



# SUBURBAN PHARMACY

## Long-Term Care

April 2011



Welcome to the second quarterly edition of the Suburban Pharmacy LTC newsletter! In this issue you will find:

- Medication Disposal
- National Nurses Week
- Common Insurance Q&A
- Suburban Webconnect tips

### How to Dispose of Prescription Medicines

The safe way to dispose of medications and OTC products *is to put them in the trash!* Flushing medications down the toilet or sink causes water pollution, impacts drinking water and has adverse effects on septic systems, fish and other aquatic wildlife. Here are a few tips on disposing medications.

- **Keep the medication in its original container.**
  - To protect privacy cross out the patient's name and information remove the label or cross out the patient and prescription information with a permanent marker or duct tape.
- **Modify the medications to discourage consumption.**
  - For solid medications: add a small amount of water to pills or capsule to at least partially dissolve them.
  - For liquid medications: add enough table salt, flour, charcoal, or nontoxic powdered spice to make a pungent, unsightly mixture. This will discourage anyone from eating it.
- **Seal and conceal.**
  - Tape the medication container lid shut with packing or duct tape.
  - Place it inside a non-transparent bag or container. Yogurt or margarine tubs work well.
  - Do not use food products because animals could inadvertently consume them.
- **Discard the container in the trash not recycle bins!**

Article from: CT Dept. of Environmental Protection

### Suburban Webconnect Tips

Our interactive Webconnect offers caregivers in our communities secure and direct pharmacy connectivity.

- View patient profiles for your community
- Instantly print Physicians Orders
- Submit direct correspondence to pharmacy team members
- Check for food and drug interactions
- Submit refill requests to the pharmacy
- Electronically update patient information

### National Nurses Week is May 6<sup>th</sup> – May 12<sup>th</sup>!

**Suburban Pharmacy would like show our appreciation for all the hard work and dedication of the nursing community. We thank you!**

- Since **1965**, the ICN has celebrated "International Nurse Day."
- In January of **1974**, the International Council of Nurses (ICN) proclaimed that May 12 would be "**International Nurse Day**." (May 12 is the birthday of Florence Nightingale.)
- In February of **1965**, a week was designated by the White House as **National Nurse Week**, and President Nixon issued a proclamation!

Article From: ANA.org

## Common Insurance Q&A

Getting a handle on prescription insurance coverage can be a stressful process. Here are a few common insurance tips.

### What types of Coverage are available?

- Some seniors have coverage through retirement plans (such as employer or union) that cover some or all of their prescription and medical expenses (called creditable coverage).
- Other individuals who do not have creditable coverage may be eligible for Medicare benefits.

### Am I eligible for Medicare D?

- To join a Medical Prescription Drug Plan or a Medicare Advantage Plan you must have Medicare Part A or Part B.
- You will also have been issued a Medicare Health Insurance card.
- You must reside in the service area of the Medicare plan you choose to join.

### Am I eligible for Extra help?

- You may be able to get extra help paying for your medications in addition to Medicare D coverage. In order to qualify your yearly income and resources from 2010 must fall below the following guidelines:
  - Single person: Income less than \$16,245 and resources less than \$12,510
  - Married person living with a spouse & no dependants: Income less than \$21,855 and resources less than \$25,010
- You will automatically qualify for extra help if:
  - You have full Medicaid coverage
  - You get help from your state Medicaid program paying for your Part B premiums
  - You get supplemental Security Income (SSI)

Drug coverage can be confusing and expensive. Please call or email us with questions. We will always be happy to help!

## Injury Prevention

**Drug-Related Poisonings  
Cause Nearly 700,000  
Emergency Dept. Visits a Year.**



### Facts about Drug Poisoning:

- An estimated 699,123 U.S. emergency department visits for drug-related poisoning occurred in 2007, according to AJEM study.
- Nearly 28,000 unintentional drug-related poisoning deaths in the United States in 2007.
- Infants to children 5-years old have the highest rate of unintentional poisoning.
- Antidepressants and painkillers were responsible for 43 percent of all drug-related poisoning.
- The estimated emergency department charges for drug-related poisonings were \$1.4 billion.

### How to Prevent Unintentional Drug Poisonings:

- Keep all drugs out of the reach of young children. Lock medicine cabinets and properly dispose of old medications.
- Lock any cabinets that contain alcohol or make sure any alcohol beverages are in an area where only a legal adult can access it.
- Follow directions on the label when taking medications. Make sure to read all warning signs listed.
- Never share or sell prescription drugs.
- Keep all pain medication in a place where they can only be accessed only by someone who takes them or gives them.
- Put the poison control number, 1-800-222-1222 near every home telephone and save it in your cell phone. The line is open 24 hours a day, 7 days a week.
- Avoid taking medicine in front of young children because they mimic adults.
- Never leave children alone with household products or drugs.
- Do not call medicine candy.
- Do not let guests leave drugs where children can find them, such as a pillbox, purse, coat pocket or backpack.

[Emergencycareforyou.org](http://Emergencycareforyou.org)

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