

How to Utilize your Pharmacist

Presented by
The Ohio State University College of Pharmacy





Overview

- The Training of a Pharmacist
- Role of the Pharmacist
- Communicating with your Pharmacist
- Non-prescription Medications
- Medication Adherence
- Medication Therapy Management
- Other Services

The Training of a Pharmacist

- At OSU:
 - Required to have an undergraduate degree
 - Apply to the College of Pharmacy for 4 additional years of Professional School = Doctor of Pharmacy Degree (Pharm.D)
 - 3 years of chemistry, physiology, therapeutics and the study of chronic and acute diseases
 - 1 year of clinical experiences
 - 1500 hours of work experience before licensure by exam
- Other institutions can get Pharm.D degree in 6 years (without full undergraduate work)

Pharmacists staying current on knowledge of medications

- In Ohio:
 - 75 hours of approved presentations/ articles every 3 years to keep license

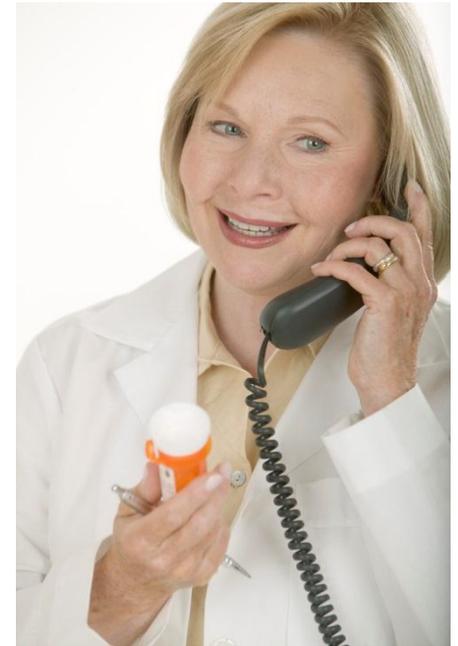




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- **Pharmacist = Medication Expert on your health care team**



Where Pharmacists Work

- Retail Pharmacy
- Hospital
- Mail Order Pharmacy
- Pharmacy Benefits Management
- Home Health Care
- Long term Care Pharmacy
- Clinic or Doctor's Office
- Drug Company
- Academic institution





Mail Order Pharmacy

- Where do they come from?
 - Same wholesalers as community pharmacy
- Can be cost saving
- Pharmacists **ARE** available



Compounding Pharmacy

- Compounding pharmacists are problem-solvers:
 - Unique dosage forms
 - Dye-free or lactose-free
 - Medications not commercially available
- Personalized – Just what the doctor ordered!
- Insurance *may* cover ingredients and reimburse claims

Role of the pharmacist in the health care team



- Dispensing medications
- Monitoring patient health and progress to maximize their response to the medications
- Goals of a pharmacist:
 - Eliminate or reduce symptoms
 - Arrest or slow a disease process
 - Prevent disease
 - Cure disease



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- What is the key to avoiding medication related problems?



Communicate with your Pharmacist

- When asked if you would like to speak with a pharmacist say, “YES!”
 - Available in the hospital as well as the retail pharmacy at any time the pharmacy is open



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What to ask my pharmacist

- Example questions if you are picking up a **new** prescription:
 - “How quickly should the medication start to work?”
 - “Are there any side effects I should be sure to watch out for with this medication?”
 - “I take Tylenol regularly; is it okay to take this medication and Tylenol?”



What to ask my pharmacist

- Example questions if you are picking up a **refill**:
 - “I have been taking this with food so not to upset my stomach, is that okay?”
 - “I have been having ankle swelling since the doctor increased my dose. Is this medication known to do that?”
 - “I am taking this medication with all my other medications. Is that okay?”



What information to give your pharmacist

- ALL medications including non-prescription medications such as OTC and supplements
- Any previous problems with a medication
 - Adverse reaction or Allergy
- Chronic health problems



What information to give your pharmacist

- Anything that could affect your use of a medication
 - Cost including formulary issues
 - Trouble swallowing
 - Difficulty reading labels
 - Difficulty remembering to take the medication



Other information to get from your pharmacist

- Brand and generic names of the medication
- Active ingredients in a medication
- What is the medication for and how is it going to help me?
- How and when should I use it?
- How long should I use it?
- What should I do if I miss a dose or accidentally take too much?
- Will this take the place of anything else I am using?
- When will the medicine start working?
- Are there any special directions for using this?
- Anything I should avoid when taking this?
- How will I know if the medication is working?
- How and where should I keep this medication?



Reputable Source of Drug Information (if you can't get in touch with your pharmacist)

- National Library of Medicine and National Institute of Health website providing easy to understand information about all types of medications
- **www.nlm.nih.gov/medlineplus/druginformation.html**
- Google: medline plus



A service of the U.S. National Library of Medicine
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Memantine



(mem' an teen)

[Why is this medication prescribed?](#)

[How should this medicine be used?](#)

[Other uses for this medicine](#)

[What special precautions should I follow?](#)

[What special dietary instructions should I follow?](#)

[What should I do if I forget a dose?](#)

[What side effects can this medication cause?](#)

[What storage conditions are needed for this medicine?](#)

[In case of emergency/overdose](#)

[What other information should I know?](#)

[Brand names](#)

Why is this medication prescribed?

Memantine is used to treat the symptoms of Alzheimer's disease (AD). Memantine is in a class of medications called NMDA receptor antagonists. It works by decreasing abnormal activity in the brain. Memantine can help people with Alzheimer's disease to think more clearly and perform daily activities more easily, but it is not a cure and does not stop the progression of the disease.

How should this medicine be used?

Memantine comes as a tablet to take by mouth. It is usually taken once or twice a day with or without food. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. To help you remember to take memantine, take it at around the same time(s) every day. Take memantine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Your doctor will probably start you on a low dose of memantine and gradually increase your dose, not more than once every week.

Memantine controls Alzheimer's disease but does not cure it. Continue to take memantine even if you feel well. Do not stop taking memantine without talking to your doctor.

Other uses for this medicine [Return to top](#)

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

What special precautions should I follow? [Return to top](#)

Before taking memantine,

- tell your doctor and pharmacist if you are allergic to memantine or any other medications.
- tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking. Be sure to mention any of the following: acetazolamide (Diamox); amantadine (Symmetrel); briazolamide (Azopt); cimetidine (Tagamet); dextromethorphan (Robitussin, others); dichlorphenamide (Daranide); dorzolamide (Trusopt); methazolamide (GlaucoTab, Nepatazane); nicotine (Nicoderm, Nicorette, others); potassium citrate and citric acid (Cytra-K, Polycitra-K); ranitidine (Zantac); sodium bicarbonate (Soda Mint, baking soda); sodium citrate and citric acid (Bicitra, Oracit); and quinidine (Quinaglute, Quinidex). Your doctor may need to change the doses of your medications or monitor you carefully for side effects.

Personal Medication List

Medication Name	Other Name	Directions	Use	Prescriber	Other information
Aricept 10mg	Donepezil	Take 1 tablet in the evening	Memory	Dr. Sam Jones	
Namenda 20mg	Memantine	Take 1 tablet twice daily	Memory	Dr. Sam Jones	
Omeprazole 20mg	Prilosec	Take 1 capsule in the evening	Heartburn/ Indigestion	Dr. Sam Jones	Take on an empty stomach
Tylenol Extra Strength 500mg	Acetaminophen	Take 1-2 tablets every 6 hours as needed	Arthritis Pain	Non- prescription	Do not take more than 6 tablets in a day Don't drink alcohol



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Assistance with Nonprescription Choices

- Pain relievers
- Heartburn relievers
- Vitamin and Mineral supplements
- Topical antiseptic creams/ ointments
- Herbal products
- Nutritional supplements

(remember to give the pharmacist special needs you or your loved one may have which could influence the recommended product)

7 Easy Steps for How to Read an Over-the-Counter (OTC) Drug Label



1. **Brand name:** The product name associated with a particular manufacturer

2. **Active Ingredient:** Usually listed as the generic name. This is the chemical compound that provides the effect (runny nose or sneezing).

4. **Warnings:**

- Alerts you of other medications, foods (and alcohol), or situations to avoid when taking this medication.
- Lists health conditions (glaucoma, prostate, or breathing problems) in which the medication may not be appropriate to use.
- States common side effects to expect while taking the medication.
- Gives the maximum dose and what to do if an overdose occurs. It is important not to exceed the maximum dose because doing so could be harmful and put you at risk for side effects.

Drug Facts

Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg

Purpose Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy ■ avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

3. **Uses:** Tells you the symptoms the medication is approved to treat. This section may also be called "indications".

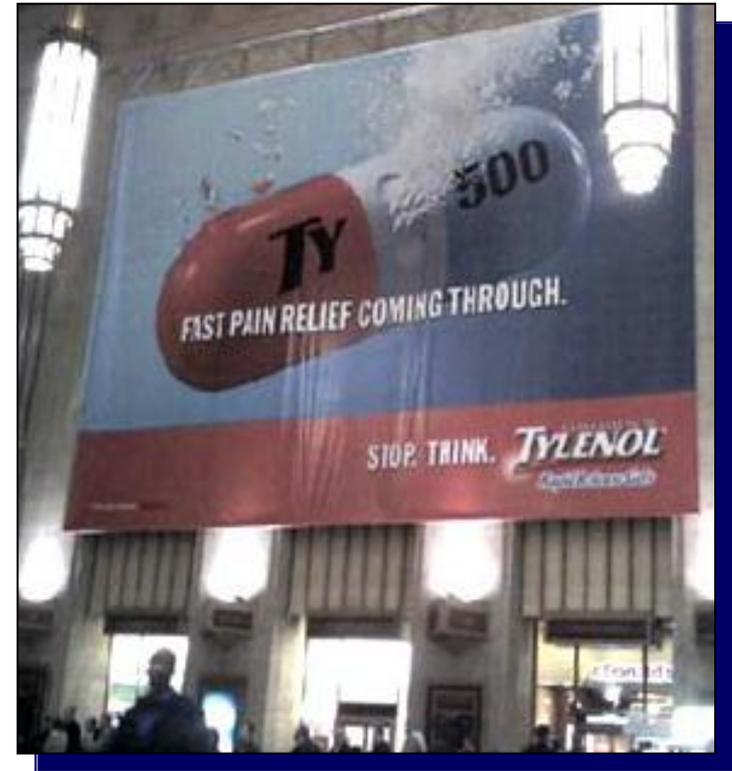
5. **Directions:** Informs you how much AND how often to take the medication. You should not take more than directed.

6. **Other Information:** Indicates proper storage conditions (ideally not in your bathroom medicine cabinet!) and any other important info.

7. **Inactive Ingredients:** Lists other products found in the medication (including fillers and dyes) that may be important for patients with allergies or sensitivities.

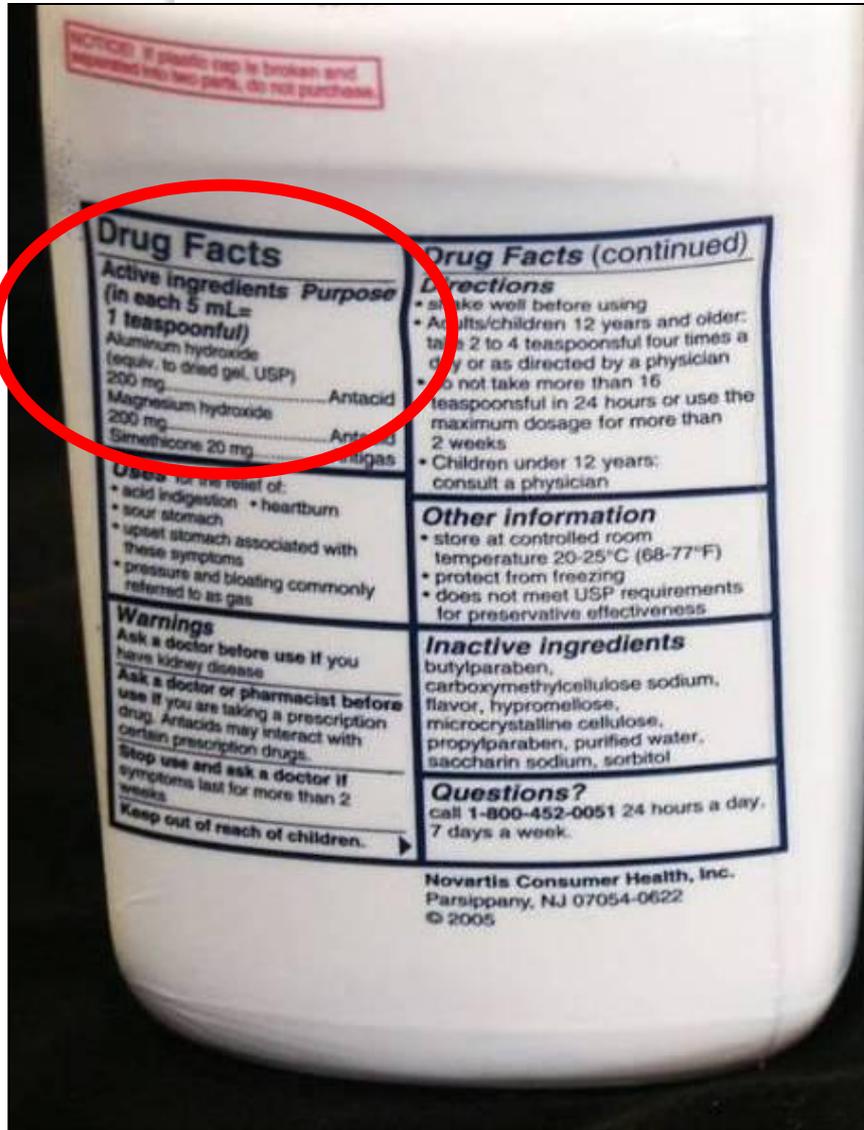
Confusion in the OTC Aisle

- Brand name extension products
 - 50 different Tylenol© products
 - Extra strength
 - Arthritis strength
 - PM
 - Various cold and flu preparations
 - Look closely at ingredients or overdose can occur





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Aluminum HCl and Magnesium HCl



Bismuth subsalicylate



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Medication Adherence



Every year in the U.S, failure to take medications as prescribed causes:

- more than 1.5 million preventable medication related adverse events
- costs the health care system approximately \$290 Billion Dollars!!



Medication Adherence

- Can be a complex issue with no easy solution
 - Remembering to take the medication
 - Alarm
 - Pill box
 - Phone reminder system
 - Linking to a daily task
 - Medication cost
 - Alternative medication
 - Assistance programs
 - Not understanding the reason for the medication
 - Clarify purpose with prescriber
 - Education on how and why the medication is important



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Medication Therapy Management

- Comprehensive review with you and/or caregiver of ALL medications and health issues
- Purpose is to promote safe and effective use of medications
- At the end of the session the beneficiary should be given or sent:
 - Medication Action Plan
 - Personal Medication List

MTM Example

Medication Name	Other Name	Directions	Use	Provider	Other Information
Lisinopril 10mg	Zestril	Take 1 tablet once daily	Blood pressure/ Heart	Dr. Sam Jones	
Furosemide 20mg	Lasix	Take 1 tablet twice daily	Water pill	Dr. Sam Jones	
Levothyroxine 100mcg	Synthroid	Take 1 tablet once daily	Thyroid Hormone	Dr. Sam Jones	Best to take on an empty stomach
Ferrous sulfate 325mg	Same	Take 1 tablet once daily	Anemia	Dr. Sam Jones	



Medication Action Plan

What we talked about:

What I need to do:

What I did and when I did it:

What we talked about:

What I need to do:

What I did and when I did it:

What we talked about:

What I need to do:

What I did and when I did it:

Medication Action Plan

What we talked about:

Monitoring Furosemide

What I need to do:

Ask doctor about last potassium level

What I did and when I did it:

Found out last level was within normal on 3/30/13

What we talked about:

Levothyroxine and Ferrous Sulfate interaction

What I need to do:

Space medications apart by at least 4 hours

What I did and when I did it:

Switched Ferrous Sulfate to dinnertime

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Medication Therapy Management

- Term created with the Medicare Part D drug coverage
 - Is required by all Medicare Part D providers to be offered to eligible enrollees
 - In Ohio also offered to ALL people with CareSource
 - May include one-on-one time with your retail pharmacist at least annually
 - Having a chronic illness such as Alzheimer's disease is often a part of qualifying for this service



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Other services may see offered by your pharmacist

- Annual medication check-ups
- Assistance filling out a personal medication list
- Disease management programs
 - Cardiovascular management program
 - Hypertension management program
 - Diabetes management program
 - COPD management program



Other services may see offered by your pharmacist

- Health maintenance counseling
 - Smoking cessation
 - Asthma care
 - Basic nutrition management
 - Exercise and physical activity instruction
 - Blood pressure and blood sugar screenings
 - Immunization Services
- Assistance with choosing a Medicare Part D plan

Summary

- Take advantage of the pharmacist as the medication expert
 - Ask questions!!
 - Look for extra services
 - Ask about Medication Therapy Management
 - Explore participation in disease management programs
 - Watch for the continued expansion of pharmacy services





Thank you for your interest!

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