

Welcome to our November Webinar on

***Medication Use and the Role of the Pharmacist***

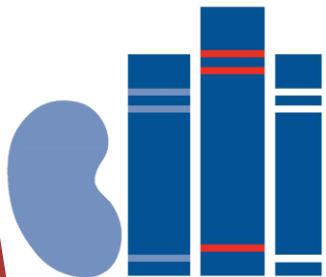
We need your input! Please complete the form at the end of program.

This webinar will be recorded and the slides and recording will be available at [www.dpcedcenter.org](http://www.dpcedcenter.org)

Next webinar: December 12<sup>th</sup> at 2:00 pm Eastern  
What's So Funny About Kidney Disease

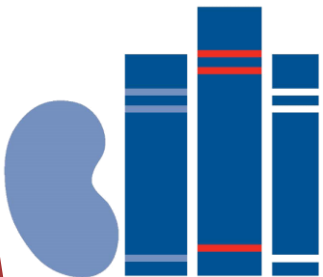
# Reminders

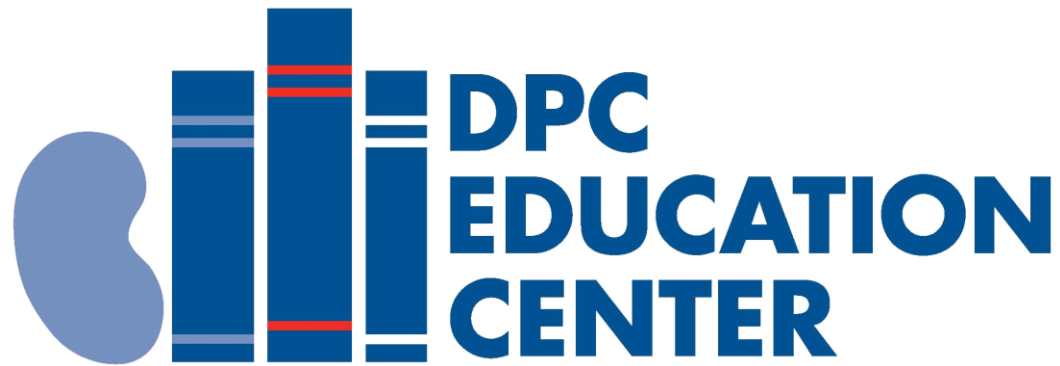
- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: \*6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program



## Wendy St. Peter, PharmD

- Wendy St. Peter is a Professor at the College of Pharmacy, University of Minnesota.
- She worked at Hennepin County Medical Center in Minneapolis for many years with patients that had end-stage renal disease or earlier stages of CKD.
- Her research is focused on improving medicine safety and effectiveness in these patients.
- She is on the Board of Directors of the Kidney Health Initiative, which is a collaboration between the American Society of Nephrology and the Food and Drug Administration.





# *Medication Use and the Role of the Pharmacist*

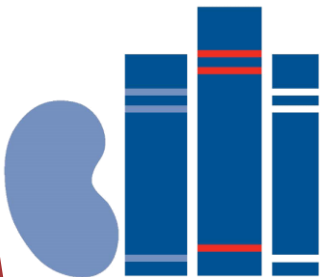
Wendy St. Peter, Pharm.D., FASN, FNKF, FCCP

Professor, University of Minnesota, College of Pharmacy

# People with chronic kidney disease oftentimes....

- ▶ have other medical conditions
- ▶ require many medicines
- ▶ have several doctors that prescribe medicines
- ▶ go to more than 1 pharmacy to get medicines

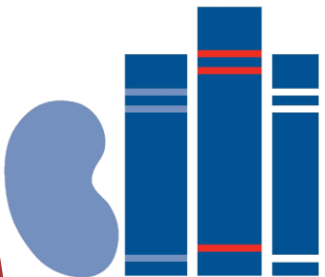
It can be hard for people with CKD, doctors and other healthcare professionals to keep track of all medicines that people with CKD take



# These issues can lead to...

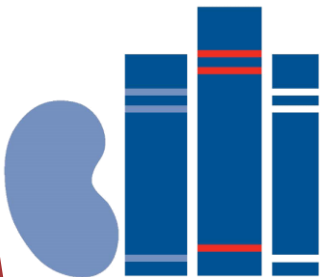
## Medication Therapy Problems (MTPs)

- ▶ reduce the good effects of medicines
- ▶ lead to safety issues (e.g., bad reaction to a medicine)
- ▶ result in non-adherence to medicines



# What we are going to discuss today

- ▶ How pharmacists can help patients, doctors and other healthcare professionals to improve medication use in patients with CKD
- ▶ How patients can help their healthcare professionals stay 'on the same page' so that medication use can be optimized
- ▶ How your healthcare team can help you manage your medicines



# Medication Therapy Problem (MTP)

- ▶ AKA Drug-related problem (DRP)
- ▶ AKA Medication-related problem (MRP)





# Medication Therapy Problem (MTP) Categories

**Indication**

Unnecessary medication(s)

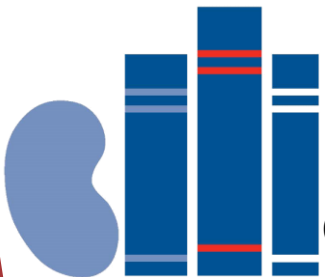
Needs medication(s)

**Effectiveness**

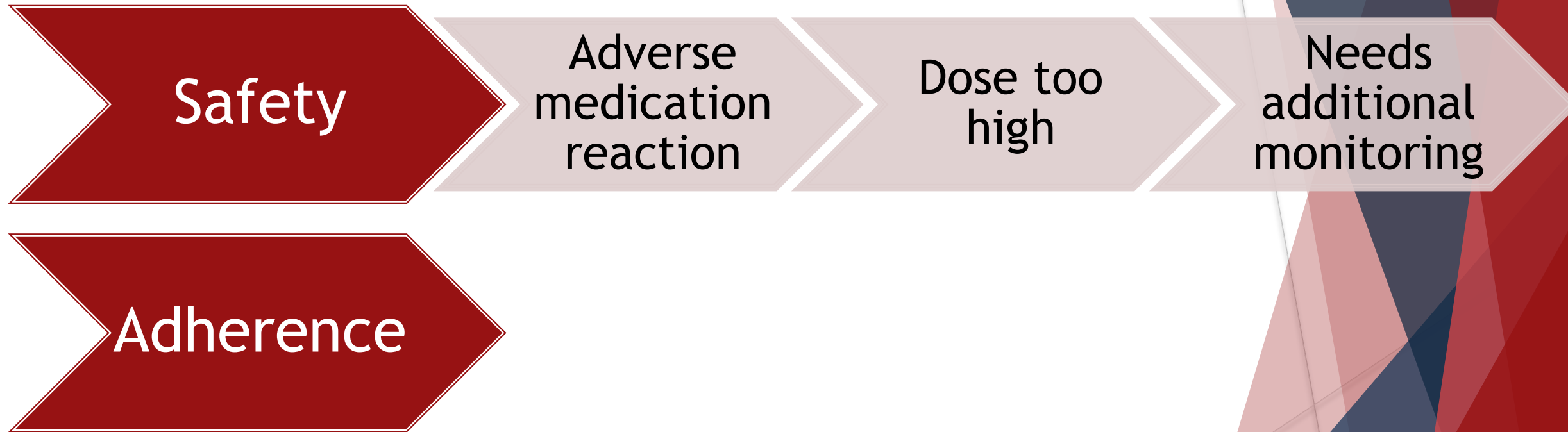
Medication not effective

Dose too low

Needs additional monitoring

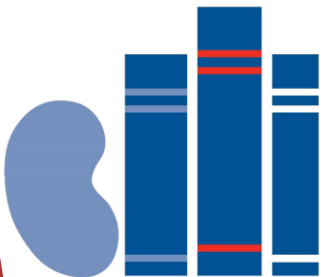


# Medication Therapy Problem (MTP) Categories



# A Pharmacist is your Friend!

- ▶ Trained to FIND and RESOLVE medication therapy problems
- ▶ Trained to work with patients and not just ‘behind the counter’
- ▶ Pharmacists have different levels of knowledge of CKD, particularly as it relates to dialysis and kidney transplant



# Community Pharmacists



## Traditional

No privacy  
Counseling on specific medication  
Drug-interaction check (sometimes)

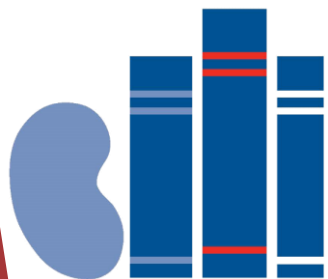


## Extra “Enhanced” Services

Private setting  
Medication Reconciliation  
Medication Synchronization  
Immunizations  
Comprehensive Med Review  
Personal Med Record

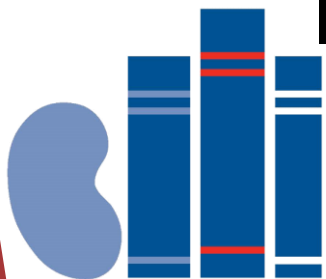
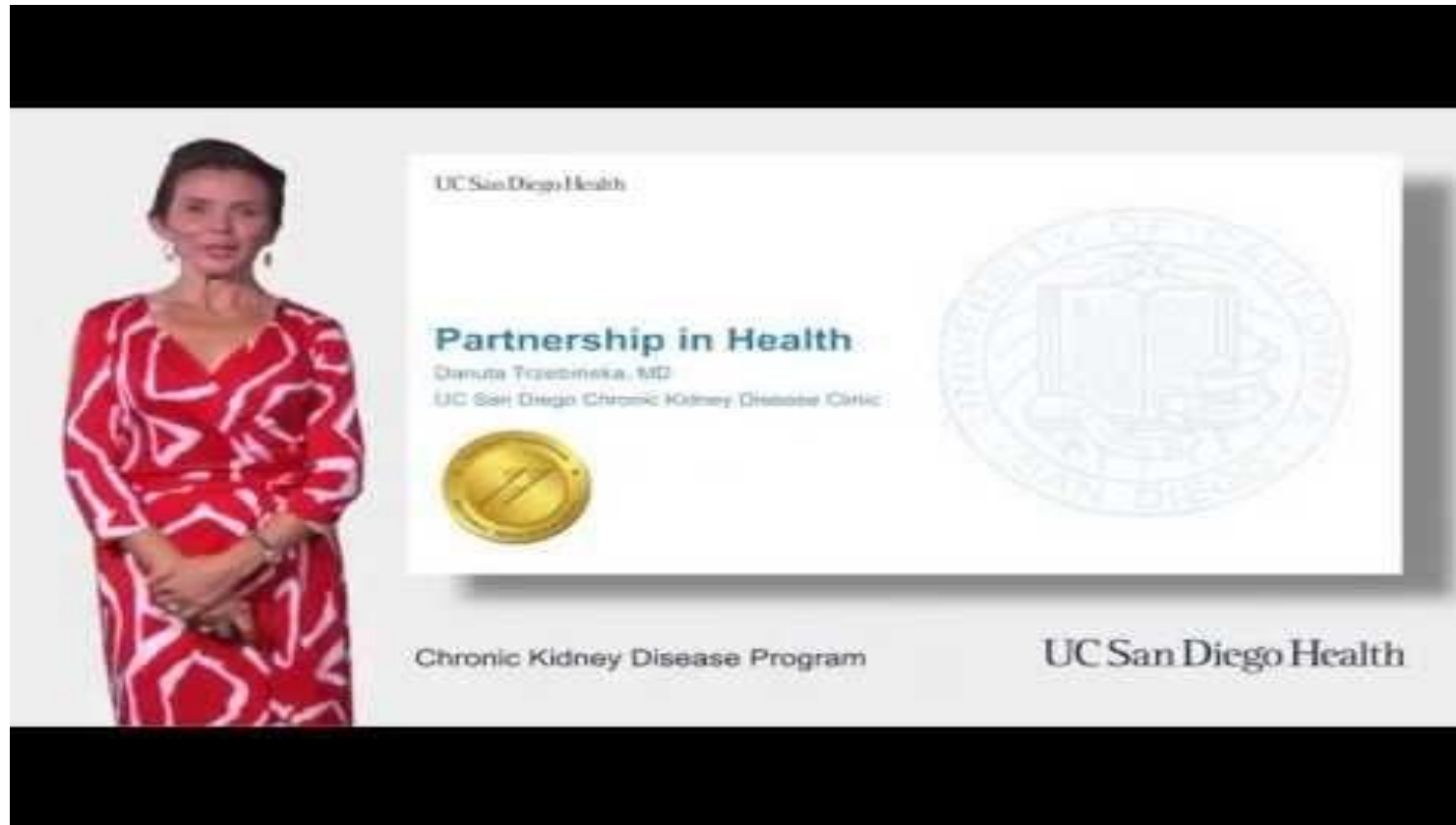


# Clinic-based MTM pharmacist -Meet Dr. Sarah Westberg...



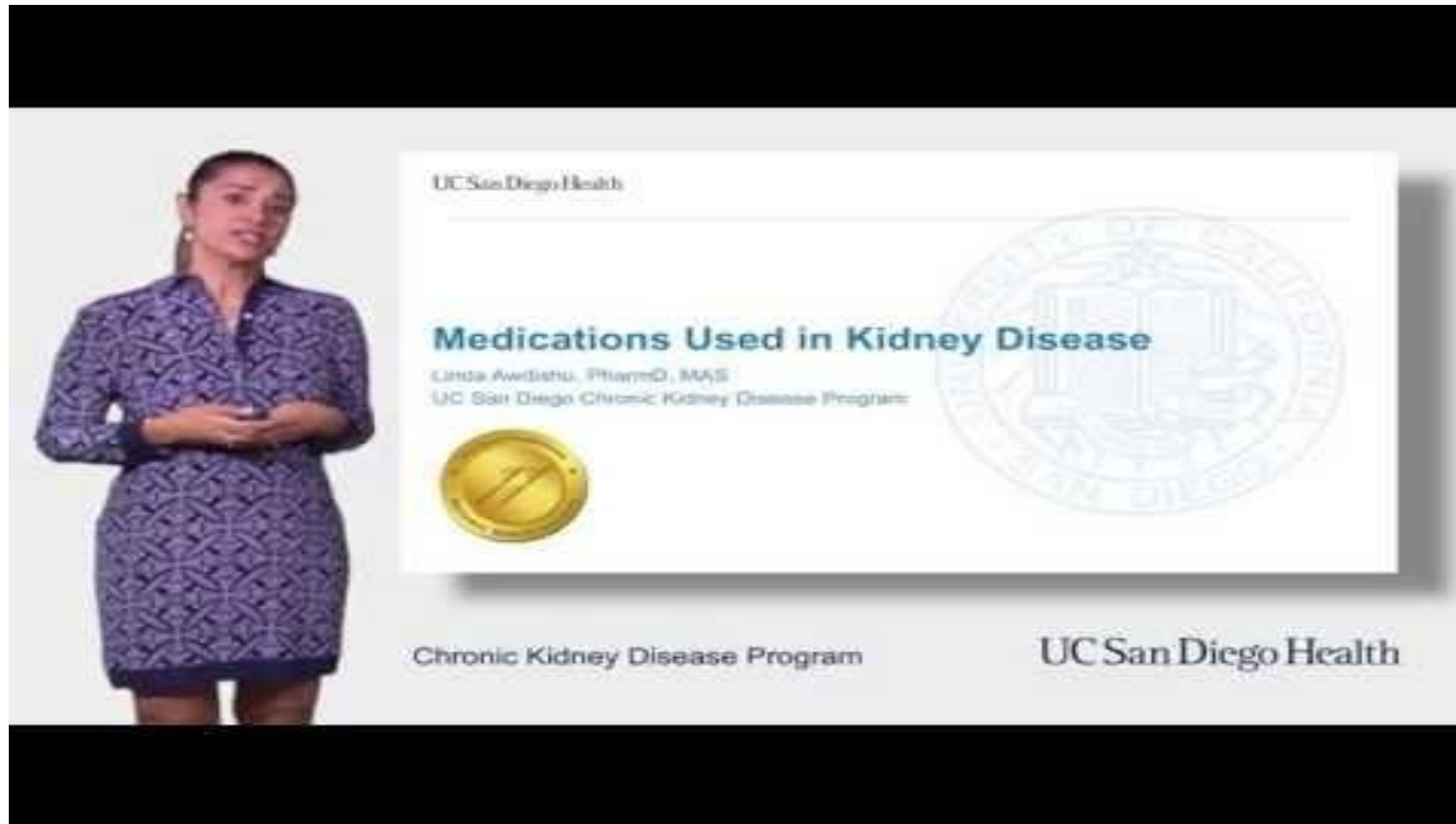
<https://youtu.be/n9U7rdNru7Q>

# Specialty Pharmacists Dialysis and Kidney Transplant



<https://www.youtube.com/watch?v=UUIldJCqyQSU>

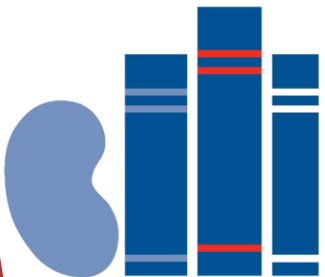
# Medications used in Kidney Disease



<https://www.youtube.com/watch?v=-i72ksgSWVA>

# How to find the right pharmacist for you

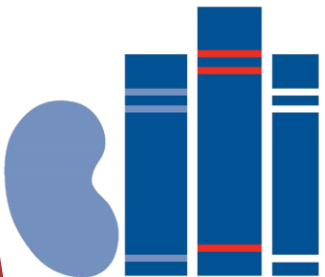
- ▶ If you have a kidney transplant
  - ▶ Transplant clinic pharmacist
  - ▶ ASK if your primary care clinic provides MTM services
    - ▶ Check if your insurance will cover MTM clinic pharmacist services
- ▶ If you are on dialysis
  - ▶ CHECK if dialysis unit has pharmacist(s) they work with
  - ▶ ASK if your primary care clinic provides MTM services
    - ▶ CHECK if your insurance will cover MTM pharmacist services





# How to find the right pharmacist for you

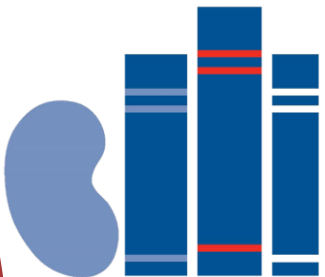
- ▶ If you have chronic kidney disease
  - ▶ ASK if your primary care clinic provides MTM services
    - ▶ Check if your insurance will cover MTM clinic pharmacist services
  - ▶ ASK if your community pharmacy provides MTM or ‘enhanced pharmacy services’
    - ▶ Check if your insurance covers MTM services



Note, if your insurance doesn't cover MTM or enhanced pharmacy services, you may be charged

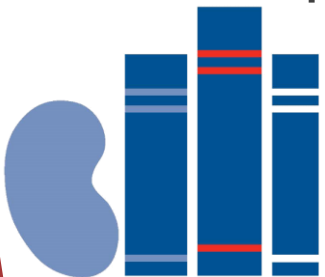
# What can patients do to improve medication use?

- ▶ Request to have a pharmacist review all your medications
- ▶ Bring ALL of your medications to your visit
  - ▶ Prescribed meds
  - ▶ Over-the-counter meds (e.g., aspirin, Aleve®, Motrin®)
  - ▶ Vitamins, herbal medicines



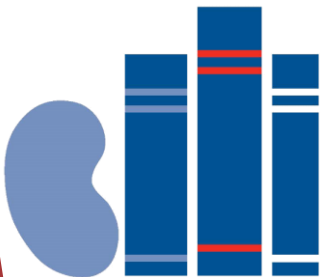
# What can patients do to improve medication use?

- ▶ Step 1: Bring your medicines with you each time you meet with a pharmacist, doctor, nurse to review medicines
- ▶ Step 2: Tell them everything you use and exactly how you take each medicine
- ▶ Step 3: Medication Reconciliation and Review by pharmacist or other health care professional



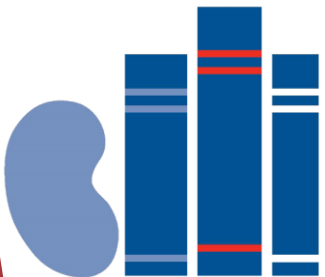
# More Terms

- ▶ Medication reconciliation
  - ▶ Process of creating the most accurate list of what patient is actually taking (name, dosage, frequency and route)
- ▶ Medication review
  - ▶ Evaluating medication list for MTPs (indication, effectiveness, safety and adherence)




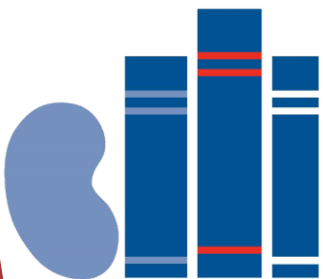
# Next steps to improve medication use.

- ▶ Step 4: Ask for an updated medication record to take home
- ▶ Step 5: Share this record with ALL of your health care professionals (HEALTH CARE TEAM)



# Free Smart Phone or Device Medication Apps Rated Most Trustworthy

- ▶ Mango Health
- ▶ MyMeds
- ▶ MediSafe Medication and Pills Reminder
- ▶ Dosecase Medication Reminder
- ▶ My Favorite: My Meds 
  - ▶ Sends daily medication reminders by text or email (optional)
  - ▶ Gives reasons for taking meds
  - ▶ Can be shared with caregivers and healthcare team



# Paper-Based Medication Records

- ▶ Ask pharmacist, doctor, nurse to print out your list
- ▶ Free form from the Food and Drug Administration
  - ▶ Can fill out online, save and print
  - ▶ Can fill out after printing form

Be an Active Member of Your Health Care Team  
**My Medicine Record**

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Food and Drug Administration

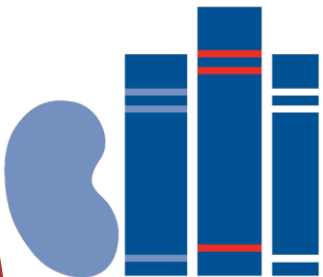
Name (Last, First, Middle Initial): \_\_\_\_\_ Birth Date (mm/dd/yyyy): \_\_\_\_\_

	What I'm Using Rx – Brand & generic name; OTC – Name & active ingredients	What It Looks Like Color, shape, size, markings, etc.	How Much	How to Use / When to Use	Start / Stop Dates	Why I'm Using / Notes	Who Told Me to Use / How to Contact
— Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, and dietary supplements —							
Ex:	XXXXXXXXXXXXXX	20 mg pill; small, white, round	40 mg; use two 20 mg pills	Take orally, 2 times a day, at 8:00 am & 8:00 pm	1-15-11	Lowers blood pressure; check blood pressure once a week; blood test on 4-15-11	Dr. X (800) 555-1212
1							
2							
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[www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm](http://www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm) (888) INFO-FDA [www.fda.gov/usemedicinesafely](http://www.fda.gov/usemedicinesafely) These are my medicines as of (Enter date as mm/dd/yyyy): \_\_\_\_\_

FORM FDA 3664 (3/11) Page 1 of 4

<https://www.fda.gov/downloads/aboutfda/reportsmanualsforms/forms/ucm095018.pdf>Print



# My Medicine Record



## My Personal Contacts

My Name (Last, First, Middle Initial)

Birth Date (mm/dd/yyyy)

Contact Information

## Emergency Contact

Name

Relationship

Contact Information

## Primary Care Physician

Name

Contact Information

## Pharmacy / Drugstore

Name

Contact Information

## Allergic Reaction or Other Problem I've Had With...

*any medicine, dietary supplement, food, skin cleaner, medical tape*

Describe in space below.

## My Medical Conditions and Operations

Describe in space below.

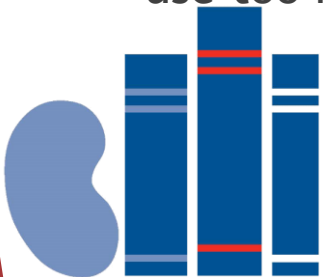
## Questions I Should Ask About Medicines or Dietary Supplements

- ❖ **Fill in the record for any new medicine, prescription (Rx) or over-the-counter (OTC), or dietary supplement, or ask my doctor or pharmacist to help me fill it in. Make sure I can read what is written on the record.**
- ❖ **When I review the record, or a change is made, ask:**
  - Can I use a generic form?
  - When should I start to feel differently? When should I report back to the doctor?
  - Will this take the place of anything else I am using?
  - Are there any special directions for using this?
- Should I avoid any other medicines, dietary supplements, or treatments while using this?
- Should I avoid any drinks, foods, other substances, or activities while using this?
- What are the possible side effects from this? Is there anything I should watch for? What do I do if I get a side effect?
- Will I need any tests (blood tests, x-rays, other) to make sure it is working as it should? When? How will I get the results?
- What should I do if I miss a dose? What do I do if I use too much?
- Where and how can I get more written information about this?



# When you get a new medication...ask your pharmacist

- ▶ What are the brand and generic (non-brand) names?
- ▶ Can I use a generic?
- ▶ What is this for, and how will it help me?
- ▶ How much do I use?
- ▶ When should I take it?
- ▶ How long should I use it? Can I stop taking it if I feel better?
- ▶ What should I do if I miss a dose or use too much?
- ▶ Will this take the place of anything else I am using?
- ▶ When will the medicine start working? How should I expect to feel? Anything I should watch out for?
- ▶ Can I take this medicine with my other medications or with food or drinks?
- ▶ Will I need any tests to check this medicine's effects?
- ▶ How and where should I store this medicine?



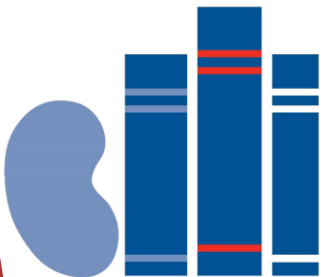
All this information is available in a printable brochure:  
<https://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM163351.pdf>

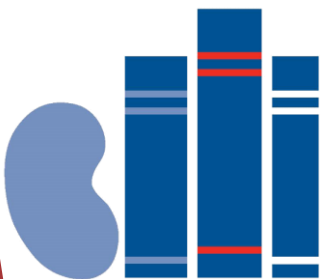


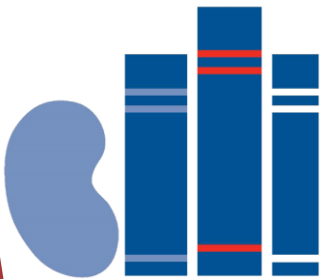
**Be An Active Member  
of Your Health Care Team**

# Add a Pharmacist to your Health Care Team!

- ▶ Pharmacists are the medication experts
  - ▶ Trained to find and resolve MTPs
  - ▶ Have different levels kidney disease expertise
- ▶ Form a 'therapeutic relationship'
  - ▶ Tell your pharmacist exactly how you are using your medications
  - ▶ They will work with you to help you meet your medication-related goals







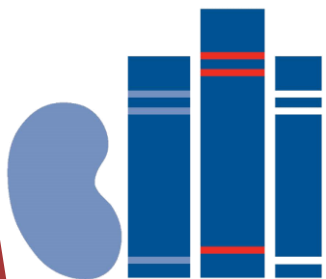
# Thank You for Attending Today!

Join us on December 12<sup>th</sup> at 2:00 pm Eastern for:

Please complete Feedback Form



A promotional poster for an event. The background is light blue. In the center is a large yellow smiley face with a pink tongue. Surrounding it are several smaller laughing emojis with text like 'LOL', 'HAHA', 'ROFL', and 'HEHE'. The main text reads 'WHAT'S SO FUNNY ABOUT KIDNEY DISEASE?' in a mix of bold and regular fonts. Below that, it says 'DECEMBER 12, 2018 AT 2PM EASTERN'. At the bottom left is the logo for the DPC Education Center, which includes a stylized kidney icon and the text 'DPC EDUCATION CENTER'. To the right of the logo, it says 'LEARN MORE AND RSVP AT WWW.DPCEDCENTER.ORG'.



LEARN MORE AND RSVP AT  
[WWW.DPCEDCENTER.ORG](http://WWW.DPCEDCENTER.ORG)