Pharmacy Challenges

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Speaker Disclosures

Dr. Ally is on faculty
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She is the Senior Partner of BBfN,
a health and safety consulting company

Her conflict statement follows:
Faculty Disclosure Statement

I do not have a vested interest in nor an affiliation with any corporate organization offering financial support or any grant monies for this continuing education activity, nor any affiliation with an organization whose philosophy could potentially bias my presentation.

I do not speak for nor consult with any pharmaceutical manufacturer.

Any products shown in this presentation are for visual appeal and are NOT being recommended.
Learning Objectives

Objectives:
At the completion of this program, the alert attendee should be able to:

1. Describe the challenges created by polypharmacy
2. Ask questions of her/his pharmacist to improve pharmacotherapy
3. More actively participate in her/his own pharmacotherapy decisions
Phun Pharmacy Phacts …

Non-adherence to prescribed regimens costs our health care system approximately $300 Billion annually

20-30% of prescriptions written are never picked up

Of the 70-80% that are picked up, 50% are taken incorrectly within the first 14 days

20% of all hospitalizations may be related to drug non-adherence - - and that doesn’t include being behind on or not vaccinated
More facts

Approximately 7,000 Americans per day will start to abuse some medication

Every 15-17 minutes an American will die from a prescription drug overdose

The United States is less than 5% of the world’s population and we suck down over 95% of the world’s hydrocodone!!
Improving Adherence

Medication Simplification

Memory Packaging

Synchronized Refills

Identifying non-adherence then doing the deep dive to find out why
Medication Simplification

2 tablets or capsules $\rightarrow$ 1 tablet or capsule with 2 drugs

Drug timing – which drugs may I take all at the same time?

Identifying drugs used to treat the side effects of other drugs

Candidates for simplification

- Anyone taking 5 or more doses daily
- Patients with memory difficulties
- Travelers – for recreation or business
- Parents / grandparents of kids with hectic schedules
- Patients with part-time caregivers
8:00am is not magic

Not all meds have to be taken 1\textsuperscript{st} thing in the morning

Timing simplification can be magic, at least it feels like magic when it works.
Specific Drugs & Specific Problems

Levothyroxine

Empty Stomach

Cannot be with other drugs

Changing to empty stomach…
Binding Agents

Intended to bind cholesterol; serve as bulking agents; treat certain diarrheas.
Bind other drugs too. 2 hour separation.
bisphosphonates

45 minutes before anything else, except water
Must remain upright, sitting or standing
What to do with the bisphosphonate patient who takes levothyroxine?
A drug is a drug is a drug

Patients believe that the generic versions of the bisphosphonates do not have these restrictions
statins

the health care team is NOT in agreement
Shift work and odd sleep patterns are the issue here
valacyclovir & cousins

Really do work better with a high fat meal...
indomethacin

With FOOD, with lots of FOOD,
Beers List from the beginning of the Beers List
zolpidem - storage

Move the Bed or move the Drug, they cannot be in the same room
Memory Packaging
Refill synchronization

Process
Pharmacy technician signs patient up for synchronization
5 days before “fill day” the technician calls to verify the date and that refills are needed

Patient comes to the pharmacy to pick up all refills on the same day
Pharmacy can make adjustments for drugs that are started or stopped mid-cycle
Magic??

We call the doctor if the patient has run out of refills

We can identify non-adherence

We can order enough to fill the prescriptions 5 days from now so we won’t run out

We check for other services that are due:
   Vaccines
   Complete Medication Review,
   Disease Screenings
Why wouldn’t you follow the directions?

Confusion
Forgetfulness
Side Effects
Not convinced it will help
Polypharmacy

Expensive
Confusing
Additive Side Effects
Drug to Drug Interactions
Important Questions to ask the pharmacist

What is this for?
How can I tell if it’s working?
When should I call you?
When should I take this?
Does it interact with anything else I’m already taking?
Does it interact with food or alcohol?
Does it matter if I’m using
   - Over-the-Counter Supplements
   - Medical Marijuana
Legal Quirks

HIPAA - - I can’t always talk to you, but you may ALWAYS talk to me

Mandatory OFFER to counsel, in Nebraska

PDMP
Please, ask any questions you may have