



Harlem Pharmacy Newsletter



FEBRUARY IS AMERICAN HEART MONTH



Heart Disease is the Number One Cause of Death

According to the Centers of Disease Control (CDC), "Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack.

In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one". According to the CDC and the American Heart Association, living a heart healthy lifestyle includes making wise daily food choices.

Here are some of their recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Keep an eye on your portion sizes.
- Boost your fiber intake with more fruits and vegetables and whole grains, cut down on fat and use low-fat cooking methods etc...



Heart disease is the number one killer of Americans. High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease and are contributing factors to the development of the disease

- Be physically active which can strengthen your heart, help control your weight, and manage stress.
- Maintain a health weight as extra weight increases the strain on the heart and contributes to high blood pressure and high cholesterol levels.
- Limit Alcohol and avoid Tobacco, however, alcohol in moderation won't hurt most people, but there is no safe level to exposure to tobacco.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).

Monitor your Blood Pressure and Cholesterol level regularly, especially if high blood pressure or high cholesterol runs in your family.

MEDICATIONS

If you are taking medications for high cholesterol, high blood pressure and/or medications that thin the blood and prevent it from clotting (e.g. Warfarin, Plavix, Lovenox); **please continue to take all prescribed medications as directed by your doctor.**

Do not skip doses or stop taking your medication(s) without consulting your healthcare provider. If you are having any side effects or have any questions about your prescription(s) you can contact your pharmacist or physician.

To learn about American Heart Month visit www.americanheart.org

LOOK A-LIKE, SOUND A-LIKE MEDICATIONS

Xopenex® (Levalbuterol HCl)- is an inhalation Solution is indicated for the treatment or prevention of bronchospasm in adults, adolescents, and children 6 years of age and older with reversible obstructive airway disease.

The concentration of the Xopenex (top picture) is 1.25mg/3ml and the Xopenex (bottom picture) is 1.25mg/0.5ml. The latter is a very concentrated solution which must be diluted before administration. **These medications are NOT INTERCHANGABLE.** Administration of Xopenex beyond the recommended dose can cause chest pain, fast or irregular heartbeat among other side effects.



TO PREVENT LOOK ALIKE, SOUND ALIKE MEDICATION ERRORS:

- Separate locations of look alike medications.
- Use look alike sound alike (LASA) auxiliary stickers on bins containing the medication
- Train staff to recognize LASA errors
- For handwritten/oral prescriptions, do not make assumptions; call the prescriber to confirm medication.
- Check patient's profile & review medication list to prevent errors

MEDICATION SAFETY Updates



DEA Considers Propofol for Controlled Substance Schedule

The Drug Enforcement Administration (DEA) is looking to designate propofol as a "scheduled" drug (C-IV), which would tighten restrictions on the drug's distribution and use due to its abuse potential. Currently, Propofol is not controlled by DEA or the state. This drug was known to very few people outside the medical profession before it was widely publicized after being implicated in music icon, Michael Jackson's untimely death.

Propofol is administered intravenously in operating rooms as a powerful anesthetic and sedative. The American Society of Anesthesiologists (ASA) clearly states that propofol should be used only in a controlled and monitored medical setting, by healthcare professionals qualified to administer general anesthesia and rescue patients.

If Propofol is placed under Schedule IV Control then it would be subject to Controlled Substances Act which means that institutions would need apply all control medication policies for dispensing, storage, security, inventory, recordkeeping, etc., as with other scheduled drugs such as narcotics (e.g., morphine, fentanyl, percocet)



CONGRATULATIONS to *Marcia Russell, RPH for receiving the GOOD CATCH AWARD for her timely medication intervention which brought attention to a potential for inappropriate dosing for a Contrast media agent (dye used for medical imaging: MRI, CT Scans) in the Computerized Physician Order Entry System (CPOE) system also referred to as QuadraMed..*



This has subsequently lead to Radiology, Pharmacy and IT Department working together to further improve and safe guard the ordering to Contrast Media agents in the CPOE system.

ADR Reporting

According to The Joint Commission (TJC) an ADR is any "Unintended, undesirable, or unexpected effects of prescribed medications or of medication errors that require discontinuing a medication or modifying the dose; require initial or prolonged hospitalization; result in disability; require treatment with a prescription medication; result in cognitive deterioration or impairment; are life threatening; result in death; or result in congenital anomalies."



PLEASE report all ADR's to the Pharmacy Department, it's easy just call on the 24 hour x 7days a week ADR Hotline , ext 1772, or use the ADR report form (located in the Main Pharmacy or Nursing Stations)

P&T Updates

NEW FORMULARY ADDITION:

Bicitra (Citric Acid-Sodium Citrate 334 mg-500 mg/5 mL) belong to a class of drugs known as urinary alkalinizers. This medication is used to make the urine less acidic. Urine that is less acidic helps the kidneys get rid of uric acid, helping to prevent gout and certain types of kidney stones (urate). This medication can also prevent and treat certain metabolic problems (acidosis) caused by kidney disease

NEW OPERATING ROOM (OR) TRAYS:

New Operating Room Trays have been approved by the P&T Committee along with Anesthesia Department and are provided by pharmacy to provide immediate access of approved emergent medications to the Anesthesia/Operating Rooms to ensure timely and safe treatment of patients.

NEW 777 CODE CARTS:

New code carts for adults, pediatrics/infants have been approved by the P&T Committee as well as the Pediatric and Emergency Room Department. Work is in progress to replace the previous carts.

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If you wish to contribute an article or commentary for Pharmacy Newsletter, contact H.Farooqi, Pharm.D. at hinnah.farooqi@nychhc.org no later than 15th of the month