2019 CONSULTANT PROGRAM

Sunday, September 29, 2019
7:30 A.M. – 6:15 P.M.
Samford University, Brock School of Business
Regions Community Resource Room (4th floor)

This program has been approved for 10 Alabama Consultant CE hours and Consulting Certification. Participants seeking certification must attend the full day (10 hours), pass a written exam on morning session with score of 75 or higher, and make application to Alabama State Board of Pharmacy. Participants seeking recertification may attend the afternoon only (6 hours). No partial credit can be given.

STATEMENT OF EDUCATIONAL NEED

- In the next 30 years, the US will experience a dramatic expansion in individuals aged 65 and older.1 Therefore, an increased need for pharmacists with knowledge and experience caring for older adults is expected to increase. For those pharmacists working in the long-term care (LTC) environment, a foundational understanding of federal guidelines regarding resident care is required.2 The purpose of this activity is to overview important aspects of LTC pharmacy regulation in order to improve the coordination of care for older adults.

Sources:

Morning Session 7:45 – 11:45 A.M.  4 contact hours (0.4 CEUs)

ACPE UAN  0002-0000-19-008-L04-P

Carrie L. Kreps, Pharm.D., CGP, FASCP, Consultant Pharmacist, Senior Care Pharmacy*

7:30 A.M.  Registration and sign-in
7:45 A.M.  Morning Session topics to be discussed
- Role of the consultant pharmacist: State and Federal regulatory guidelines in long-term care (LTC) facilities
- Crafting the art of the medication regimen review
- Psychotropic medications in the LTC resident: Is it right, or is it a restraint?
- Administrative responsibilities of the consultant pharmacist: More than a chart review

11:45 A.M.  Break for those doing full day – Dismiss for those doing morning only

Morning Session Learning Objectives:
- Define “Unnecessary Drugs” in the long-term care (LTC) resident
- Determine the role of a consultant pharmacist as it relates to the pharmaceutical services regulatory guidelines
- Describe the process of a medication regimen review for the LTC resident and identify areas where a consultant pharmacist can bring value to a facility through a chart review
- Identify the role of the consultant pharmacist in the monitoring/distribution of controlled substances, storage of medications and biologicals, and labeling of medications
- Identify if medication orders are transcribed correctly
- Determine if orders are complete
- Evaluate if medication dose and frequency is appropriate and consistent with manufacturer’s guidelines
- Identify and tailor recommendations to resident and facility needs
Identify the 4 major classes of psychotropic medications
Identify acceptable diagnoses for psychotropic medications
Implement scheduled dosage reductions for applicable psychotropic medications
Recommend monitoring parameters for residents receiving antipsychotics
Compare the difference between controlled substance drug destruction to non-controlled substance destruction in the LTC facility
Identify the guidelines for a facility Stat Box/E-kit and reconcile the inventory of the kit
Monitor facility emergency narcotic kits and help implement improved processes for emergency narcotics
Describe the value of the consultant pharmacist’s entrance/exit interviews with Facility Directors

Afternoon Session 12:00 – 6:15 P.M. 6 contact hours (0.6 CEUs)

ACPE # 0002-0000-19-009-L04-P

STATEMENT OF EDUCATIONAL NEED
Over 25% of elderly adults in the US have diabetes.\(^1\) The elderly population represents a growing proportion of the subset of US adults diagnosed with diabetes as the population ages.\(^1\) As with working-aged adults, presence of diabetes reduces quality of life and increases morbidity, mortality and risk for placement in a healthcare institution.\(^1\) Diet is a modifiable risk factor for development of diabetes. In the elderly, meeting dietary needs are important in order to ensure adequate nutrition and reduce risks for nutrient deficiencies.\(^2\) Another condition that is prevalent in the elderly population is anxiety. Like diabetes, anxiety is linked to reduced quality of life.\(^2\) Furthermore, generalized anxiety disorder commonly coexists with another underlying psychiatric health problem.\(^2\) Meeting pre-defined federal standards under the new final rule for the care of patients chronic health conditions like diabetes and mental health problems like anxiety are important, particularly since anxiety can be treated using psychotropic drugs (which can be considered unnecessary drugs).\(^2\) Other aspects of the final rule will be discussed. The purpose of this ACPE-accredited educational activity is to review and discuss diabetes and the concomitant nutritional needs of elderly adults. Additionally, anxiety and mental health will be highlighted and discussed as well as regulatory considerations facing the long-term care community. Assessment and group activities will be provided to assist with content retention and change in practice habits.

Sources:

11:30 A.M. Registration and sign-in for those doing afternoon only session

12:00 P.M. “Nutrition in the Geriatric Patient”
Megan Kaal, M.S., M.B.A., RDN, LD, faculty Samford University School of Public Health*

1:30 P.M. “Long Term Care Regulatory Update”
Carrie Kreps, Pharm.D., CGP, FASCP, Consultant Pharmacist, Senior Care Pharmacy*

3:00 P.M. Break

3:15 P.M. “Anxiety In the Elderly”
J. Mark Westfall, MD, psychiatrist, private practice*

4:45 P.M. “Treatment of Diabetes in the Elderly”
B. DeeAnn Dugan, Pharm.D., BCACP, faculty Samford University McWhorter School of Pharmacy*

6:15 P.M. Dismissal
Afternoon Session Learning Objectives:
• Identify increased malnutrition risks associated with aging
• Calculate healthy weights in the geriatric population
• Discuss common nutrition related diseases in older adults and barriers to adherence of diet recommendations
• Identify nutrients of concern in the geriatric population
• Apply geriatric nutrition knowledge to the nutrition care of the geriatric patient
• Recite components of the “Reform of Requirements for Long-Term Care Facilities Final Rule” (Mega Rule)
• Explain new responsibilities of the consultant pharmacist under the Mega Rule
• Identify practical implementations to make consulting services compliant with the Mega Rule
• Describe recent legal updates regarding the use of cannabis-containing products/CBD products in the long-term care setting
• Apply recent changes to the updated Beers Criteria and implement into Medication Regimen Review
• Learn six categories of anxiety for the general population
• Discuss how the elderly are in a unique position to have increased risk for anxiety symptoms
• Explore case examples of anxiety in the elderly
• Review environmental changes to assist in reducing anxiety in the elderly
• Review Pharmacological approaches to reducing anxiety in the elderly
• Compare and contrast medications used in the treatment of diabetes regarding issues impacting older adults.
• Describe the current 2019 American Diabetes Association treatment algorithm as it pertains to older adults
• Given a patient case, recommend appropriate treatment and changes to treatment for an older adult patient with diabetes

Cost:  $120 morning only ($130 at the door)
        $185 afternoon only ($195 at the door)
        $285 full day ($295 at the door)

Preregistration closes at midnight September 25, 2019. There will be no refunds unless cancellation is made before preregistration closes.

This program is appropriate for all pharmacists, those who seek consultant pharmacist certification, those seeking to renew their consultant license and/or those seeking general continuing education hours. All sessions are knowledge-based CPE activities.

For online registration and credit card payment go to http://www.samford.edu/pharmacy/continuing-education

You will have the option of registering for the morning only, afternoon only or the full day.

*Speakers have no relevant conflicts of interest to disclose.

This ACPE-accredited CPE activity is conducted without commercial support or influence of any kind.

Samford University McWhorter School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.