



The GeriJournal

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Welcome to GeriJournal, our monthly publication designed to keep you abreast of LTC medication trends, and the goings-on at GeriatRx Pharmacy. We trust you will find the content informative, and the format pleasant and enjoyable to peruse.

Here Comes the Flu

We hope that Influenza doesn't visit your facility this year, and we'd like to help keep it away. GeriatRx will provide a \$75 raffle prize to encourage any reluctant staff members to participate in the vaccination clinic in your facility. Please contact Randy, Fabio or Mary Lynn if you are interested in holding a raffle.

Staff Prescriptions

Prescription medications can be expensive, particularly for those staff members who don't have insurance plans. GeriatRx will provide prescription medications at cost for all members of your nursing staff who lack such coverage. All we require is a valid prescription which must be faxed to GeriatRx, then sent back to the pharmacy with our driver the same day. Prescriptions faxed or phoned

directly from physicians' offices are also acceptable.

Generic News

The patent on Risperdal tablets and liquid expired on September 6th. As a result, we will now be dispensing risperidone supplied by Apotex, Canada's leading generic drug manufacturer.

This is good news for two reasons. Risperidone is very expensive, and there will be tremendous cost savings to Ontario taxpayers. In addition, the new tablets, while being the same shape and colour as the original Risperdal, are significantly smaller and will be easier for your dysphagic residents to swallow.

Open House

GeriatRx was pleased to host our "Gala" Open House on July 16th. Those in attendance enjoyed a variety of offerings from our sushi chef, as well as other catered delights. Please see the attached photos of the event. Many of our glamorous and dapper guests were captured by the keen eye of the GeriatRx photographer.

Therapeutics

A recent study of anemic octogenarians compared the impact of low-dose, to moderate dose iron therapy. The low dose group received

15mg elemental iron (roughly equal to ½ tab of ferrous gluconate) each day. The moderate dose group received 50mg (roughly 1 ½ tabs of Fe gluconate) daily.

Over a sixty day period, Hg levels rose by 13 g/l in the 15mg group, and 14 g/l in the 50mg group. This study (Am J Med 2005;118:1142-7) designed specifically for the elderly, shows that low-dose iron can be a very effective treatment of iron-deficiency anemia. Lowering iron dosage would minimize side effects, principally nausea and constipation, associated with iron supplementation.

Consultants Corner

Our consultants have encountered a number of active post hip fracture residents, who are not being treated with bisphosphonates (such as Fosamax or Actonel). In some cases, these residents are also not receiving Vitamin D or calcium supplements.

Please do your best to ensure these residents receive a total of 1500mg of calcium and 400-800 Units of Vit D each day (including dietary intake). Bisphosphonates should also be given in most cases, unless contraindicated.

