

MEDICATION



Pill Drill: Medication Management for Emergency Response



Sandra Leigh Bardas, Clinical Pharmacist

Served as Federal and California
Disaster Medical Assistance Team Pharmacist

sandbar1343@gmail.com



Medication List

Your Name: _____ Pharmacy: _____
Date Updated: _____ Pharmacy #: _____

Medication	Dosages	How often used?	Which Doctor Prescribed?	Doctor's Phone Number

Top therapeutic categories for retail-dispensed prescriptions — Puerto Rico, June–August, 2017*

Therapeutic category	No. (%) prescriptions
Cardiovascular	971,234 (20.7)
Psychiatric	554,839 (11.8)
Analgesic†	449,532 (9.6)
Lipid lowering	349,533 (7.5)
Diabetes	346,104 (7.4)
Gastrointestinal	342,146 (7.3)
Neurologic	287,038 (6.1)
Thyroid	234,982 (5.0)
Antibiotics	225,009 (4.8)
Pulmonary	150,525 (3.2)
Other§	781,241 (16.6)
Total	4,692,183 (100.0)



Objectives for Preparedness

- Build key relationships *before* disasters
- Help *reduce the strain* on public health and emergency response
- Help keep chronic care patients *out* of stressed hospital systems
- Build resilience to support health and economic recovery so *quality of life returns to normal* as fast as possible
- Enhance public-private *collaboration* and info sharing
- <https://www.healthcareready.org>
- RxOpen Rx Open was created to help patients find nearby open pharmacies in an area impacted by disaster.
- <https://www.healthcareready.org/rxopen/faq>

How to Prepare for Medical Needs

- Preparations Before Disaster/Evacuation Strikes
 - Vaccinations
 - Water & Food
 - Personal Hygiene Supplies
 - First Aid Supplies
 - Medication Storage and Ancillary Supplies
 - Documentation
 - Helpful Websites and Other References
- If you and & family are not prepared:
You Cannot Deploy to Help Others



Vaccinations

- Due to potential for open wound injury – Be up to date with Tdap (Tetanus, diphtheria, acellular pertussis)
- Crowded living quarters increase the potential for spread of infectious diseases
 - You may be bunking together with family, friends or strangers
 - Childhood diseases are highly contagious
 - Adults- pneumonia vaccine
 - Everyone- influenza, COVID-19
 - Consider an RSV vaccination if eligible
- Stress can exacerbate disease or stimulate an outbreak of shingles Shingrix™ Vaccine when eligible



Water & Food

- Calculate one gallon of water per person per day for at least 7 days
- Food for 7 days
 - Consider infant, toddler, child friendly foods
 - Consider foods that require minimal preparation and don't require water for reconstitution
 - Can opener, utensils, dishes
 - Some medications need to be taken with food
- Pet Food
- Cash in Small Denominations - \$1, \$5, \$10
 - ATMs and Gas Stations don't work without power



Personal Hygiene Supplies

- Hand Sanitizer and/or Soap
- Baby Wipes for Personal Cleanliness
- Toilet paper / Trash Bags
- Diapers / Adult Underwear
- Feminine Hygiene Supplies
- Dental Care
- Sunscreen
- Moisturizing Cream or Lotion



First Aid Kit -Medications

If you have children or adults who cannot swallow tablets stock liquid formulations

- Acetaminophen (Tylenol™)
- Ibuprofen or Naproxen (Advil™/Motril™or Aleve™)
- Diphenhydramine (Benadryl™)
- Double Antibiotic Ointment (bacitracin/polymixin)
- Hydrocortisone Cream
- Antacid
- Guaifenesin with or without Dextromethorphan



Medication Storage and Ancillary Supplies

- Measuring device for liquid medications
- Pill Splitter and/or Pill Crusher
- Insulated pack with cold pack for cold storage
 - Hint- Insulins can be at room temperature (59F-86F) for up to 28 days
- Syringes, needles, alcohol wipes for injections, test strips, lancets
- Spacer if needed for Inhaler; tubing, mask for oxygen delivery
- Any needed medical equipment such as oxygen, nebulizer, pulse oximeter, blood pressure cuff, glucometer, catheters, etc.



Will You Need Light, Warmth, Electricity?

- Have a flashlight for each person – Even better – a headlamp so you can be hands free
- Consider having a lantern for area lighting
- Candles not advisable due to potential gas leaks
- Batteries-the right size and the right number
- Power Bank – Keep it charged, Consider Solar Power Bank
- Work gloves, blankets, poncho



Supplementary Medical Needs During a Disaster

- Electricity dependent durable medical equipment and assist devices
 - *Cardiac devices, breathing devices, enteral feeding pump, IV infusion pump, suction pump, at-home renal dialysis, motorized bed, wheelchair, scooter
 - *helps to locate at-risk Medicare beneficiaries – about 3000 in San Mateo County

<https://empowerprogram.hhs.gov>

<https://empowerprogram.hhs.gov/empowermap>

- National Infusion Center Association
 - <http://locator.infusioncenter.org>
- Emergency Preparedness for Older Adults
 - Several websites from CDC, AARP, NIH, Alzheimer's associations


Documentation

- Name, address and phone of physicians
- List of current medical problems
- List of allergies or history of adverse drug reactions
- Name and phone of pharmacy
- Current Medication List
 - Name of Medication, Strength, Dosage, Directions, Indication for Use, Prescriber
 - Make sure it is up to date reflecting any changes in medication or dosing
 - Include medications taken on an as needed basis
- Extra eyeglasses and eye prescription
- Copies of insurance cards, Medicare, MediCal, Durable Power of Attorney for Healthcare, POLST

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How to Read Your Prescription Vial

To get a COMPLETE Medication History

- Patient Name
- Name & Strength of Medication (trade and/or generic name) & manufacturer
- Instructions – how much, when & how to administer
- Expiration Date
- Prescriber
- Name & Phone Number of Pharmacy
- Number of refills, if any
- Additional information specific to the
 - Storage
 - Safe & correct usage
 - Cautions during usage



Take Care of Your Medications-People & Pets

- Keep up to date on your refills – Don't wait until the last minute to order or request pharmacy to obtain a refill for you
- If possible try to keep ahead with a 7 day supply
- It is always good to have extra routine medications on hand. Be sure to continually rotate your stock so you don't have expired medications
- Keep your medication card up to date so you know your exact medication regimen including the name and strength of your medication, the dosage, the directions and the reason for the medication



If You are Forced Out of Your Home During a Disaster Evacuation

- During Evacuation/Away from Home
 - Take your medications
 - Take care of your medications
 - Find a pharmacy to replenish supplies



1. Tracks state law waivers to increase flexibility in obtaining or replacing medications
2. Insurance-related resources such as hotlines
3. EPAP-Emergency Prescription Assistance Program for those who have absolutely no insurance
4. RxOpen- Pharmacy status tracker in real time
5. Emergency Response Coalitions such as for diabetes or dialysis patients
6. Aid in coordinating transportation to medical care

Provided critical information on emergency refill laws, insurance information, prescription assistance programs and more



Helped establish a mobile pharmacy outside a damaged hospital



Restored communications capabilities for four hospitals within 24 hrs



HEALTHCARE READY:

Patient Impact



Provided dozens of patients guidance on how to acquire emergency prescription refills

Directed a patient needing a critical injection to a center that would administer the medication

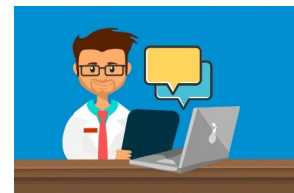


Arranged evacuation of dialysis patients from severely flooded and damaged areas to treatment

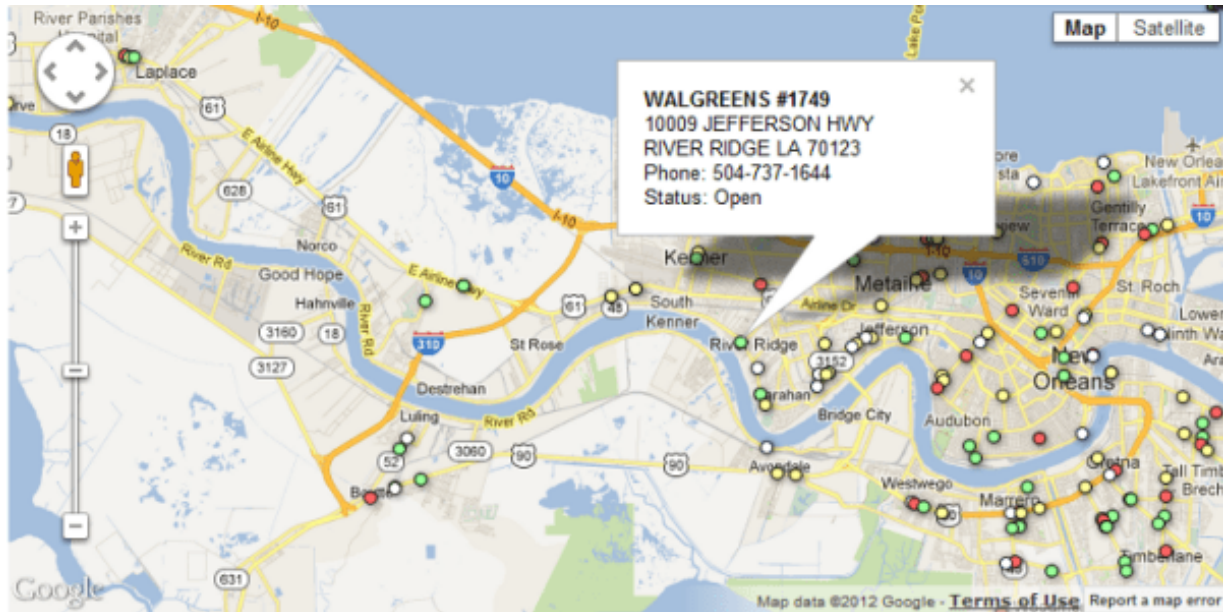
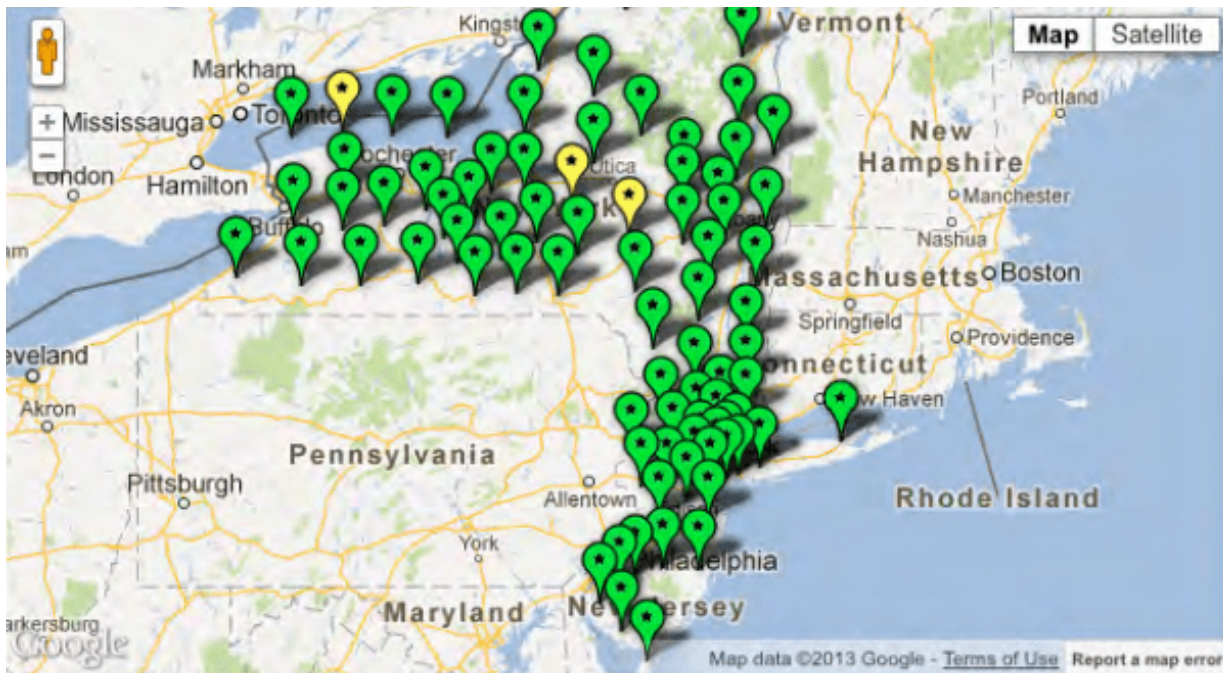


Healthcare Ready directly connected patients with chronic care needs to the care they required.

Find a Pharmacy to Replenish Supplies



- RxOpen.org
- Find nearby open pharmacies impacted by a disaster
 - National Council for Prescription Drug Programs (NCPDP), as well as the pharmacy switches/clearinghouses responsible for processing pharmacy payments – eRx Network (an Emdeon company) and RelayHealth.
- When activated for a public health emergency, *Rx Open* is available at either www.HealthcareReady.org or www.RxOpen.org.
- Chain pharmacies can access your prescription profile from any of their locations
- Be prepared for a busy signal when you call – an open pharmacy in a disaster area is overwhelmed with requests.



Enter an location to search for Pharmacies (click search):

How Can a Pharmacist Help You?

- In a declared emergency, pharmacists are authorized to use professional judgment to refill a prescription without the prescriber's authorization if failure to refill the prescription might interrupt ongoing care or have a significant adverse impact on the patient's well-being
- Good documentation will facilitate the dispensing for the pharmacist.



VA Pharmacy Services for Veterans

- VA emergency services activate with declaration
- VA has Emergency Mobile Pharmacy that is self-contained and complete with communication capabilities including EHR access
- Fills meds for life-threatening conditions and urgent needs
- Non-urgent med requests are transmitted to the VA Consolidated Mail Out-Patient Pharmacy



Cautions Regarding Donations

- Secure custody of medications is a federal law to prevent counterfeit products and products which have been improperly stored or are expired.
- Do not accept medications from an unauthorized cache
- Do not borrow and/or loan your medications.



Helpful Websites and Other References

- Preparedness websites:
 - <https://ready.gov>
 - <https://emergency.cdc.gov>
 - <https://theprepared.com>
 - www.redcross.org
- During a disaster:
 - www.healthcareready.org
 - www.rxopen.org
- Take a class
- Know your neighbors



Pharmacist Recognition



HHS Administration for Strategic Preparedness and Response ✓



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Rachelle Simmons and Jennifer Sutherland, pharmacists with the National Disaster Medical System, deployed as part of HHS' response to [#Hurricanelan](#). NDMS pharmacists ensure that medication is dispensed safely, provide patient education, and manage the NDMS pharmacy cache.



Questions & Discussion

Your Contributions

