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

Next webinar: December 12th 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

Cipolle RJ, Strand LM, Morley PC. Pharmaceutical Care Practice, 2012
Medication Therapy Problem (MTP) Categories

Safety
- Adverse medication reaction
- Dose too high
- Needs additional monitoring

Adherence

Cipolle RJ, Strand LM, Morley PC. Pharmaceutical Care Practice, 2012
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=UUldJCqyQSU
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

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!

Please complete Feedback Form

Join us on December 12th at 2:00 pm Eastern for:

WHAT'S SO FUNNY ABOUT KIDNEY DISEASE?

DECEMBER 12, 2018 AT 2PM EASTERN

LEARN MORE AND RSVP AT WWW.DPCEDCENTER.ORG