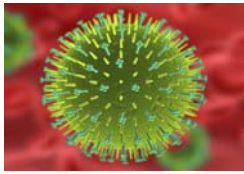


The GeriJournal



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Warfarin Not in Pouch

You likely have noticed that all MAR entries for warfarin now carry the message “NOT IN POUCH” immediately after the drug name and strength. This step was taken to ensure that staff who are unfamiliar with the pouch system always administer the medication. Pharmacy audits have shown that in some cases, warfarin doses are omitted.

H1N1

If you can't bear to read any more about H1N1, you can certainly be excused. There has, however, been some important news released lately. H1N1 vaccine is coming to LTC. The dosing is the same as seasonal vaccine (0.5mL i.m. into the deltoid) and egg allergies are still a concern due to the use of egg protein in the preparation of the product.

The side effect profile is the same as that of the seasonal vaccine, though pain at the injection site is generally more frequent and intense.

The government pandemic stockpile has been partially

allocated to Ontario pharmacies. This ensures an uninterrupted supply of Tamiflu® to your residents. MOH has also indicated that LTC facility staff are eligible to receive Tamiflu® free of charge for Influenza treatment or prophylaxis, in the event of a facility outbreak.

Creatinine Follow Up

The response to our request for serum creatinine and weights has been outstanding. As a result, we will be able to bring a new service to you. We can now evaluate dosage and appropriateness of use of drugs eliminated by the kidneys.

If drug dosage does not correspond to the resident's renal function, one of our pharmacists will call to recommend a modification. This intervention should eliminate potential adverse effects related to overdosage of these medications.

We will also be able to identify medications that are contraindicated when renal function is below a certain threshold. Popular drugs such as nitrofurantoin, metformin and hydrochlorothiazide are either ineffective or potentially dangerous when used in individuals with poor renal function. Remember, if you haven't sent in your weights and creatinines, get them to us as soon as possible.

Omega-3 for the Eye

Omega-3 fatty acids are essential fats that must be obtained from the diet. The benefits of these fats are not completely understood, but they appear to play a role in a variety of body systems including the heart, brain, skin, lungs, eyes, etc.

The strongest evidence supporting the use of supplementation is in the prevention and treatment of congestive heart failure. That use was highlighted in a previous *GeriJournal* (3.9) Age related macular degeneration (AMD), a degenerative eye disease leading to progressive loss of central vision, seems to be building evidence as well.

Individuals with diets high in omega-3 fatty acids (fatty fish, nuts and whole grains) have a reduced incidence of AMD. A recent study showed that the addition of omega-3 fatty acids to other standard ingredients, such as zinc, lutein, vitamin C, and β -Carotene stabilized and even improved vision in a number of AMD sufferers.

When treating AMD, consider adding an Omega-3 product, or altering the diet to increase intake. Omega-3 has been added to one of the Vitalux® supplements to take advantage of this benefit.

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