



KEEPING TABS

Absolute Pharmacy is the prescription for what ails you.

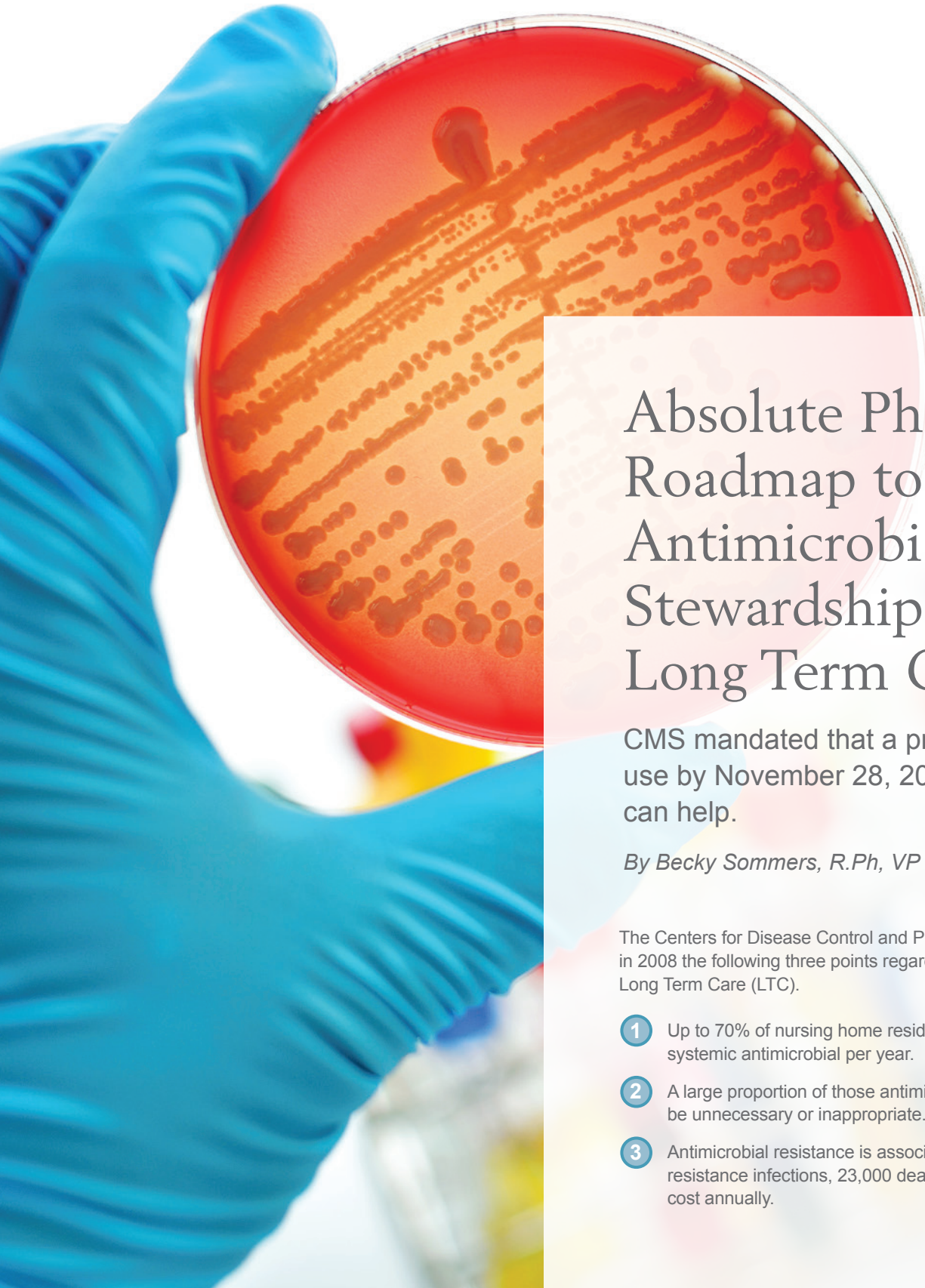
In each quarterly edition, you'll find the latest news about pharmacy, new medications, technology and more – all through the lens of what is pertinent to the long-term care (LTC) industry.

Absolute Pharmacy has been serving the LTC industry since 1994. We're a part of a dynamic circle of care that consists of rehabilitation, home health care services, hospice care and much more. We have a rich perspective, and we're thrilled to share what we've been learning from industry leaders, our employees and our customers – you!

We are confident you'll find the information useful. If you have a suggestion for a topic you'd like to learn about, let us know at maryjo.mcelyea@abshealth.com.

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Absolute Pharmacy's Roadmap to Antimicrobial Stewardship in Long Term Care

CMS mandated that a program is in use by November 28, 2017. Absolute can help.

By Becky Sommers, R.Ph, VP of Clinical Services

The Centers for Disease Control and Prevention (CDC) reported in 2008 the following three points regarding antimicrobial use in Long Term Care (LTC).

- 1 Up to 70% of nursing home residents receive at least one systemic antimicrobial per year.
- 2 A large proportion of those antimicrobial medications may be unnecessary or inappropriate.
- 3 Antimicrobial resistance is associated with 2 million resistance infections, 23,000 deaths and \$20 billion in cost annually.

Improving the use of antimicrobials to prevent patients and reduce the threat of antimicrobial resistance is now a national priority. In 2015, the CDC published The Core Elements of Antimicrobial Stewardship for Nursing Homes. CDC recognizes eight elements of a stewardship:

- Leadership
- Commitment
- Accountability
- Drug Expertise
- Action
- Tracking
- Reporting
- Education

The Centers for Medicare and Medicaid Services (CMS) have also recognized that LTC facility residents are vulnerable to the overuse of antimicrobials. In October of 2016, CMS adopted a final rule to require nursing facilities to adopt an Antimicrobial Stewardship (AMS) program in conjunction with Infection Prevention and Control Program (IPCP). That includes antimicrobial use protocols and a system for monitoring antimicrobial use by November 28, 2017.

Absolute Pharmacy's implementation roadmap to Antimicrobial Stewardship in LTC is loaded with sample policies, tools, education material and pharmacy support. The roadmap will help each facility establish a tailor-made AMS program that will improve patient care, decrease antimicrobial use, decrease facility costs and satisfy CMS requirements.

With the purchase of Absolute's roadmap, Absolute Pharmacy as a participant of the multidisciplinary team will provide ongoing support including a monthly focus tool that can be used for education of nursing, care staff and families. Absolute offers additional optional support by recommending antimicrobial dosing based on CCL, Aminoglycoside dosing and Vancomycin dosing as requested by facility leadership.

Are you ready for an Antimicrobial Stewardship (AMS) program? Absolute is and can help you!

Absolute Pharmacy is offering a Roadmap to AMS in LTC. For a flat fee, you will receive a manual loaded with sample policies, tools and educational materials. Paired with Absolute Pharmacy's ongoing support, you will be able to easily initiate, grow and sustain a successful AMS program.

Click the button below to pre-order today or contact Mary Jo McElyea at maryjo.mcelyea@abshealth.com or Becky Sommers at bsommers@abshealth.com to find out how to start your journey to Antimicrobial Stewardship.

Pre-order AMS Program



Diabetes Disease Management in the Assisted Living Environment

by Becky Sommers, R. Ph, VP of Clinical Services

Diabetes is a growing epidemic. One in 5 older adults have diabetes. Nearly one-third (31%) of older adults who have diabetes are unaware they have this condition. Unawareness of diabetes results in uncontrolled blood sugar levels and an increased chance of having diabetes-related complications.

What is diabetes?

Your body uses blood sugar for energy and for brain and nerve functions. Blood sugar, also known as blood glucose, primarily comes from foods like carbohydrates, proteins and fats. Your body uses insulin, a hormone, to take blood glucose out of the blood and into the cells for energy. When the body is working properly, insulin is released into the blood to bring glucose into the body's cells for energy.

When you have diabetes, the body does not make enough insulin. In many cases, it has trouble using the insulin that it has made. If this happens, the glucose builds up in the blood, and the result is high blood sugar.

There are two types of diabetes that are most common.

1. **Type 1** – Occurs when the body makes essentially no insulin. This is sometimes referred to as juvenile diabetes or insulin-dependent diabetes mellitus.
2. **Type 2** – Occurs when your body is not making enough insulin for its needs and when the cells in your body are not properly using the insulin that it does make. This type is sometimes referred to as adult-onset diabetes or non-insulin-dependent diabetes.

Among people with diabetes, 90 percent of them have Type 2 diabetes. Development of Type 2 diabetes may take years, and the person may not experience very severe symptoms, or in some cases, any symptoms at all. Thirty-one percent of older adults with diabetes are not aware that they have the condition and therefore are not able to take steps to prevent complications. However, there are symptoms that may indicate undiagnosed diabetes. It is recommended to see your health care provider as soon as possible if you are experiencing any of the following symptoms:

- Low energy or fatigue
- Extreme thirst or a dry mouth
- Blurred vision or dizziness
- Frequent urination

Other warning signs of diabetes include:

- Weight changes
- Irritability
- Tingling / numbness in the hands or feet
- Frequent infections

Risk factors are certain characteristics that, if present, may increase the chance of developing a disease or a complication of that disease. In this case, it is diabetes. Not everyone with a risk factor for a disease will develop that disease or outcome. Risk factors simply increase your chance of developing the disease or outcome in the long-run. Conversely, some people without risk factors for a disease end up getting the disease anyway. There are two types of risk factors:

Risk factors that you *cannot* change:

- Increasing age
- Family history of disease
- Race or ethnicity

Risk factors that you *can* change:

- Inactive lifestyle
- Being overweight or obese
- Nutrition

Risk Reduction

- Blood pressure monitoring and control
- Monitoring and treatment of hypercholesterolemia
- Smoking cessation
- Exercise (does not have to be high-impact or high-intensity to be effective)
 - Playing with a beach ball to keep it off the ground, walking to the dining room and activities, gardening, pedal exercisers, resistance bands, free weights, yoga, aquatic exercises, dancing
- Make healthy foods readily available
- Use all senses to improve nutrition
- Have a garden where herbs and small vegetables can be tended and picked to be included in meals.
- Don't forget the gums! (proper dental care)
- Yearly eye exams
- Comprehensive foot care

Diabetes has a high prevalence in assisted living facilities, and is associated with significant disease burden and higher costs. Implementation of available risk reduction interventions can help maintain your residents in their homes at your facilities.

Diabetes can cause several health complications if blood sugar is not controlled properly. These complications can take many forms and can occur in various places throughout the body.

HYPOGLYCEMIA

Warning signs

- Sweaty or clammy feeling
- Extreme sleepiness fatigue
- Dizziness
- Lack of coordination
- Shakiness
- Difficulty speaking

Heart and Blood Vessel Disease – Heart and Blood Vessel Disease refers to heart attacks, strokes and complications resulting from poor circulation. Compared with people of the same age who do not have Type 2 diabetes, older adults with diabetes are 2 to 4 times more likely to suffer from heart attacks and strokes.

Kidney Disease – Diabetes also has the potential to damage your kidneys and cause you to have protein in your urine. The risk of kidney disease goes up the longer you have lived with diabetes, and having high blood pressure or repeated urinary tract infections can make your risk even higher. People with diabetes can lose up to 70 percent of their kidney function before they realize it. By then, their kidneys are already damaged.

Eye Problems – Another complication of diabetes is damage to the retina and small blood vessels of the eye. Diabetes is the leading cause of new cases of blindness among people between the ages of 20 through 74. Each year, between 12,000 and 24,000 people with diabetes lose their sight. Symptoms of eye damage caused by diabetes are:

- Blurred vision
- Narrowed field of vision
- Cataracts
- Difficulty seeing in dim light

Foot Problems – People with diabetes are also more likely to have foot problems. Diabetes causes blood vessels in the feet and legs to narrow and harden, leading to poor circulation. If this happens, the smallest cut or sore, which the person may not be aware of, can lead to a serious infection or even amputation.

Hard to heal – Diabetes affects all parts of the body, including the skin. As a result, it is very important for people with diabetes to see their healthcare provider for treatment if bacterial or fungal skin infections or itching occurs.

Amputation – People with high blood sugar tend to have dry skin and less ability to fend off infection, which can lead to gangrene or amputation.

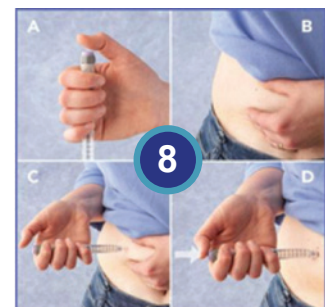
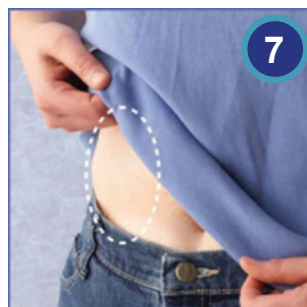
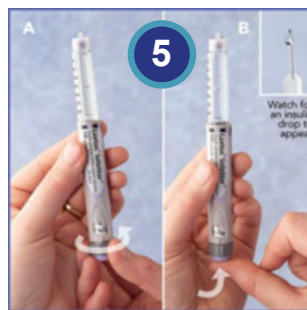
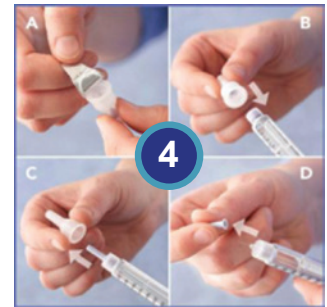
Gum Disease – Those with diabetes tend to have more gum disease and infection, since poor blood sugar control makes gum problems more likely. Often gum disease is painless, but there are still signs to look for:

- Bleeding gums when you brush or floss
- Red, swollen or tender gums
- Gums that have pulled away from teeth
- Pus between the teeth and gums
- Bad breath
- Changes in the way your teeth fit when you bite
- Loose or shifting permanent teeth
- Changes in the way dentures or bridges fit

Insulin Pen Instructions

by Becky Sommers, R. Ph, VP of Clinical Services

1. **Wash** hands
2. **Remove** pen cap, verify insulin type and check insulin to make sure that it is clear, colorless and free of particles. (see photo)
3. **Wipe** rubber seal on pen with alcohol swab.
4. **Attach** a new needle to device every time. (see photo)
5. **Perform** air shot of 2 units when opening a new pen. Repeat until a drop appears. If no drop appears after repeated priming, do not use the pen. (see photo)
6. **Verify** the dial is at 0 units after the air shot, and then turn dial to appropriate number of units. (see photo)
7. **Wipe** the skin location where you are going to administer the insulin. Pinch the skin at the inject site and insert needle at 90 degree angle. (see photo)
8. **Press** injection button until number returns to 0. Leave needle in for approximately 6 seconds before removing. (see photo)
9. **Press** down on the injection site after removing needle, do not rub the site.
10. **Properly** dispose of pen needle and replace pen cap. (see photo)



Absolute Insights

Kevin Fearon Elected to ASCP Board of Directors



Kevin Fearon
Absolute Pharmacy
Chief Operating Officer

We are happy to congratulate Absolute Pharmacy's chief operating officer, Kevin Fearon, on being elected to The American Society of Consultant Pharmacists (ASCP) Board of Directors for 2017-2018. The ASCP is the only international professional society devoted to optimal medication management and improved health outcomes for all older

persons. He has been an ASCP member since 1986 and is a Fellow of ASCP. Kevin would like to use this experience to help lead change, evolve and improve the practice of pharmacy. He would also like to use technology to ensure safeguards and the wellbeing of the elderly in post-acute facilities.

What Can I Return to the Pharmacy?

*By Jenna Hessedence, Account Manager,
Absolute Pharmacy*

Ever wonder what can be sent back in the tote to the Pharmacy? What happens to the items I place in the tote?

At the Pharmacy, when a tote is returned to us, the tech opens the tote and begins to sort. The sorting process allows for items that **can** be given credit to be scanned in, and anything that **cannot** be is either destroyed or donated. Medications are sorted by partial cards, miscellaneous items (full and partial), and full returns.

Any packing slips will be scanned in and return slips will be filed, and physician orders are given to medical records. It is important to remember to clearly mark an item if you are sending it back to someone's attention.

The following items **should not** be returned in the tote to the Pharmacy:

- Refrigerated meds
- Controls
- Trash
- Empty cards or the tops of cards -these should go into your shred it.
- Parata Pass strips
- Another pharmacy's prescriptions

TAKE OUR SURVEY!

At Absolute Pharmacy, we welcome your feedback on the services that we provide. Please complete our brief survey so that we can boost the services that you enjoy. The survey will take no more than 3-5 minutes. Thank you for your support!

www.abshealth.com/absurvey

Take Our Survey



Absolute Insights



Put a Face to a Name: Courtney Myers

Q: What chore do you absolutely hate doing?

A: Vacuuming.

Q: What do you enjoy doing the most?

A: Being outdoors. I am a very active person.

Q: If you could be any fictional character, who would you choose?

A: Wonder Woman.

Q: If you could choose anyone, who would you pick as your mentor?

A: It's hard to pick one mentor because there are a lot of people in my life that inspire me and they each have their own impact.

Q: What did you want to be when you grew up as a child?

A: An artist but I am not very artistic.

Q: What is your favorite animal and why?

A: Dogs. They are loyal, intelligent, devoted, affectionate, and no matter how bad your day is, my dog always makes me smile.

Q: If you could take a vacation anywhere in the world, where would it be?

A: I want to visit all Seven Wonders of the World.

Q: What do you absolutely love about working for Absolute Pharmacy?

A: I love working with my co-workers. It's always fun when personalities mesh well together.

Q: What's your favorite quote or saying?

A: A negative mind will never give you a positive life.

Q: What's your favorite song?

A: *That's Amore* by Dean Martin. My grandparents would sing this song to me.

UPCOMING EVENTS

EFOCHA NURSING CONFERENCE

September 7-8

Columbus, OH

LEADINGAGE OHIO

September 13-15

Columbus, OH

PHCA

September 26

Seven Springs, PA

OHCA FALL CONFERENCE

October 3-4

Columbus, OH

OHIO NIGHT OUT, LEADINGAGE NATIONAL

October 29

New Orleans, LA

