

In the Know With



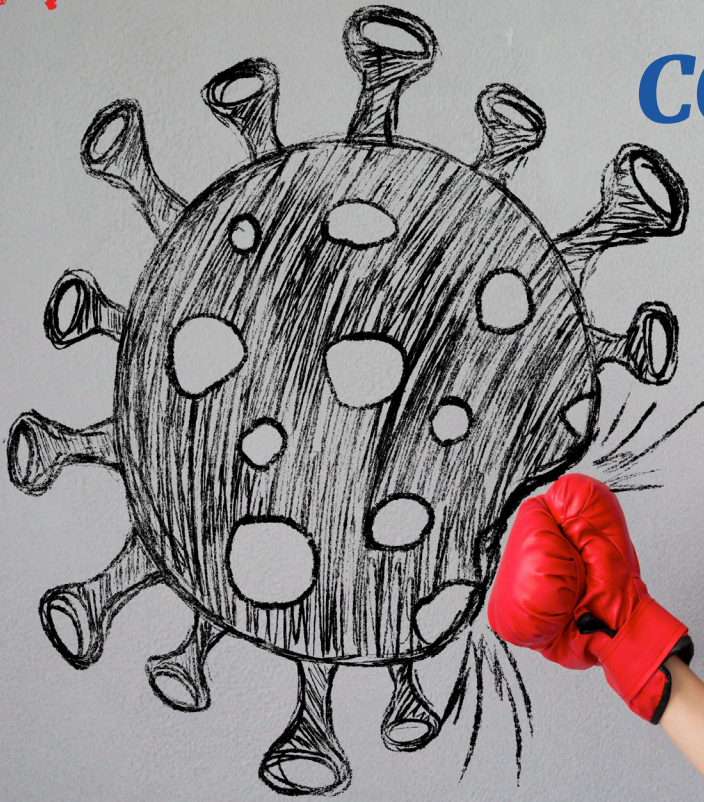
Hudson Regional
LONG-TERM CARE PHARMACY

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In This Issue

#BeatTheVirus

Get the COVID-19 Vaccine



PLUS

- *What You Need to Know About Diabetes, COVID-19, and the Vaccine*
- *Common Symptoms for Women and the COVID-19 Vaccine to Be Aware of*

As the COVID-19 Vaccine becomes more available, the Hudson Regional Long-Term Care Pharmacy team is looking forward to working with long-term care agencies to ensure everyone gets vaccinated so we can beat the virus.



Expect More, Worry Less With Hudson Regional Long-Term Care Pharmacy

The difference at Hudson Regional LTC Pharmacy compared to others is a clear alignment of our mission, vision, values, and goals to always do what is right for the facilities we serve and our patients. First and foremost, we are your partner in healthcare. We strive each day to improve the quality of care and institutional pharmacy services. We will never compromise on serving our partners with anything less than excellence. **We want to be on your team!** Our goal is to be the selected long-term care pharmacy provider for each facility in our region that helps with the developmentally disabled. We hope you give us the opportunity to show you the Hudson Regional LTC Pharmacy difference!

Call us today to Discover the Difference in your pharmacy care.
845-341-2700



A Special Shout Out:



Our team would just like to take a moment and give a special shout out to the *Arc Greater Hudson Valley*. It has been an absolute pleasure to work with their team, who are genuinely nice people! We look forward to serving their team and patients for years to come.

A Letter From Our CEO

A proactive, coordinated, and collaborative effort shows the heart and mission of Hudson Regional LTC Pharmacy

New Yorkers are no strangers to snow but each storm can bring its own challenges. A couple of weeks ago, our region got hit with a big cold front and a significant amount of snow. Our incredible team did what they do best: put our customers' needs first. Upon arrival at work, they immediately began calling the facilities we serve to learn of any urgent medication needs that should be delivered that day before the storm hit. Now, it's very common for us to make deliveries to around 300 different facilities on a Monday, so there was a high level of urgency to make contact with each of our partners to see what the most urgent needs were. There were 22 facilities that needed medications immediately, and we were able to get these prescriptions filled and delivered the same day.

We pride ourselves on the fact that the weather doesn't stop us. If you need something, you're going to get it. This was truly an example of teamwork from both

the facilities we serve and our team to get everyone what they needed, even with two feet of snow. We want to thank each of our agencies for working with our team to make sure that the people who needed medications received them and that we were able to re-arrange deliveries for non-critical medications. This was truly a coordinated and collaborative effort and we are grateful for everyone being so understanding and proactive. No matter what, when the going gets tough, we've got your back. Please know that even though Hudson Regional LTC Pharmacy is not physically in your facility, we are an extension of it, and we are here to serve your team and patients with excellence.

**Yours in Health,
Angelo Angerame**

**CEO, Hudson
Regional
Long Term Care
Pharmacy**



Angelo was asked by Greystone Programs, Inc. to be the Vice President of the Board of Directors for another year. This will be his second term serving on this Board. Greystone Programs, Inc. provides services and supports children, adults, and families living with Autism and other developmental disabilities.

COVID-19 Vaccine Side Effects in Women

Experiencing side effects from the COVID-19 vaccine are signs that your body is building protection against the virus. Common side effects after receiving the COVID-19 are pain and swelling on the arm where the shot was administered. People can also experience fever, chills, tiredness, headaches, or lymph node swelling.

Post-vaccine axillary lymph node swelling (near the underarms) is common as this is a reaction to the injection site of the vaccine. Many women have reported they are concerned that these swollen axillary lymph nodes are breast lumps. This finding has brought women to seek out surgical consultations, mammograms, and ultrasounds. Since these swollen lymph nodes can show up in a mammogram, the Society of Breast Imaging has recommended that women postpone any mammograms scheduled within four weeks after receiving the final COVID-19 shot. If women are experiencing any of the following symptoms related to the breast including pain, skin changes, nipple discharge, or a palpable lump, imaging should not be delayed and they should contact their physician immediately.

Below are more important COVID-19 vaccine side effect trial findings regarding swollen lymph nodes.

- Axillary lymph node swelling is a side effect found both in men and women in COVID-19 vaccine trials by Pfizer and Moderna.
- Temporary axillary lymph node swelling occurred in approximately 6% of patients after the first dose, and about 8% after the second dose, according to the Moderna trial.



- People under the age of 64 developed these axillary lymph nodes twice as often as those who were 65 and older.
- Most swelling did not require any pain medication or medical assessments and resolved in about 3 days.
- Axillary lymph node swelling has also been reported as a side effect after people have received the flu, hepatitis, polio, and tetanus vaccines.

Knowing the Signs of Breast Cancer

Since most breast cancer is found in women 50 and older, it's important to know the signs to look out for. The fear of breast cancer can be unsettling especially since one in eight women will develop breast cancer in her lifetime. Rest assured, less than 0.5% of patients with breast cancer present with armpit lymph nodes, but when they are present in the setting of cancer, there is a 50% chance they are cancerous, leukemia, or lymphoma.

According to the U.S. Centers for Disease Control and Prevention, some warning signs of breast cancer include:

- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in size or shape of the breast.
- Pain in any area of the breast.

If you have signs or symptoms that worry, you should always consult your physician immediately.

For more information regarding side effects of the COVID-19 vaccine, please visit [cdc.gov](https://www.cdc.gov).

VACCINE SIDE EFFECTS



COVID-19 and Diabetes

As more people receive the COVID-19 vaccines, there are still a lot of questions out there regarding people who are high risk and have underlying health issues like those with diabetes. The U.S. Centers for Disease Control and Prevention has categorized people with type-2 diabetes as at an increased risk for more severe illness considering the "strongest and most consistent evidence," according to 2019 CDC data.

For those with Type 1 diabetes, the CDC has noted that these individuals might be at an increased risk for severe illness based on "limited evidence."

The American Diabetes Association recently signed a letter and sent it to the CDC urging them to give equal priority to people with Type 1 and Type 2 diabetes the same eligibility to receive the vaccine.

Because of the mild symptoms experienced by some, it is important to stay vigilant about blood sugar levels for the first 24 to 48 hours after receiving the vaccine. The symptoms may impact your blood glucose test, so check your levels frequently, stay hydrated

According to the JDRF - Beyond Type 1 Alliance, people with elevated average blood sugar levels with diabetes are at risk for more severe COVID-19 outcomes.

It's imperative to set yourself up for success with diabetes management. Here are some general tips to follow.

- Test blood sugar levels more often; your body may be reacting differently under these new circumstances. Maintain a routine of physical movement and blood sugar-friendly eating.
- Contact your doctor or health professionals by phone/telehealth if possible for personal diabetes management advice, especially if your blood glucose numbers are consistently out of range.
- Familiarize yourself with how to check for ketones. If you have adequate supplies, check for ketones regularly regardless of blood sugar levels.
- Secure a sufficient amount of your standard management supplies as well as supplies to check ketones and treat severe hypoglycemia (glucagon).
- Lean on your community for help – none of these behaviors are easy, and we all need support. Look into diabetes online communities.

Your risk of getting very sick from COVID-19 is likely to be lower if your diabetes is well-managed.



Providing Value Beyond Medication

Hudson Regional LTC Pharmacy's mission is to improve the quality of life of individuals living with developmental, physical or psychiatric disabilities, the elderly, and economically disadvantaged individuals by providing pharmaceutical stewardship with caring, compassion and commitment. We provide quality pharmaceutical products, durable medical equipment and supplies, dependable service, specialized information, and customized training.



Hudson Regional LTC Pharmacy is Medicaid and Medicare (including Part B) approved and is accredited by the Joint Commission.



Medications need to be ordered on a timely basis, and we know it is labor-intensive caring for your patients. HRLTCP's staff has the tools and resources you need to give your team peace of mind and time to focus on your residents.

Your Partner in Healthcare

Our goal is to provide our clients with the highest level of quality, accuracy, and efficiency in the management and coordination of pharmacy services. We accomplish this monumental task through the development of strong working relationships with clients, staff, nursing, and administration.

Thorough Tracking & Regulatory Compliance

Combining the highest standards of pharmaceutical knowledge with modern management techniques and state-of-the-art technology, enables the pharmacy to effectively monitor client drug regimens for potential drug interaction issues, allergies, and therapeutic duplications in order to achieve desired outcomes.

We are committed to always finding new and innovative ways to serve our customers. In the next couple of months, we will be updating our electronic records program, SuiteRx. This upgrade will give our team greater efficiencies and allow us to serve our customers better with no downtime. Please don't hesitate to reach out with any questions in the meantime.

A Complete Range of Healthcare Products & Services

Starting with high-quality brand name and generic medications, purchased directly from approved wholesalers and distributors, our certified pharmacists can fill a wide range of prescriptions. To complement our extensive pharmacy services, we also stock a full line of healthcare products that can be conveniently ordered and delivered with your medication orders. We fully recognize the current market conditions and the impact of reduced funding and budget restrictions. We are committed to your complete satisfaction and will provide cost-effective solutions.

Total Convenience & Efficiency

From ordering and daily deliveries to medication administration records and review, we offer a high level of convenience and efficiency to our clients. To expedite the ordering process, we accept E-Prescribing, facsimiles, and offer highly efficient web access ordering. We provide our clients with the ability to look up and print current prescriptions and print up-to-date MARs as needed.

Services Provided

Service That Lets You Focus More on Patients

Hudson Regional LTC Pharmacy, we understand that facilities are apprehensive when it comes to choosing a new pharmacy to partner with. But rest assured that we do as much of the heavy lifting as we can for our facilities. It can be overwhelming for staff and nurses to get all of a patient's information over to the pharmacy. We do everything we can to make sure the load is as light as possible so your healthcare staff can spend more time with the patients and not have to spend time dealing with problems.

We work directly with Administrators, Nursing Directors, and other staff to create strong working relationships which is the foundation for excellent service.

We currently provide services to:

- Respite facilities
- Intermediate care facilities
- Assisted living facilities
- Residential care facilities
- Group homes and individual supported living
- Behavioral treatment and rehabilitation facilities
- Chemical Dependency recovery facilities

Customizable Medical Records to Maximize Efficiency

We offer completely customizable medical record documents for our customers. Our medical records team will work directly with the facility nursing department to develop easy to use documents which will save your staff time and decrease medication errors. We can provide a wide range of documents to fit your needs.



Drug Regimen Specialists

Our pharmacists and nurses are experts in drug regimen review.

A thorough review of each resident's profile is performed at a predetermined schedule developed with the facility nursing department in accordance with regulations and facility guidelines. We assist our customers in controlling medication use and controlling costs by identifying unnecessary and/or inappropriate medication orders and duplicate therapies.

If requested, our pharmacist will attend the facility's quality control committee meetings and provide periodic reports and recommendations to facility management.

Quality Assurance That Gives Patients Timely & Accurate Medication Dispensing

Our goal is 100% accuracy; every order, every day!

We have implemented state-of-the-art technology throughout the pharmacy to provide outstanding attention to detail when processing customer orders. Utilizing barcode technology, we ensure the highest degree of accuracy. From scanning refills to NDC verified medications and electronic deliveries, our dedicated team ensures each order is accurate and processed in a timely manner.

Access to 24/7 Service Support

We are available for your urgent needs, holiday included.

We are fully staffed during regular business hours of operation, 8:00 am to 6:00 pm, Monday through Friday. On Saturday, we are open from 9:00 am to 3:00 pm to handle emergency orders. Our evening and weekend on-call services are available during after-business hours and holidays for emergency needs and pharmacist consultation if required.

We are a paperless pharmacy. All orders coming into the pharmacy are electronically stored and accessible. Our pharmacy management system manages all documents for easy retrieval.

Discover the Difference

The Medication Administration Records (MARs) at Hudson Regional LTC Pharmacy can be completely customizable to fit the needs of your patients. These MARs can be formatted in a portrait or landscape format, and we also have the ability to add or remove the doctor's name. They can look any way that you need them, just ask our team how we can help.

Call Us Today to Discover the Difference in Your Pharmacy Care.

▶ **845-341-2700**

What Our Clients are Saying

“New Horizons Resources, Inc. has been using HRLTCP for 5 years and is very happy with all that they offer. They coordinate our electronic Quick MAR integration which has streamlined our group home operations. We love their customer service!”

- Tim Sweeney

Staff Spotlight

Lottie Jones

Medical Records Coordinator



Lottie has been a part of our staff for 7 years!

Here's what Lottie enjoys most about her job: I like making sure patients get their medications. I've been in healthcare all of my life, and I like this aspect of my job; doing the medical records and making sure patients are getting their medications correctly. I'm a perfectionist, and I really enjoy what I do! Hudson excels at taking care of their patients and making sure that everyone is healthy. It feels like family here.

Fun Fact:

When Lottie isn't making sure every single prescription goes out the door on time, you'll find her in the Mountains of Pennsylvania camping with her family.

Expect More & Worry Less

with Hudson Regional Long Term Care Pharmacy.

Count on Hudson Regional Long Term Care Pharmacy for the highest level of quality, accuracy, and efficiency in the management and coordination of pharmacy services.



Hudson Regional
LONG-TERM CARE PHARMACY

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