

PHARMACY CARE

NEWS

A newsletter for people living in long-term care

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GETTING THE MEDICATION RIGHT

In pharmacy care for seniors you have to get the medications right – dose, possible interactions, they all have to be calculated. But some medications you have to get very right. Warfarin is one of those. Sometimes called Coumadin, it's an anti-coagulant, working to prevent blood clots. Too low a dose and there's limited beneficial effect; too high and there's a risk of bleeding. In fact, most adverse drug events in long-term care involve an anti-coagulant.

Effective warfarin therapy has typically involved frequent blood tests. For residents, this means pain and inconvenience. And the test results often came late in the day. Doctors managing care would be called in the evening with results and would make adjustments then. This often translated into inconsistent care. There had to be a better way to keep residents in the target range so they got the benefit of the warfarin. This was the inspiration for the MED-eINR system developed by Medical Pharmacies. It's a web-based decision support tool that was piloted in six homes across Ontario, including St. Joseph's Villa in Dundas. A team of researchers from McMaster University including Alexandra Papaioannou, M.D., Lisa Dolovich, Pharm.D., and Mark Crowther, M.D., worked with clinical consultant pharmacist Glenda Campbell from Medical Pharmacies and 128 residents to test the effectiveness of the system.

Nursing staff at St. Joseph's Villa put test results and other data into the MED-eINR and it calculated a recommended warfarin dose for the



Left to Right: Norman Flett, M.D., Medical Director; Jennifer Banks, R.N., Chief Nursing Executive & Director of Care; Bruce Clement, R.Ph., B.Sc.Pharm., Clinical Consultant Pharmacist.

Hello from Teresa Pitre

Spring is in the air, bringing changes everywhere including Medical Pharmacies! We recently welcomed



Teresa Pitre
V.P. Client Services

our new CEO, Ed Jamieson, to our trusted 55-year-old organization. Ed brings a wealth of experience in leading healthcare and service industries and a fresh perspective to help us continuously improve healthcare and quality of life for all of our cherished clients. As with the MED-eINR program featured in this issue, our goals are practical workflow for nursing and optimal medication therapy to minimize risk and maximize benefit. **PCN**

day and the week. Supervising doctors had the choice to override the recommendation if they wanted to. The results were startling. Residents spent more time within their target range, which meant their warfarin dosing was just right. It also meant they could go up to three weeks between blood tests. Nurses were able to make faster and better decisions without waiting for call-backs from on-call doctors.

There was more consistency in dosing decisions. Everyone benefited.



People – our reason for caring

St Joseph's Villa is one of the many long-term care homes in Ontario using Medical Pharmacies' exclusive MED-eINR system, now available to all homes. Bruce Clement is the pharmacist responsible. He works closely with the home's attending doctors, including Dr. Norman Flett. Both Clement and Flett like the simplicity and responsiveness of the system. It's one more sign of translating research into practice for the benefit of residents, which is, as Dr. Flett says, "where the strength of Medical Pharmacies comes through." **PCN**

Bruce Clement

If your father worked in retail, your older brother was a pharmacist and you were a practical problem solver, what career path would you take? For clinical consultant pharmacist, Bruce Clement, the route was clear – a people-person working as one of the most accessible parts of the health care team, focused on solving real-world challenges... a pharmacist. After graduating as a new pharmacist, Bruce started work where most do, in a neighbourhood pharmacy. He saw that many of his customers were older and he found himself spending more and more time understanding the challenges of medications for seniors. So after eight years, the now-seasoned Clement made the jump to Medical Pharmacies and the specialized world of seniors' care. He's spent three years in the cozy community of Dundas, near Hamilton, where he helps 400 seniors at St. Joseph's Villa get the most from their medications. With the research and innovation focus of Medical Pharmacies and a major medical school nearby at McMaster University, Bruce has had plenty of opportunity to share in the research that's ongoing and learn new ways to practice. "I like the collaborative relationships and the chance to fix real-world problems," he says. "I'm a results-oriented guy." **PCN**



ST. JOSEPH'S VILLA GETS FUNDING FOR FITNESS CENTRE

Residents and seniors in the community in and around Dundas will soon be working out in a new, expanded gym, thanks to a \$145,000 grant from the Aviva Community Fund. The Seniors in Motion program offers classes and programs like yoga, strength training, walking and improving balance. Being healthy and active can improve your overall wellbeing as well as help reduce the risk of injuries, such as falls. Having a well-equipped facility with good programs makes staying fit that much easier. For more information call 905-627-3541, extension 2109, or visit www.seniorsinmotion.net. **PCN**

Contact

Got a story idea or a comment on something you've read here? Drop us a line at: reports@medicalpharmacies.com

ABOUT US

Founded in 1957, Medical Pharmacies serves people in neighbourhoods, retirement and long-term care homes across Ontario. A pioneer in clinical consultant pharmacy, we work hard not only to dispense the medications our customers need but also to provide the expertise to make sure that the best prescribing choices are made. Our pharmacists are an essential part of the care team for more than 40,000 people living in retirement and long-term care homes. We're also a research and education leader, supporting the development and implementation of best practices in pharmacy care.