

Maryam Sharafsaleh, Pharm.D.
Angela Forcucci, Pharm.D.

Compounded Suppository for Nausea

Nausea and vomiting can be difficult to manage and can cause hospice patients to suffer unnecessarily. Often, commercially available medications are sub-optimal in treating these unpleasant symptoms. Advance Care Pharmacy is proud to announce the availability of a compounded rectal preparation that can be individually prepared for your patients, following receipt of a valid prescription. The formula is a combination of two anti-nausea medications, that when used together offer additive effects. PROCHLORPERAZINE 25MG/ONDANSETRON 4MG SUPPOSITORIES (Compazine/Zofran) are effective in treating refractory nausea and vomiting and are dosed every 8 hours as needed for symptom management. Each suppository costs \$4.50.

PROCHLORPERAZINE 25MG/ONDANSETRON 4MG should be considered in patients with nausea and vomiting that is not relieved with first line agents. Nausea and vomiting can prevent a patient from eating, drinking, and other daily activities and can lead to weight loss, dehydration, and depression. The benefits of the compounded prochlorperazine/ ondansetron combination suppository include improving the quality of life in a hospice patient's final days. It is also much less expensive than the commercially available prochlorperazine 25mg suppository (\$12/each).

Atropine Sublingual Solution

Atropine 1% sublingual solution is still being compounded by Advance Care Pharmacy. Since it is not commercially available in an oral formulation, we can continue to prepare it for your patients. Unfortunately, pharmacy regulations are only allowing a 30 day expiration date (from date of preparation), when atropine is prescribed for SUBLINGUAL use. The expiration dating decreases to 14 days, for all ORALLY administered aqueous solutions. For 5ml, the price is less than half that of the commercially available ophthalmic solution (used orally). This makes it a cost effective medication for treating excessive secretions in your hospice patients.

Orders for compounded medications **cannot be sent STAT or AFTER HOURS**. This is because they are prepared for the individual patient and take time to make. Although we will make every effort to expedite the order, please keep this in mind when calling in compounded prescriptions.

Cost Saving Tips

Medication costs change frequently due to supply and demand. Advance Care Pharmacy makes every effort to identify price increases and recommend alternatives that provide a cost savings to your organization. Currently, some tips to avoid higher medication costs are to prescribe:

- **haloperidol LIQUID**, rather the tablets.
- **Lomotil (diphenoxylate/atropine) LIQUID**, not tablets.
- **Ventolin HFA**, instead of ProAir HFA or Proventil HFA
- **oxybutynin (Ditropan) LIQUID**, instead of tablets.
- **amantadine (Symmetrel) LIQUID**, instead of tablets.
- **vancomycin oral solution (FIRST vancomycin)**, and not the capsules for *Clostridium difficile* colitis. Remember that oral vancomycin CANNOT be used to treat systemic infections, including MRSA.
- For topical antifungal treatment, use **clotrimazole**, **miconazole**, or **terbinafine**. AVOID ketoconazole.
- **Salonpas Gel Relief Patch with lidocaine 4%**, instead of lidocaine 5% patch (Lidoderm).
- **Fentanyl 12 mcg transdermal patch** is now available at lower cost.
- **diclofenac 1% topical gel** (generic for Voltaren Gel) is now available at lower cost.



Drug Shortages

The following drugs are in limited supply at this time:

- docusate sodium 100mg TABLET (not capsules)

Meet Our Pharmacists

Advance Care Pharmacy staff is a carefully selected group of clinical pharmacists that excel in end-of-life medication related management.



Kelly Le graduated from Touro University California, College of Pharmacy, with a Pharm.D. (2009). Her pharmacy experience consists of psychiatric and inpatient hospital, home infusion, and long-term care. Her hobbies include gardening, hiking, biking, and studying God's words. She is the treasurer for the Asian Pacific Health Foundation, a non-profit organization, specializing in health screenings for hepatitis B and C, osteoporosis, and other diseases prominent in the Asian populations.



Angela Forcucci received a B.S. in Biopsychology, from U.C., Santa Barbara and Pharm.D. from the University of California, San Francisco School of Pharmacy (1997). She completed a general practice residency at Kaiser Permanente, San Diego, and eventually found her niche in hospice and home infusion over 15 years ago. Pain management and infectious disease are two therapeutic areas where she excels. She is married and has two teenagers that keep her busy with their sports and activities.



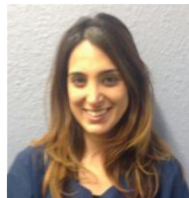
Sun Chung is a graduate of Purdue University School of Pharmacy. She received her Pharm.D., in 2002. With a background in retail pharmacy, she excels in customer service, pharmacy consultation, medication therapy management (MTM), and pharmacy management. She has two young children and enjoys reading, traveling, and Yelping.



Mike Gracza graduated from the University of Southern California School of Pharmacy with a Pharm.D., in 1983. He then completed a post-graduate fellowship in geriatrics. He has worked in multiple areas of pharmacy, including community, long-term care, hospital, and home infusion. Mike and his wife have two sons. He enjoys fishing in his spare time.



Babak Bashar graduated from U.C., San Diego and then attended University of the Pacific for his Pharm.D. (1996). He has over twenty years of experience in pharmacy with ten of those dedicated to long term care. His areas of expertise include pain management, psychiatric medicine, and long term care. He is married, with two children. His hobbies include tennis, running, and traveling.

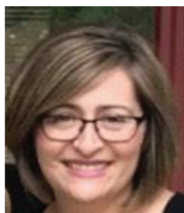


Sara Farokhi received her degree in Pharmacy from the University of Munster, in Germany, in 2010. She is one of the intern pharmacists that help support our pharmacy staff. Previous experience includes Adler Apotheke pharmacy, in Germany, followed by CVS retail pharmacy. She is a newlywed and has two puppies. She likes to travel, go to the beach, and spend time with her friends and family.



Mark Dimry is a graduate of Xavier University, School of Pharmacy, Class of 1988. He initially worked in retail pharmacy, and then moved into hospital and home health. He co-owned and managed an independent pharmacy in San Diego from 1994-2007. He is an avid golfer and physical fitness enthusiast.

Meet Our Pharmacists, contd.



Megan Martin is a Pharm.D. graduate of Purdue University School of Pharmacy, class of 2000. Previously, she was employed by Walgreens, where she managed some of the highest volume pharmacies in the nation, including Chicago, San Francisco, Detroit, Indianapolis, and Orange County markets. She is married, with three children. In her spare time, she likes to read, try new restaurants with friends, and spend time with her family.



Ken Strang received his undergraduate degree in Chemistry from San Diego State University. He then attended the University of Utah School of Pharmacy, graduating in 1969. Most of his career was spent in retail pharmacy. He is a native Californian, and enjoys all water and ocean sports, cycling, and hiking. He is married with seven children and nineteen grandchildren.



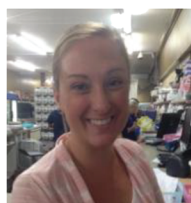
Jordan Phung completed her undergraduate studies at U.C., Irvine. She received her Pharm.D. from University of the Pacific in 1995. She has experience in many different areas of pharmacy. She is married, with three children and two dogs. She is an avid gardener, with over one hundred varieties of fruit trees in her yard. Many would consider her a professional gardener!



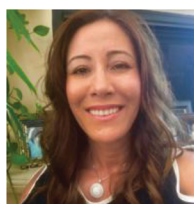
Lynn Wang graduated from Purdue University in 1994, with a Bachelor of Science degree in Pharmacy. Her background in both retail and hospital settings, brings comprehensive pharmacy practice experience to ACP. She was born in Tennessee, but her parents are from Taiwan. She has three sons and likes to walk, read, and travel.



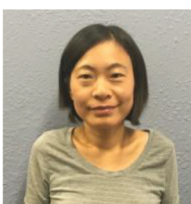
Naba Rahman completed her undergraduate degree at U.C.L.A. and earned her Pharm.D. at Philadelphia College of Osteopathic Medicine (PCOM) in 2014. She is a southern California native, one of five siblings, and the mother of two young children. She loves to cook, sing, and spend time outdoors.



Krystal Wolfram earned a Pharm.D. from Ohio Northern University in 2009. Prior to joining Advance Care Pharmacy in 2013, she was employed by CVS. Her attention to detail and leadership skills allow her to fulfill her responsibilities of Pharmacist in Charge at our Escondido location. Krystal and her husband, Casey (who also works for ACP), recently completed a continental excursion around Asia. Besides traveling, she likes to read and play with her two Chihuahuas.



Maryam Sharafsaleh received her Pharm.D., in 1990, from the Southwestern Oklahoma State, School of Pharmacy. She is the owner of Advance Care Pharmacy and Pharmacist in Charge at our Corona location. Her extensive experience in hospice and long-term care pharmacy has helped make ACP one of the leading pharmacy providers for these populations in Southern California. In her spare time, she likes to read and go to the gym.



Yu Zhao attended Shanghai Medical University School of Pharmacy, where she received her Bachelors' Degree in 1994. She is one of the intern pharmacists at ACP. Previously, she worked as a sales representative at SINE Pharmaceuticals, in Shanghai, a research associate at Scripps Research Institute, and a scientist at Amylin Pharmaceuticals. She is married and has a son. She enjoys hiking, reading, and traveling.

Supplies at Competitive Rates

Did you know that Advance Care Pharmacy offers additional items that may benefit the needs of your patients? We carry incontinence supplies, including diapers, pull-ups, underpads, and wipes. No-rinse shampoos, creams, and washes are also available. Pricing is very competitive and delivery is available for all orders. Please contact Amy at ext 325 for questions about availability and cost.

Unused Medications

California law prohibits the return of drugs once they have left the pharmacy. Any unused medications must be disposed of properly to avoid harm to others. Visit the DEA's website:

http://deادiversion.usdoj.gov/drug_disposal/index.html,

or call 1-800—882-9539 for more information and to find an authorized collector in your community. Drug "Take Back" programs are a good opportunity to dispose of unused medications. If no programs are available in your area, the medications can be disposed of in the following manner. Remove them from their original container and mix them with water to dissolve the medication. Pour the mixture into used coffee grounds, dirt, or kitty litter, making it undesirable and unrecognizable to others. Seal the contents in a zip lock bag, or empty can, and place in the trash. Remember to adhere to individual hospice and facility protocols when disposing of unused medications. Ask your organization's management for information and assistance.



"Would you believe the PHARMACY called and wanted to know WHAT I wrote on the prescription? I just don't understand why they can't just read my mind."

Welcome New Hospices

Advance Care Pharmacy provides pharmacy services to over 130 hospice organizations throughout Southern California. We would like to extend a warm welcome to several new hospices that have joined us recently:

Advantage Hospice
Advent Hope Hospice
Aleve Hospice
Art of Hospice
Caring Hands Hospice
Celestial Hospice
Charter Hospice
Citi Care Hospice
Eldercare Hospice
Elite Hospice
Goldberg Hospice
Harmony Hospice

Healing Hearts Hospice
Hospice by the Sea
Hospice of St. John
Hospice of the South Coast
Living Waters Hospice
Love Care Hospice
Paramount Hospice
St. Anthony Hospice
Starlight Hospice
Vision Viejo Hospice
West Coast Hospice

Advance Care Pharmacy

Specializing in Hospice and Long Term Care
With THREE locations serving all of Southern California:

528 North Broadway
Escondido, CA 92025

(760) 489-7077

FAX : (760) 489-7040

acphospice@advcarerx.com

Hours: 9:00am-1:00am
24 hours on call service

320 Bonnie Circle
Corona, CA 92880

(951) 256-8800

FAX: (951) 284-4594

info@advcarerx.com

Hours: 9:00am-9:00pm
24 hours on call service

Quality Assurance: Lisa Leon (760) 489-7077 x 323

Accounting/Billing: Amy Leichtfuss (760) 489-7077 x 325

NDC Reporting: Jordan Hocsan (760) 489-7077 x 330

CII Fax Questions: Monique (Escondido)

Angelica or Sonia (Corona)