

Welcome to the CAREPAX monthly newsletter, "Ultimate CARE!" As your pharmacy partner in caring for your patients, our goal is to keep you in-the-know and on top of your game. Every month we will feature healthcare issues and news related to medication adherence that impact us all. We are happy to receive YOUR suggestions too, so feel free to contact us via email (links below) with ideas!



## Medication Safety and Adherence

### Medication Safety During Transitions

Transitions are a common source of medication errors. Medication discrepancies are especially prevalent during hospital admissions and discharges. Patients that are most at risk include: people with complex medication regimens, older people, those with mental health problems, people who are poor or have low literacy, and migrant populations.

As patients move between health providers and settings, discrepancies and miscommunication can lead to serious medication errors. Hospital admissions and discharges, interdepartmental transfers, or shared patient care between a primary provider and specialists are challenging times for patients. Recent studies showed that poor medication management during or immediately after hospital admission increased the risk of readmission in the next month by 28%.

**Here are some things we can do to help minimize the risk of medication errors during transitions:**

#### 1) Patient centered care:

A patient-centered approach is essential to reducing medication discrepancies and errors. Patients and their caregivers need to be active participants during transition phases.

#### 2) Personal Medication Record:

Maintaining an accurate, comprehensive and up-to-date medicine list that follows the patient can help reduce medication errors.

#### 3) Accountability:

Health professionals need to accept accountability for medicine-related outcomes. There are many emerging software and technology solutions that can help facilitate communication between primary care and secondary services.

#### 4) Medication reconciliation:

Medicine reconciliation involves matching the medicines the person should be prescribed to those they are actually prescribed. The reconciliation process helps to identify problems such as drug interactions and risk of adverse events.

#### 5) Discharge planning:

Hospital providers must ensure the accurate transfer of information during admission and upon discharge. Effective discharge planning requires cooperation between doctors, pharmacists and nurses in the hospital and community.

#### 6) Electronic prescribing:

E-prescribing improves safety and quality by ensuring complete and legible orders, and reducing medication errors and adverse reactions.

### 7) Personal electronic health records:

Electronic patient management systems are vital to ensuring accurate integration of information among health providers.

Medication errors arise from lack of care coordination among multiple prescribers. A patient-centered approach is key to preventing medication errors. Healthcare providers need to shift their main focus to the patient before we can achieve medication safety.

**To refer a patient for CAREPAX medication management services  
or to schedule a presentation at your institution,  
please call (845) 368-CARE , x302 or  
email [newsletter@carepax.com](mailto:newsletter@carepax.com)**

### February is American Heart month

Heart disease is the leading cause of death in the United States.

By moving more, you can help reduce your risk of heart disease.

Aim for at least 150 minutes (2½ hours) a week of moderate-intensity aerobic activity such as walking briskly to help keep your heart healthy.



#### Why move more? Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress
- If you're inactive, you're nearly twice as likely to develop heart disease than if you're active.

#### Activities that can help your heart:

- walking briskly
- going on a hike
- taking the stairs
- biking to the store or around the block
- play basketball
- jump rope
- dancing
- do an aerobics video



### Behavioral Health Corner

#### February 25 is Eating Disorder Awareness and Screening Week

At least 30 million people of all ages and genders suffer from an eating disorder in the U.S. Every 62 minutes at least one person dies as a direct result from an eating disorder. Eating disorders have the highest mortality rate of any mental illness. Eating disorders affect all races

and ethnic groups. [Read more...](#)

### Fitness Corner

#### 9 Health Benefits of Ice Skating

- Improves balance
- Improves joint flexibility

- Builds leg muscles
- It's a great cardio workout
- Builds endurance
- Burns calories
- Relieves stress
- Improves joints and muscles
- Boosts mental fitness and self-confidence



## Chronic Disease Education

### Feb 7-14 is Congenital Heart Defect Awareness Week

Congenital Heart Defect is the #1 birth defect with more occurrences than Spina Bifida, Down syndrome, and hearing. Approximately 40,000 babies are born each year in the United States with a CHD. About 1 out of every 100 people have a CHD of some kind. Today, most heart defects can be corrected or helped with surgery, medicine, or devices, such as artificial valves and pacemakers. [Learn more...](#)

## Managed Care and Health Insurance

### Hospital Readmission Reduction Rates Contribute to Increased Mortality Rates

The Hospital Readmissions Reduction Program was established to reduce hospital readmissions, improve the quality of care, and reduce costs. Since the program was implemented readmission rates declined and Medicare saved an estimated \$10 billion because of the reduction in hospital admissions. However a deeper look at the Program showed that death rates are on the rise, and some hospitals may be avoiding readmissions, even for patients who would benefit most from inpatient care. [Read more...](#)

## Here's to your Health

### Fragrant Middle Eastern Chicken Soup

#### INGREDIENTS

- 1 large fennel, diced
- 2 carrots, peeled and diced
- 3 sticks celery, diced
- 1 tbspn tomato paste
- 1 tbspn each cumin, ground coriander, paprika and cinnamon
- 1 tspn each ground turmeric and cayenne
- 1 tbspn fresh grated ginger (optional – adds heat)
- 1 tin crushed tomatoes and 1 tspn brown sugar (to balance acidity)
- 1 litre chicken stock
- 1 rotisserie chicken, meat only, shredded
- half a bunch tuscan kale, leaves only, shredded
- lemon wedges and chopped coriander and/or parsley to serve



#### INSTRUCTIONS

- 1) In a heavy based saucepan, sauté the fennel, carrot and celery in 2 tablespoons of oil until slightly softened.
  - 2) Add the tomato paste, ginger and spices and stir for about 3 minutes or until the vegetables are all coated and you can smell all the spices. Add the tomatoes and stock.
  - 3) Bring to the boil and simmer for about 30 minutes or until the vegetables are tender.
  - 4) 4) Add the chicken and cook for another 5 minutes.
  - 5) Add the kale leaves and stir until they wilt.
  - 6) Check for seasoning and add salt or pepper if needed.
  - 7) Serve with lemon and fresh herbs.
- (credits to [www.bbcgoodfood.com](http://www.bbcgoodfood.com))

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