

PHARMACY *care*

NEWS

A NEWSLETTER DEDICATED TO SENIORS

Hello and welcome to the third issue of our newsletter. Our goal is to provide you with information about the world of long term care pharmacy and how it benefits you and your loved ones.

In this issue we look at one of our Clinical Consultant Pharmacists – Judy Glustien. I am fortunate to work with extraordinary people like Judy every day and to see them make a difference in people's lives. We also take a closer look at the steps we take to make sure your prescription is right. As well, there is an update on a new Pharmacy Council created by the Ontario government to give people a voice in pharmacy affairs

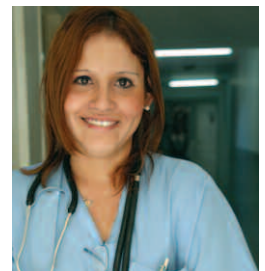
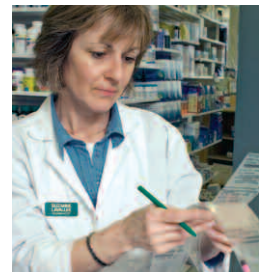


in the province. I hope you find this issue an informative window into pharmacy care.

Steve Pearson

Steve Pearson, R.Ph., B.Sc.Phm.
Senior Vice-President
Long Term Care Services

When not busy with her clinical consultant pharmacist duties, Judy Glustien spends time creating beautiful floral photographs. Her prints such as this blue poppy brighten the walls of many homes for seniors.



People - Our reason for caring



**MEDICAL
PHARMACIES**

Champion for Parkinson's Care

Some call it the 'defining moment' – an intersection of time and place that sparks a fundamental change in someone's life. For Medical Pharmacies' clinical consultant pharmacist Judy Glustien, it came when she was working part time in a chronic care hospital. While there, she saw two things – seniors needed special pharmaceutical care and the nurses that provided a lot of the care had a unique outlook. "They looked after the whole person, they didn't just see a patient as a medical condition to be dealt with," Judy says.

So Judy set out to make pharmaceutical care for seniors

her life's work and to take the nurses' holistic approach as her guiding principle. She enrolled at Algonquin College and, in addition to her pharmacist's credentials, added gerontology (the study of aging) to her skills. Her connection to Algonquin continues – she teaches in the addictions and trauma program at the College.

For more than a quarter century Judy has worked in pharmacy – helping people in long term care and retirement homes get the most from their medications. The secret of her success? "Usually I apply a lot of common sense," she says. There's more to it than

that though. Judy sees collaboration as key. She says, "Residents really benefit when nurses, doctors and pharmacists all work as a seamless team."

Professional education to stay on top of advances in the pharmacy field is essential as well. In conversation, Judy emphasizes how much she's learned from her colleagues but it's a little-known fact that she herself

has been a mentor to a generation of nurses, pharmacy technicians and pharmacists, sharing new ideas and approaches to health care. You can find proof of this at a certain book distributor that considers Judy one of its best customers. Judy buys books there and gives them away to colleagues and co-workers she thinks can benefit from the information.

A little over a decade ago, Judy's work with seniors led her to study Parkinson's disease. A degenerative disease of the nervous system, Parkinson's affects movement, speech, thought as well as sensation. In addition to her professional life in long term care pharmacy, Judy began volunteering with the Parkinson's Society, serving for a time on its board of directors. She counsels patients and their families on Parkinson's disease and has also designed care programs that have been adopted in many care facilities.

"Most people will know Parkinson's as the disease actor Michael J. Fox suffers from

Residents really benefit when nurses, doctors and pharmacists all work as a seamless team.



Judy Glustien,
B.Sc.(Pharm.), FASCP

but few know that nearly 100,000 other Canadians have the disease,” Judy says. With no cure, care for people with Parkinson’s involves managing the symptoms, typically through medication. “These drugs work in the brain to reduce the severity of symptoms but they can have serious side-effects that need to be managed carefully by a team of health care providers, including a pharmacist,” she adds.

Her hard work was recognized three years ago when Judy received the Queen’s Jubilee Award – given to those who have made a significant contribution to their fellow Canadians. Calling her “a cornerstone of the organization,” the Parkinson’s Society praised Judy for her volunteer work on behalf of patients and families struggling with this disease.

This desire to be of service to others and improve the quality of their lives is a thread that runs through Judy’s professional career and volunteer activities. From sharing her experiences with her colleagues at a pharmacists’ conference to talking to a doctor about medication choices to counselling families dealing with Parkinson’s disease, Judy is making a difference in people’s lives.



New Pharmacy Council Launched

Pharmacists have a lot of valuable input on health care. Now the Ontario government has officially recognized this by creating the Ontario Pharmacy Council. Having held its first meeting in December 2006, the Council discusses issues affecting pharmacists and the people they care for. The former Chief Executive Officer of the Ontario Pharmacists Association, Marc Kealey, says, “Pharmacists play a critical role in the delivery of patient care.” He sees the Council’s task as shaping the future of the pharmacy profession in Ontario.



Pharmacists deal directly with patients and know their needs. By having a strong voice in the development of pharmaceutical policy and implementation, pharmacists will help to make positive changes. This is especially important for seniors in retirement or long term care homes who tend to be on multiple medications.

The Pharmacy Council membership includes pharmacists working in the community and hospitals plus physician and patient representatives. The Council will look at how to create more opportunities for pharmacists to deliver health care, resulting in better service for residents.

Keeping You Safe

It's almost a cliché that everything we do in life has risks attached to it. Medicine is no exception. That's why we rely on our doctors to make the best care choices they can, based on experience and knowledge. But there is another part of your care team that's also watching out for you – your pharmacist.

Medical Pharmacies' team works hard to reduce the risks to you and your loved ones. The goal is to ensure that the right drug gets to the right person at the right time. Our clinical consultant pharmacists work closely with doctors to make sure the best drug choices are made and that dosages are right for the state of a person's health. Any other medications that a person is taking are considered as well. But that's only the first part of the job. Working in a state-of-the-art pharmacy, Medical Pharmacies' staff prepare a resident's daily medication in pre-packaged pouches – each containing the drugs a person will need throughout the day. This ensures

that the drugs will be given at the right time and in the right amount.

But it doesn't stop there. The team closes the loop by reviewing residents' medication profiles and connecting with long term care and retirement home staff as well as doctors to spot and correct any potential medication problems. Constant communication, rigorous oversight and careful preparation are all ways Medical Pharmacies is protecting the health of you and your loved ones.



One of our pharmacists checking strip packaged medications.

Medical Pharmacies is dedicated to supporting the safety, well-being and quality of life of the residents in each home we service.

We have been providing pharmacy care to communities across Ontario for 50 years.



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