August 15, 2014. This action is not due to any safety or efficacy issues.

The oral solution of NAMENDA will continue to be available, as will NAMENDA XR® (memantine HCL) capsules. NAMENDA®XR is an extended-release form of NAMENDA.

Please work with your patients and their caregivers as soon as possible to manage patients' treatment plans and facilitate continuity of care.

New Statin Label Changes

Routine monitoring of liver enzmes in the blood, once considered standard procedure for statin users, is no longer needed. Such monitoring has not been found to be effective in predicting or preventing the rare occurrences of serious liver injury associated with statin use.

Cognitive (brain-related) impairment, such as memory loss, forgetfulness and confusion, has been reported by some statin users.

People being treated with statins may have an increased risk of elevated blood sugar levels and the development of Type 2 diabetes.

The FDA is revising the drug label for *Lovastatin only* to clarify the risk of myopathy. The label will reflect what drugs should not be taken at the same time, and the maximum lovastatin dose if it is not possible to avoid use of those other drugs.

Newly Reformatted Vicodin

In 2011, the FDA asked drug manufacturers to limit the strength of acetaminophen in prescription drug products, including acetaminophen and opioid products, to no more than 325 mg per tablet, capsule, or other dosage unit in order to reduce the severe liver injury from acetaminophen overdosing.

The indication for the new Vicodin formulation has remained the same. Vicodin, Vicodin ES, and Vicodin HP are indicated for the relief of moderate to severe pain.

The new Vicodin formulations contain 300 mg of acetaminophen per tablet which is lower than the amount mandated by the FDA Formulations are:

Vicodin - 5mg/300mg
Vicodin ES - 7.5mg/300mg
Vicodin HP - 10mg/300mg

16TH ANNUAL CONFERENCE

NJ Long-Term Care Leaders Coalition

Save the Date

Thursday, October 2, 2014 8:00 am - 4:30 pm
Crowne Plaza, Monroe Twp (exit 8A, NJ Tpk)

Five credits will be pending for : physicians, medical directors, administrators, nurses, pharmacists, social workers, dietitians.

Welcome to our newest clients:

ARISTA CARE AT MANCHESTER

CRANFORD PARK REHABILITATION AND HEALTH CENTER

COOPER CENTER FOR REHABILITATION

EPIC Corner

ELECTRONIC PHARMACIST INFORMATION CONSULTANT
(MEDICATION REVIEWS WITHIN 48 BUSINESS HOURS)

EPIC Phone: 732-943-3573
EPIC Fax: 732-574-3469

"I think that I shall never see a poem as lovely as a tree..."
J. Kilmer

We love our trees for their beauty but we need them for many things, including paper. Did you know that:

- The U.S. has less than 50% of the world's population, but consumes 30% of the world's paper.
- It takes more than 1½ cups of water to make one sheet of paper. (Picture a typical soda can.)
- Reducing paper use reduces greenhouse gases: 40 reams of paper is like 1.5 acres of pine forest absorbing carbon for a year.

Here at EPIC and Pharma-Care, Inc. we are doing whatever we can to become more "green" by reducing environmental waste.

There are times when reviews are sent to EPIC, consisting of 25 or more pages for the same resident. And, those 25 or more pages (per resident) are sometimes duplicated or triplicated.

In this era when we are all trying to go green, please send to EPIC only what is required. EPIC does NOT need the dietitian' notes, hospital notes, and other extraneous information that have no impact upon the medication review.

Please remember to use good judgement when faxing information to us. Reduce the information to only what is necessary so that we all can do our part in ensuring that we can continue to enjoy our forests and trees.