

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

The Top Safety Medication Issues of 2018

The Institute for Safe Medication Practices (ISMP) reviewed the biggest medication safety issues of 2018. Based on the institute's annual review the most common medication errors were:

1) Drug Allergy Interactions

Although all pharmacies have safety alert mechanisms in their software to alert them about allergies and other safety precautions, alerts are sometimes bypassed or overridden.

2) Investigational Medications

Since regulatory guidance is limited for investigational drug labeling, several errors have been reported due to labeling, nomenclature, and packaging errors.

3) Label and Packaging Problems

The safety issues that were reported in regards to drug labels and packaging involved:

- Cluttered labeling
- Dangerous abbreviations
- Highly stylized label graphics
- Inadequate prominence of reminders and warnings
- Inconsistent and unclear expressions of strength
- Lack of contrast on glass ampules
- Overemphasis on company logos and name

4. Vaccine Errors

Vaccine-related errors included:

- incomplete vaccination history
- unfamiliarity with the product
- failure to verify patient information
- miscommunication of order or due date
- age-dependent formulations of the same vaccine
- similarly labeled or named vaccines

We can all do our part to help prevent medication errors. The ISMP recommends:

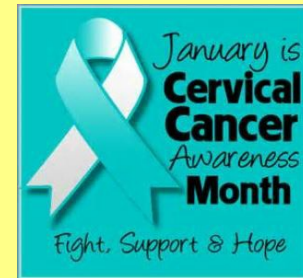
- 1) that providers document all information
- 2) promote better education for both patients and staff members
- 3) ensure protocols are in place to prevent errors
- 4) promote better communication between doctors, pharmacy staff and patients
- 5) report all instances of medication errors

To refer a patient for CAREPAX medication management services

January is Cervical Cancer Awareness month

Facts you should know...

- Nearly 13,000 women in the United States are diagnosed with cervical cancer each year
- Cervical cancer is highly preventable with **vaccination** and **appropriate screening** (Pap and HPV tests).
- You can help prevent cervical cancer by getting screened regularly, starting at age 21.
- The disease can be cured when found early and treated.
- HPV is very common in the United States and is passed from one person to another during sex.
- Vaccines are available to protect against the types of HPV that most often causes cervical cancer.



Behavioral Health Corner

Men and Mental Illness

Men are taught at a young age to be tough, not to cry and not to show their emotions. This cultural belief has played a significant role in the high rates of substance abuse, violence against women and children and other societal issues. When people do not let out their feelings in an effective way, the pent up frustration can lead to severe outcomes. These issues can also lead to depression, anxiety and self-neglect... [Read more](#)

Fitness Corner

Tips to Losing Weight after the Holidays

1. Don't stop eating-just eat healthy
2. Drink a lot of water
3. Cut out white flour and white sugar from your diet
4. Eat lots of fruit and vegetables
5. Don't forget the protein in your daily meals
6. Exercise
7. Put your diet plan and goals on paper and stick to it
8. Be positive



Chronic Disease Education

January is Thyroid Awareness Month

More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime. An estimated 20 million Americans have some form of thyroid disease. Up to 60 percent of those with thyroid disease are unaware of their condition. Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility. Learn more about the signs and symptoms of thyroid... [Read more](#)

Managed Care and Health Insurance

Not Enough Mental Health Beds in NY

Gov. Cuomo's "Transformation Plan" has cut the number of patients admitted as well as the overall bed count in traditional psychiatric institutions. Deinstitutionalization is the main factor influencing the homelessness crisis and the high rate of serious mental illness among the incarcerated population. [Read more](#)

Here's to your Health

Pumpkin Pecan Pie

Ingredients:

- Crust
- $\frac{3}{4}$ cup whole-wheat pastry flour (see Note)
- $\frac{3}{4}$ cup all-purpose flour
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons unsalted butter
- 3 tablespoons canola oil
- 3 to 4 tablespoons ice water
- Filling
- 1 (15 ounce) can unseasoned pumpkin puree
- 2 teaspoons pumpkin pie spice
- $\frac{1}{4}$ teaspoon salt
- 1 (14 ounce) can sweetened condensed milk
- 2 large eggs, lightly beaten
- 1 cup pecan halves



Directions:

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, sugar and salt in a medium bowl. Melt butter in a small saucepan over low heat. Cook, swirling the butter, until light brown, 30 seconds to 1 minute. Transfer to a small bowl to cool. Stir in oil. Slowly stir the butter-oil mixture into the dry ingredients with a fork until the dough is crumbly. Gradually stir in ice water, adding enough so the dough holds together and feels moist. Press the dough into a flattened disk.
2. Place a piece of parchment paper on a work surface, place the dough in the center and cover with another piece of parchment paper. Roll the dough into a 12-inch circle. Remove the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the parchment paper. Fold the dough under at the rim and crimp or flute the edge (see Tip).
3. Position rack in lower third of oven; preheat to 425°F.
4. To prepare filling and assemble pie: Whisk pumpkin, pumpkin pie spice and salt in a medium bowl until well combined. Add condensed milk and eggs and whisk until smooth. Pour the filling into the prepared crust. Arrange pecan halves on top of the pie.
5. Bake the pie for 15 minutes. Reduce the oven temperature to 350°F and bake until the filling is set and a knife inserted in the center comes out clean, 35 to 40 minutes more. (Cover the crust edges with foil if they are browning too quickly.) Let cool completely on a wire rack before serving.

(credits to www.eatingwell.com)

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