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## Glucometer Check

We rely very heavily on the accuracy of our glucometers. It is imperative that calibration checks are performed from time to time to ensure that they are, indeed accurate.

Most of our facilities use the Ascencia® Contour meter. Bayer makes no firm recommendations regarding the frequency of calibration testing of their meters, but it is prudent to test them on a regular basis. Monthly or quarterly tests would likely be sufficient. Of course, if a glucometer gives an unexpected reading, it should be tested immediately.

The calibration test is performed using a "control solution" which contains a fixed amount of sugar. With the Contour meter, a drop of normal range control solution is dropped onto a non-absorbant surface and is then drawn into a testing strip. The resultant reading should fall within the range indicated towards the bottom of the tube of strips. The full procedure can be found in your user manual. If your manual is lost

select "Our Products" then "Learn More About Contour" at [bayerdiabetes.ca](http://bayerdiabetes.ca). The manual is at the bottom of the webpage. If you need control solution let us know and we will provide it free of charge.

## Auto Retracting Insulin Pen Needles

On September 1, 2009 Ontario Regulation 474/07 will come into force. After that date, except in case of emergency, safety-engineered medical sharps must be used in LTC facilities.

Most standard needle/syringe sets are now available in a retractable format. Such devices typically contain a spring loaded plastic sheath which slides over the needle after injection. The needle can then be removed without risk of a needle-stick injury.

Until now, there has not been a safety-engineered insulin pen needle in the Canadian marketplace. Some facilities in the province have actually moved away from insulin pens so they can use retractable needle/syringe sets.

We approached Novo Nordisk about the impending regulatory change last year and they have been working on a solution since that time. They have just released the NovoFine Autocover® pen needle. The 8 mm pen needle retracts and locks inside a

plastic shield after use. The needle is compatible with both the Novolin-Pen and the Humapen. I have attached a product information sheet from Novo Nordisk with the e-version of this newsletter.

## Crestor Goes to Jupiter

A double-blind study of almost 18,000 people has found that Crestor® can bring about large reductions in cardiac morbidity and mortality. The acronym for the study is JUPITER and the results were published in the *New England Journal of Medicine* this month.

The subjects enlisted had normal cholesterol levels, yet the cholesterol lowering statin, Crestor®, showed tremendous benefit. Subjects in the study did have elevated levels of another marker, C-reactive protein (CRP). High levels of CRP in the blood signal inflammation and have been linked to CV events.

JUPITER subjects took 20mg of Crestor® daily (10mg would be more appropriate for most of our residents) and the combined incidence of MI, stroke and cardiovascular death was reduced by 47%! Cholesterol and CRP levels were reduced significantly. Crestor® was linked to a small increase in diabetes risk, but it was otherwise well tolerated.

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