

What we've been doing...

Green Tree Pharmacy is working to implement an auto-substitution interchange program which will decrease the number of calls to facilities and providers, decrease delays in patient care, & optimize facility savings.

Our goal is to get each medical director sign off on these auto-substitutions:

- Lidocaine 5%, Lidocaine 4%
- Humalog, Novolog, Apidra
- Humulin N, Novolin N
- Humulin R, Novolin R
- Humulin 70/30, Novolin 70/30
- Lantus, Basaglar, Levemir

Rumor vs. Truth...

Rumor... Melatonin for insomnia requires a gradual dose reduction

Truth... Due to being a dietary supplement, melatonin is exempt from CMS regulations.

Suggestions/Comments...

We'd love to hear how we are doing and are always open to your feedback to improve our services. Please call 1-800-913-8174 or visit our website greentreepharm.com and click "contact us" to submit the request / comment



Highlights

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News from Our Pharmacy Operations Team

Influenza review:

Seasonal influenza activity remains high, but is declining in most areas. The CDC estimates so far this season, there have been at least 18 million illnesses, 190,000 hospitalizations, and 12,000 deaths from the flu. An annual flu vaccine is the best way to protect against flu. Vaccination helps prevent infection and can also prevent serious outcomes. It is not too late to get vaccinated!

We still have Fluzone Quad in stock and limited supply of High Dose. Please reach out to Sydney Benson to order: (sbenson@heritageofcare.com).

CDC's ACIP voted on June 22, 2022 to preferentially recommend the use of High Dose or adjuvanted flu vaccines over standard dose unadjuvanted flu vaccines for adults 65 years of age and older.

COVID review:

CDC data shows that COVID19 boosters cut hospitalization risk by at least 50%. Please allow at least 2 weeks for orders and at least 4 weeks to schedule clinics that you need assistance.

Reminder: Bivalent vaccine **can not** be used for primary series.

Pharmacy Team Spotlight:



Virginia joined our team in November of 2021. She is a pharmacy technician that shows her "Happy to Oblige" through her exceptionally positive attitude. Whether a

coworker is from her department or not, when asked for help, Virginia is always friendly and accommodating. Her work ethic is exemplary as she regularly seeks out things to do and ways to help co-workers. She completes all tasks asked of her with a smile and no complaints. Her positive attitude, willing to learn, kindness, and teamwork set the perfect example for "Happy to Oblige."

Operations Tips and Tricks

Be sure to communicate with pharmacy when medications from the convenience boxes have been used to ensure timely replenishment and eliminate the need for utilizing a back-up pharmacy due to stock-outs.

Upcoming Events

January 12th- National Pharmacists Day

Clinical Acorns and Guidelines

Regulatory Update/ Review

Phase 3 State Operations updates went into effect October 24th 2022:

F757 Unnecessary Medications:

Guidance for psychotropic medication use has been expanded to include other medications which affect brain activity. These medications necessarily are not psychotropics, but if being used for psych purposes, must contain GDR evaluation.

- Depakote for BPSD
- Hydroxyzine for anxiety
- Tylenol PM for insomnia
- Gabapentin for anxiety

F758 Psychotropic Drugs:

Use of psychotropic medications should not increase when efforts to decrease antipsychotic medications are being implemented. Risks associated with psychotropic medications still exist regardless of the indication for their use (e.g., nausea, insomnia, itching), therefore the requirements pertaining to psychotropic medications apply to the four categories of drugs (anti-anxiety, anti-depressant, anti-psychotic, and hypnotic) *without exception*.

Below are examples of what requires GDR evaluations now:

- Cymbalta/ Amitriptyline for Pain
- Mirtazapine for Appetite
- Clonazepam for Seizures

Clinical Focus: Anticoagulation

Up to half of patients with atrial fibrillation permanently discontinue anticoagulation after a GI bleed. However, the risk of dying from a stroke > risk of dying from another GI bleed. Consider re-starting an anticoagulant in most patients with atrial fibrillation about 7 days after GI bleeding stops, especially those with high stroke risk: prior stroke/TIA, age 75 or older, diabetes with hypertension.

Also re-evaluate use of RXs, OTCs, & supplements that may increase bleeding risk: corticosteroids, NSAIDs, garlic, etc.

PPIs can be added for most patients who need an anticoagulant after an upper GI bleed. Benefits of PPIs usually outweigh the risks (C diff, fractures) in this case.

Eliquis (apixiban) has a lower GI bleeding risk than other direct oral anticoagulants (DOACs) or warfarin.

Continue warfarin for patients with a mechanical heart valve or with CrCl < 15 mL/min.

Treatments for Kidney Disease & Diabetes:

The ADA recommends an annual albumin-to-creatinine ratio (UACR) in all patients with diabetes to assess for albuminuria.

SGLT2 inhibitors (Invokana, Farxiga, Jardiance) slow CKD progression and have cardiovascular benefits. Adverse effect: volume depletion, genital yeast infections and rare Fournier's gangrene.

GLP1 agonists (Trulicity, Victoza, Ozempic) also slow CKD progression and have cardiovascular benefits.

ACE inhibitors and ARBs should be continued to optimize blood pressure as well as delay progression to end stage kidney disease and reduce CV risk.



January: National Blood Donor Month:

There is an urgent need for blood donors as the nation's blood supply has dipped to concerning levels. This could force hospitals to delay essential blood and platelet transfusions. Blood donors of all blood types, particularly type O blood, are needed now to help meet daily hospital demands.



Download the American Red Cross Blood Donor App for easy appointment scheduling:



Drug Shortages:

Drug shortages have been prevalent in 2022. Several major drug products, such as Amoxicillin and Adderall have been in short supply for several months. OTC pain and fever medications for children, especially liquid formulations are in short supply due to increasing Flu, RSV, & COVID-19, creating demand.

As the weight loss drug market soars, those with diabetes pay the price. GLP1 agonists are injectable non-insulin medications for diabetes, which are becoming increasingly popular for weight loss. Trulicity has limited availability until March 31 2023 per Eli Lilly.