

## Solutions to Common Issues...

To address any questions on CADD-Pumps (Zyno 800F pumps) there are two documents now posted on HeritageNet. They can be located under the "Pharmacy" tab, then under "education and training".

IMS also has a phone number on each pump that can be used for any questions relating to the pump. That phone number is 1-800-755-3800.

## What we've been doing...

In month of June 2021, Green Tree Pharmacy surpassed 60,000 prescriptions dispensed which was a new record for us to exceed in a single month.

We appreciate all the hard work our team members put forth in achieving this mark and would to thank all our facilities for trusting us with your resident's prescription needs. We look forward to continuing to provide you with the best service possible.

## Suggestions/Comments...

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

## COVID-19 VARIANT



## News from Our Pharmacy Operations Team

### Hot Topics: Covid-19 Delta Variant

There have been several variant strains of the coronavirus that have developed since the start of the pandemic. According to the CDC, the highly transmissible *delta* variant is now the dominant strain in the United States and, according to Dr. Anthony Fauci, poses the "greatest threat" to containing the world's efforts to contain COVID-19. As of July 3<sup>rd</sup>, the *delta* variant accounts for approximately 51.7% of the new COVID-19 cases that have been genetically sequenced. Just two weeks earlier on June 19<sup>th</sup>, the variant was only 30% of new cases.

Symptoms include an increased likelihood of hearing loss, severe stomach pains and nausea in patients infected with the new Delta variant. In most cases, patients are more likely to be hospitalized, require oxygen treatments and endure other complications. However – if you are fully vaccinated, you are at reduced risk for serious illness and hospitalization.

A study from Public Health England showed two doses of the Pfizer-BioNTech vaccine were 88% effective against symptomatic disease from the Delta variant, and even more successful at preventing hospitalization and death. The study, however, found one dose of the Pfizer vaccine was only 33% protective. You MUST get both doses. Other vaccines, including Moderna and Johnson and Johnson, have also shown effectiveness against the *delta* variant once fully vaccinated.

## Highlights

- Hot Topics: COVID-19 Variants p1
- New Products / Supply Issues p1
- Operations Tips and Tricks p1
- Antimicrobial Stewardship Tips p2
- Regulatory Update / Review p2
- Clinical Focus : Heart Failure p2

### Pharmacy Team Spotlight:



Sydney is our Administrative Assistant that joined our team on February 17<sup>th</sup>, 2020. She has an extensive background in hospitality and a vast knowledge of customer service.

Sydney has taken on multiple responsibilities within her first 17 months in her role. She is an exemplary employee dedicated to H to O and demonstrates her "Happy to Oblige" attitude daily while wearing a smile on her face! Her sunny disposition is appreciated by all of us at Green Tree Pharmacy.

### Operations Tips and Tricks

Many medications have a beyond use date once they have been removed from the original manufacturer's packaging. Refer to our chart on HeritageNet under the pharmacy tab in the Clinical Advisory Folder or click [here](#). Remember to place the date opened on these products and discard once the beyond use date has surpassed.

### Upcoming Events

Green Tree Pharmacy is now taking appointments to accommodate the Heritage employee mandate to get fully vaccinated against Covid-19. Regional clinics have been scheduled at locations in Bloomington-Normal, Springfield, Decatur, Peru, Champaign, and Litchfield. Click [here](#) to register for a clinic near you.

## Medication Safety Facts...

Tramadol, commonly used for pain management, has been associated with a withdrawal syndrome. Symptoms can include opioid-like withdrawal symptoms (e.g., anxiety, restlessness, insomnia, sweating, goose bumps, pain, nausea, twitching, diarrhea, abdominal cramps, runny nose, autonomic symptoms), migraine-like headache, myoclonus, restless legs syndrome, and less commonly, atypical (SNRI-like) withdrawal symptoms (e.g., psychosis, extreme anxiety, panic, confusion, paresthesia).

Although no specific tapering regimen is suggested by the manufacturer, best practice should consider tapering off similar to opioids over 4-6 weeks or longer depending on length of use.

## Rumor vs. Truth...

### Rumor...

The COVID-19 Vaccine causes you to be magnetic ?

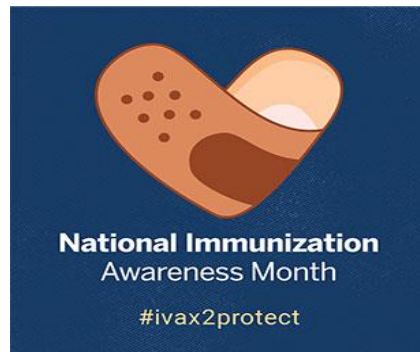
### Truth...

According to the CDC, receiving the COVID-19 vaccine will not make you magnetic including at the site of the injection. All COVID-19 vaccines are free of metals such as iron, nickel, cobalt, lithium and rare alloys as well as manufactured products such as microelectronics, electrodes, and semiconductors.

## Regulatory Update/ Review

A potential revision is being considered by CMS that will allow PRN prescriptions for antipsychotics to run more than 14 days if an attending physician or prescriber documents the rationale in a resident's medical record. They must also indicate the expected duration. This is a reversal of current standards requiring a provider's direct exam to prescribe these meds for more than two weeks.

# Clinical Acorns and Guidelines



## Clinical News Update

August is National Immunization Awareness Month (NIAM) and is an annual observance to raise awareness of the importance of vaccinations for people of all ages. Visit the CDC website to review resources for Healthcare professionals or Parents and Patients to help educate and ensure your residents, family, and friends are up to date with recommended vaccines. Visit [www.cdc.gov/vaccines/events/niam/index.html](http://www.cdc.gov/vaccines/events/niam/index.html) for more information.

## Antimicrobial Stewardship Tips

There will be a continued focus on using shorter courses of antibiotics which may be better in some cases...

- Shorter courses often work just as well
- Easier to complete and be compliant
- Lower incidence of side effects
- Less development of resistance

Your Green Tree Pharmacist will look for opportunities to prevent inappropriate antibiotic duration utilizing current recommendations from national guidelines to promote good antimicrobial stewardship such as...

- Recommending no antibiotics when possible in the case of asymptomatic bacteriuria or in the case of acute respiratory infections since most of these incidents are viral and antibiotics will not help.
- Suggesting 3 day short courses of treatment with TMP/SMX or other agents for uncomplicated bladder infections in adult women
- Considering 5 days of antibiotics for cellulitis without pus or trauma and re-evaluating if symptoms persist.
- Utilizing long courses of treatment, 4-6 weeks or more, for deep-seated infections like endocarditis or osteomyelitis.



## Clinical Focus: Heart Failure

Heart Failure (HF) affects 6.2 million people in the United States. Increased age significantly increases the risk. The disease is a structural or functional cardiac disorder that reduces the ventricle's ability to fill or eject blood.

## Common Signs and Symptoms of HF:

- Dyspnea and exercise intolerance
- Inadequate perfusion
- Volume overload (pitting edema / weight gain)
- Declining renal function
- Elevated BNP (>400)

## Classifications:

- Ejection Fraction (EF)
  - Reduced Ejection Fraction or HfrEF =  $EF \leq 40\%$
  - Preserved Ejection Fraction or HfpEF =  $EF \geq 50\%$
- NYHA
  - Class I – No symptoms with normal physical activity
  - Class II – Symptoms with normal physical activity
  - Class III – Symptoms with less than ordinary physical activities (ADLs)
  - Class IV – Symptoms at rest

## Treatment Goals:

- Improve Quality of life and reduce symptoms
- Improve Survival
- Reduce hospitalizations
- Slow disease progression

An estimated 25% of heart failure residents will be readmitted within 30 days of discharge. Your Green Tree consultant pharmacist will focus on residents with CHF to help optimize suggested medications to target doses, when possible, based on current evidence that has shown to improve survival and rehospitalization.