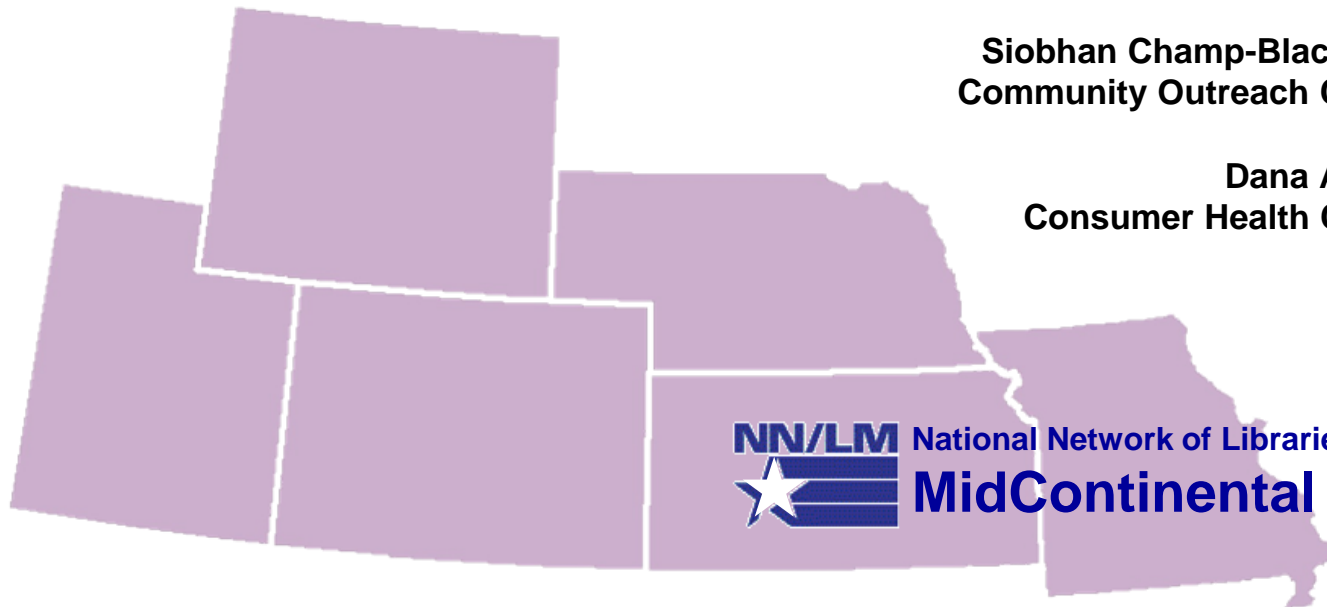


HUD Neighborhood Networks: Medication Safety - Resources for Identification, Tracking, and Disposal

Tuesday- January 18, 2011
12MT, 1CT

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NN/LM National Network of Libraries of Medicine
MidContinental Region

Objectives

- **Learn about prescription drugs and over-the-counter medicines, including side effects, dosage, special precautions, and more**
- **Be familiar with online resources for pill identification**
- **Learn about online resources for tracking medications**
- **Know how to safely dispose of unused and expired medications**

Links From Today's Session

- http://www.delicious.com/EPforPL/medication_safety

Case Study

- **35 year old female, gave birth three months ago. Four years ago was diagnosed with rheumatoid arthritis (RA). During her pregnancy, RA went into remission, but returned two months ago with worsening symptoms of morning stiffness, and severe pain in the wrists and knuckles. Patient is breastfeeding.**

Case Study

- Generally an aggressive course of treatment is sought, with **Methotrexate** and **Hydroxychloroquine** being the most prescribed. Patient is worried about possible side effects of treatment on infant and herself – at initial onset of RA, she took **Leflunomide (Arava)**, but stopped due to increased risk of harm to a fetus. She is also interested in alternative treatments.

Case Study

■ New RA treatments

- **Golimumab**
- **Certolizumab**
- **Tocilizumab**

■ Demonstrated treatments

- **Celecoxib**
- **Hydroxychloroquine**
- **Sulfasalazine**
- **Corticosteroids**
- **Methotrexate**

■ Alternative supplement treatments

- **Fish oil**
- **Gamma linolenic acid**
- **Thunder god vine**
- **Tumeric**
- **Boswellia**
- **Ginger**
- **Green Tea**

Prescription Drugs

- **Total sales for prescription drugs**
 - \$300 billion U.S. in 2010
 - \$890 billion worldwide in 2011
- **3.9 billion prescriptions filled**
 - 75% of those generic
 - Antipsychotic led sales at \$14.6 billion
 - Per capita 12 prescriptions
- **1.5 million injuries each year due to medication errors**

Dietary Supplements

- **38% of adults use complementary and alternative medicine (CAM)**
- **4.5% of adults seek CAM specifically for arthritis**
- **\$28.7 billion spent on dietary supplements/natural products**
- **\$1.2 billion spent on pet supplements**

MedlinePlus Drugs & Supplements

- Prescription and over-the-counter medicines information from the American Society of Health-System Pharmacists
- Dietary supplements and herbal remedies information from Natural Medicines Comprehensive Database Consumer Version
- In English and Spanish

Drug Digest

- **Non-commercial, evidence-based, consumer-oriented site**
- **Easy-to-read reference materials on 1,500 drugs, vitamins and herbs**
- **Provides 6,000 tablet and capsule images**
- **Over 11,500 known potential drug interactions for over 5,000 drugs and herbal products**
- **Compare how drugs within the same class measure up to one another, and check the side effects of common drugs**

DailyMed

- **Comprehensive, labeling as found in medication package inserts**
- **Contains 18,704 approved prescription drugs**
- **Links to consumer health information including presence in breast milk**
- **Report adverse events**
- **Visually identify tablets and capsules**



<http://dailymed.nlm.nih.gov/>

Office of Dietary Supplements

- Vitamins, minerals and other dietary supplements – including **botanicals**
- MyDS free mobile app for tracking dietary supplements
- Nutritional recommendations and interactive calculation tool
- Links to consumer health information from the FDA and FTC in English and Spanish

Food and Drug Administration

- Locate therapeutic equivalents
- Original approval date
- Historical documentation of drug approval
- Label information
- Package insert literature
- Any alerts or warnings associated with substance
- Medicines in My Home interactive program to teach medication safety <http://www.mimh->

[fda.gov/](http://www.fda.gov/)

[NN/LIM](#) National Network of Libraries of Medicine

 MidContinental Region

<http://www.accessdata.fda.gov/scripts/cder/drugsatfda/>

ConsumerMedSafety.org

- From the Institute for Safe Medication Practices
- Receive safety alerts on the medications you take
- Report medication errors
- Identify medications by markings, color/shape
- Search drug interactions and drug information – in English and Spanish, with photos including **solutions** for injection
- Links to other patient safety websites
(<http://www.consumermedsafety.org/tools.asp?p=websites>)

LactMed

- **Over 800 drugs**
- **Glossary of breastfeeding terms**
- **Suggests alternative drugs**
- **Effects on infants**
- **Possible effects on lactation**



Clinical Trials.Gov

■ Find information on:

- Trials purpose
- Who can participate
- Location of trials
- Contact information to share with provider

■ Understanding Clinical Trials

- A research study done with humans
- Follow a protocol
- Test drugs, devices, treatments, and more



<http://clinicaltrials.gov/>

NCCAM

■ Health Information Tab

- Topics A-Z
- Herbs at a Glance
- Clinical Trials
- English and Spanish
- What's safe and effective
- Uses and side effects of herbs and botanicals

■ Multimedia Gallery (under News and Events)



Avoiding Medication Errors

- **Maintain a current, accurate list of all prescription and over-the-counter medicines, vitamins, and herbal supplements**
- **Take a printed copy to all medical appointments and when traveling**
- **Have the prescriber explain how to use the drug properly – do not take a drug without being told the purpose for doing so**
- **Ask the pharmacist for written information about your medications**

- Visually identify unknown tablet and capsule medications
- Identify based on imprint, shape, color
- Currently under development, not intended for clinical use
- Contains 10,562 records – 912 have images
- There can be inconsistencies in the colors and shapes displayed
- Currently, a multicolored pill search is not available, but plans are to include this feature in a future version

Imprint
Shape
Color
Size
Scoring

SEARCH CRITERIA: oval Blue Red Clear Search

311 matches found

WW66
ACN 8 SLV SLV
E277
MSD 749
LL C04
93 149
BAYER M400
543 80
93 7212



[Go to FDA Drug Label](#)
[Go to Drug Information](#)

Avelox ABC Pack
moxifloxacin

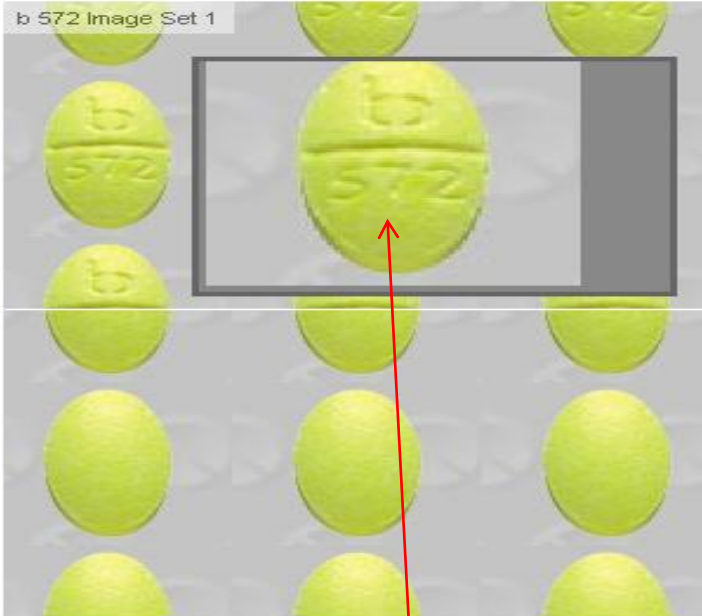
Imprint	BAYER M400
Shape	Oval
Color	Red
Size (mm)	17.00
Scoring	1
DEA Schedule	Non Scheduled
FDA Product Code	0085-1733
Author	Schering Plough Corporation

Pill Identification Wizard

- Match pill based on size, shape, color and imprint
- Updated monthly and quarterly
- Find drugs by disease or condition and check for potential interactions with other medications and food
- It also contains information on over 5,000 veterinary pharmaceuticals for pets, livestock and numerous exotic species

Methotrexate sodium Images

b 572 Image Set 1



b 572 Image Set 2



Methotrexate sodium

Imprint(s):

b 572

Strength(s):

2.5 mg

Manufacturer:

IVAX Corporation

Color:

Yellow

Shape:

Elliptical / Oval

Drug Class:

[Antimetabolites](#)

[Antipsoriatics](#)

[Antirheumatics](#)

Pregnancy Category:

[X - Not for use in pregnancy](#)

CSA Schedule:

[N - Not a controlled drug](#)

Availability:

Prescription only

[View Drug Details](#)

 [Print](#)

[Search again](#)

Personal Medication Record

- Educate and empower health consumers
- Improve patient safety and health quality
- Other tracking systems include the Electronic Health Record, Patient Health Record, Personal Health Record

Options for PMR

- Individuals can create their own PMR – many PHR products allow for medication tracking
- Other sources include healthcare provider, insurer, employer or a commercial suppliers
- Each supplier has different policies and practices regarding how they may use data they store for the individuals
- Make sure you understand how your personal health information will be used and protected
- Visit <http://www.myphr.com/>

My Medication Tracker

- Free software tool, runs on your desktop
- Track medications, dosages, potential drug interactions, and cost
- Improves communications with pharmacists and doctors
- Take control of your own medication and health history
- Consumer Reports/National Library of Medicine

<http://www.consumerreports.org/health/medication-tracker/>





MEDICATION

USER PROFILE

ConsumerReports
My MEDICATION TRACKER

My Medication for Dana Abbey

Family Member:

Dana Abbey



Medication	Strength	Form	Take	Reason	Allergy	Physician	Price	Start	Stop
Methotrex...	2.5mq		tib	RA			22.00	12/02/2...	

Drug Name: Methotrexate

Price: \$ 22.00

Strength: 2.5mg

Physician:

Medication Form:

Reason: RA

How Many/How Often: tib

Start (mm/dd/yyyy): 12/02/2007

Stop (mm/dd/yyyy):

 Are you allergic to this drug?

Medication History

Current Medication

Reports

Add New

Details

Edit

Remove

Exit













[Log Off](#)[About](#) [How To Use](#) [Privacy](#) [Best Buy Drugs](#) [CR Health](#) [Price Comparisons](#)

MyMedicationList

- **Information stored locally on your computer**
- **Print out for continuity of care at the doctor's office or hospital**
- **Independent from and health institutes, organizations or platforms**



MyMedication List

Medications		New Prescriptions					
Current Medications							
Name of Me...	Start Date	Stop Date	Amount Esc...	Frequency	Instruction	Last Prescri...	Prescriber
Vitamin B 12 5 MG Sublingual Tablet	10/13/2009	10/13/2010	 1	 Once a Day	In the Morning		
Vitamin A 10000 UNT Oral Capsule	10/13/2009	10/13/2010	 1	 Once a Day	In the Morning		
Flomax 0.4 MG Oral Capsule	10/13/2009	10/13/2010	 1	 Twice a Day	As Directed		
 Lipitor 40 MG Oral Tablet	10/13/2009	10/13/2010	 1	 3 Times a Day	With Meals		
Paxil CR 12.5 MG Extended Release Tablet	10/13/2009	10/13/2010	 1	 3 Times a Day	As Directed		
Hydrocodone Bitartrate 7.5 MG Oral	10/13/2009	10/13/2010	 1	Every 6	On Empty		

Medications		New Prescriptions					
Current Medications							
Name of Medicine	Start Date	Stop Date	Amount Each Time	Frequency	Instruction	Last Prescription Date	Prescriber
Seroquel 25 MG Oral Tablet	10/13/2009	11/06/2009	1	Twice a Day	On Empty Stomach		
Diovan 320 MG Oral Tablet	10/13/2009	12/13/2009	2	Every 8 Hours	As Directed		
Zocor 40 MG Oral Tablet	10/13/2009	06/13/2010	1	Twice a Day	After Meals		
Norvasc 5 MG Oral Tablet	10/13/2009	12/13/2009	2	Twice a Day	As Directed		
Zithromax 250 MG Oral Tablet	10/13/2009	11/17/2009	1	Once a Day	As Directed		
Vitamin B 12 5 MG Sublingual Tablet	10/13/2009	10/13/2010	1	Once a Day	In the Morning		
Lipitor 40 MG Oral Tablet	10/13/2009	10/13/2010	1	3 Times a Day	With Meals		

Disposing of Medications

- Remove drugs from original containers
- Mix with an undesirable substance
- Do not flush drugs down the toilet - hospitals and nursing homes alone flush about 250 million pounds of pharmaceuticals down the toilet every year
- Check with your pharmacy about local take-back programs
- 62% of teens abusing prescription drugs got them from home
- 40% of teens believe prescription drugs are safer than street drugs
- Unsafe disposal practices can lead to contamination of surface water and ground water, and can affect aquatic breeding

State Supported Programs

■ **22 states currently participate in take-back events, including:**

- Arkansas
- California
- Colorado
- Florida
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas

- Kentucky
- Maine
- Massachusetts
- Michigan
- Missouri
- New York
- Ohio
- Oregon
- Texas
- Utah
- Washington
- West Virginia
- Wisconsin



**Questions?
Comments?**



Objectives Revisited

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Upcoming Sessions

- **Feb 15 - Caring for the Mind**
- **Mar 15 - Healthy Aging**
- **Apr 19 - Environmental Health**
- **May 24 - Natural Cures: Complementary & Alternative Medicine Issues and Resources**
- **Jun 21 - NLM, NN/LM and Funding Application Tips**
- **Jul 19 - PHPartners**
- **Aug 16 - Health Disparities, Outreach & NLM Resource Refresher**



Thank You!

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