



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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Narcotic Destruction

By Theresa Cunningham, Customer Service Manager

Ohio is combating the opioid crisis through many initiatives on several fronts. As health care providers, the Ohio Board of Pharmacy has acted to change the current practices of narcotic destruction in the long-term care environment to prevent diversion of narcotics. The Ohio Board of Pharmacy believes that if the supply of narcotic medications from those patients who have been discharged or the order discontinued is destroyed quickly, then there will be less diversion.

Therefore, the following changes have been made to Absolute Pharmacy's Policies and Procedures:

4729:5-3-01, (C), (6) Controlled substances shall be destroyed pursuant to this paragraph **no later than 10 days from the date the patient's controlled-substance medication is removed from the medication cart** or storage area in accordance with paragraph (C)(1) of this rule.

4729:5-3-01, (C), (3) ... the director of nursing and ... or pharmacist-approved supervisory level nurse, may destroy ultimate user-controlled substances using an on-site method at the location.

Monthly visits with consultant pharmacists with the narcotic destruction schedules will no longer meet the requirements of the law. Therefore, the consultant pharmacist will be more focused on medication management, and the facility will be responsible for destruction. The policy has been updated to include **the 10-day requirement for destruction** and the ability of this destruction to be **completed by the director of nursing (DON) and his/her designee**.

The consultant pharmacist will review the destruction logs to verify the policy is being followed.

We understand that the changes caused by this law place a significant burden on facility staff. To help make the increased destruction burden easier, we recommend the use of products on the market that are designed to dissolve/adsorb/neutralize medications on contact. They are easy alternatives to flushing, mixing in kitty litter, etc. Absolute Pharmacy currently has the RxDestroyer available for purchase. Products such as RxDestroyer, Drugbuster, and Deterra Drug disposal are available from your Medical supplier such as Medline, Health Care Logistics, etc. These products are available in different sizes:

- A 16 oz. bottle will destroy approximately 300 pills per bottle.
- A gallon bottle will destroy approximately 3,000 pills.

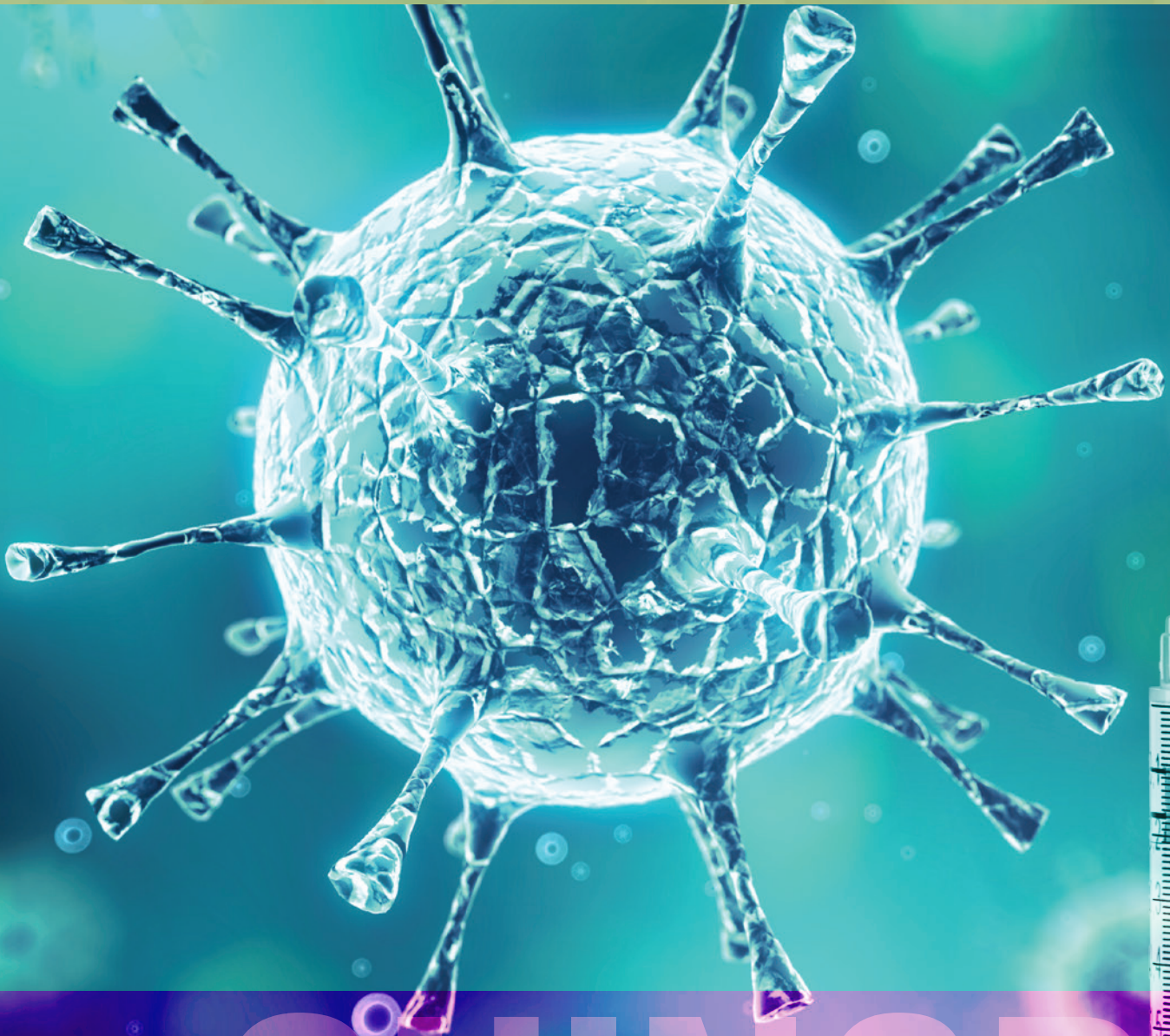
Prices range from \$25-\$100 depending on the size. Each bottle can be safely stored for multiple destructions until they are full.

We appreciate your attention and cooperation in this matter.

If you have any questions, please contact your consultant pharmacist or account manager at Absolute Pharmacy at 800.858.7393.

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SHINGRIX

Shingrix Vaccine

By Dustin Baum, PharmD Candidate, Marshall University

A new injection indicated for the prevention of herpes zoster (shingles) in adults aged 50 and older has been approved for use by the FDA as of Oct. 23, 2017. Shingrix has gained a lot of attention in the medical community lately, including updated vaccination recommendations from The Centers for Disease Control and Prevention (CDC). Shingrix is now the preferred vaccine over Zostavax for the prevention of shingles. So why is this new vaccine preferred over Zostavax?

SHINGRIX

- Recombinant vaccine
- Stored in the refrigerator
- Recommended for all adults ages 50 and older

ZOSTAVAX

- Live vaccine which cannot be given to immunocompromised patients
- Stored in the freezer
- Recommended for all adults over the age of 60

The availability of Shingrix brings the opportunity to vaccinate a new patient population for the prevention of shingles. Since Shingrix is a recombinant vaccine, we are now able to vaccinate immunosuppressed patients who were previously contraindicated with the live Zostavax vaccine. The CDC recommends that all healthy adults ages 50 and older receive the two-dose series of Shingrix. This holds true even if they have had the shingles virus or received Zostavax in the past. For those patients that have had shingles, there is no specified length of time to wait to get the vaccine. However, it is recommended to wait to vaccinate until after the rash has cleared.

For patients that have received Zostavax in the past, it is recommended to wait at least eight weeks before vaccinating with the two-dose Shingrix series. Because of the dose-series, Shingrix comes at a slightly higher cost when compared to Zostavax. A single dose of Zostavax is listed at \$276.74 while Shingrix is listed at \$168 per dose for a total of \$336 per patient.

Shingrix should not be given to anyone who:

- Has ever had a severe allergic reaction to any component of the vaccine or after receiving a dose of Shingrix.
- Is currently pregnant or breastfeeding; consider vaccination when patient is no longer pregnant or breastfeeding.
- Currently has active shingles rash.

Preparation:

- Draw up the entire contents of the accompanying adjuvant suspension vial into the syringe.
- Slowly transfer adjuvant into the vial containing the vaccine powder.
- Gently shake until the powder is completely dissolved.
- The suspension should be an opalescent, colorless to pale brownish liquid.

Administration:

- Each dose contains 0.5 mL administered intramuscularly (preferably in the deltoid).
- A second dose of Shingrix should be given two to six months after the first dose.
- If the primary series is delayed or interrupted, the series does NOT need to be restarted.
- If the interval between the first and second dose is LESS than four weeks, the second dose should be repeated.
- Shingrix may be administered on the same day as other age appropriate vaccinations.
- Monitor for anaphylaxis and syncope for 15 minutes following administration.

References: Centers for Disease Control and Prevention. Shingrix Recommendations. Available at: <https://www.cdc.gov/vaccines/vpd/shingles/hcp/shingrix/recommendations.html>. Accessed March 2, 2018.
Zoster Vaccine, Recombinant Injection. Drug Facts and Comparisons. Facts & Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.factsandcomparisons.com>. Accessed March 2, 2018.

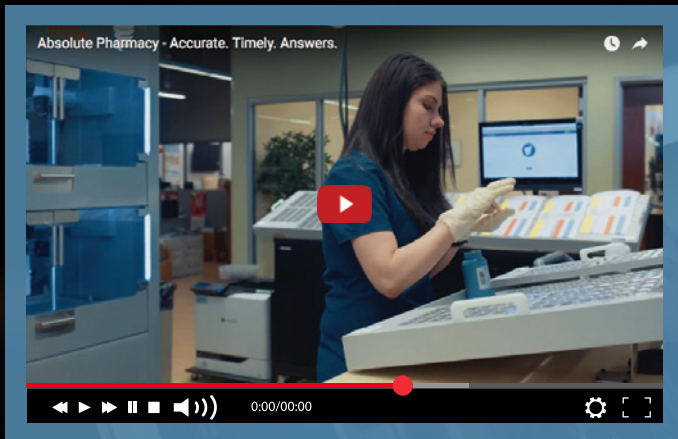
New Videos

Absolute Pharmacy makes a difference

Cost increases. Medication errors. Lack of medicine availability. These are some of the problems long-term care facilities face when meeting the pharmaceutical needs of their patients and residents. At Absolute Pharmacy, we take pride in solving those problems for institutions by providing accurate, timely answers. And we do it backed by our culture with the latest technology. Learn more about the impact Absolute Pharmacy can make on your facility. Visit www.abshealth.com/pharmacy-overview.html.

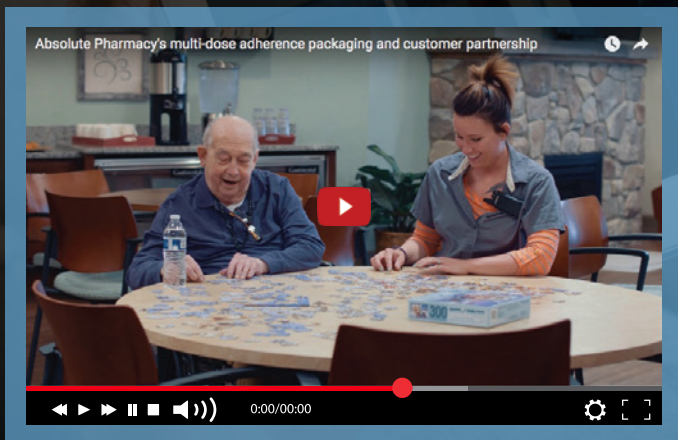
Partnering with nurses at The Homestead

Patients at The Homestead at GentleBrook depend on their nurses every day. They rely on them not only for proper care but also to provide the correct amounts of medication. But nurses' schedules are hectic and require streamlined processes in order to meet their patients' needs. That's where Absolute Pharmacy steps in to work as a partner. It assists during stressful times with several blister cards per resident. Learn more at www.abshealth.com/multidose.html.



▶ *Absolute Pharmacy – Accurate. Timely. Answers.*

www.abshealth.com/pharmacy-overview.html



▶ *Roxanne is the Director of Nursing at The Homestead at GentleBrook, and in the video, she shares her experience.*

www.abshealth.com/multidose.html

Put a Face to a Name: Barb Bruhn

Q: How long have you worked for Absolute Pharmacy?

A: 10 years. The company has grown from servicing 3,173 beds to currently 7,573 beds. I am proud that I have had the opportunity to be part of our company's growth.

Q: What do you do for Absolute Pharmacy?

A: I am a pharmacy technician in the Data Entry department. A main focus of my job is answering and handling calls from our customers. Each call is important to the customer and the patients that they serve. If I am unable to resolve an issue or answer a question, I will do my best to get the customer to someone who can. Quality service to our customers requires a compassionate ear, knowledge and action afterwards. Several customers have given me the complement of being someone who they can trust to handle an issue. When you call Absolute Pharmacy and hear, "Hello, this is Barb in Data Entry. How can I help you?", know that is me and I will do my best to assist you.

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

A: I love working at Absolute Pharmacy for many reasons, including my coworkers, our customers and our company's commitment to provide quality products and services. The company has grown significantly over the 10 years that I have worked here. Despite our growth in the number of customers and the use of new technology as it becomes available, I love that Absolute Pharmacy has not lost sight of meeting the needs of the individual facilities and their patients. Today, it is rare to call a company and have an actual person answer the phone with a "Hello!" You still get the personal touch at Absolute Pharmacy.



Q: What's your favorite quote or saying?

A: I keep a collection — one favorite includes "understanding, patience, tolerance, and love as the guidelines for handling interactions with others."

Q: What is your favorite song?

A: "Morning Has Broken" — My grandmother and mother both sang the hymn and it was the first solo I performed at age 12.

Q: What chore do you absolutely hate doing?

A: Cleaning the toilet. A friend challenged me to find a reason to be grateful for every situation that I encounter. In this case, I found three: running water, a flushable toilet and scrubbing bubbles. I am grateful, but I still do not enjoy the task.

Q: What do you enjoy doing the most?

A: Reading — I find it quite relaxing to get lost in the story and turning the page to see what is next.

ABSOLUTE INSIGHTS

Give Us 5 Minutes



Please Take Our Short Survey

How are we doing? It takes less than 5 minutes. We value your input and feedback and are always looking for ways we can improve. Please take this brief survey and we will use the information to continue providing the services you like and identify areas for improvement. We want to hear from you!

www.abshealth.com/absurvey

UPCOMING EVENTS

LEADINGAGE OHIO

August 29

Hilton Columbus at Easton, Booth 85
Columbus, Ohio

