

A close-up photograph of two hands being held together. The hands are positioned in the lower half of the frame, with one hand resting on top of the other. The skin on the hands is wrinkled and aged, suggesting they belong to an elderly person. The background is a light-colored, patterned fabric, possibly a hospital gown or bedsheet. The overall tone is warm and supportive.

UCSF Weill Institute for Neurosciences

Memory and Aging Center

Maintaining Medication Safety at a Distance

Dementia Care During the COVID-19 Pandemic:
A Webinar Series for Family Caregivers and Professionals

Lisa Morse, RN, CNRN

Amy Liu, PharmD

Introductions

Lisa Morse, RN, CNRN

Clinical Nurse

UCSF Memory and Aging Center



Amy Liu, PharmD

Postdoctoral Fellow, Clinical
Pharmacology

UCSF Memory and Aging Center



Objectives

- Describe at least three potential medication safety concerns that may arise for family caregivers during shelter-in-place
- Identify medication access and organization options to make it easier for caregivers to manage medications from a distance
- Discuss medication administration strategies for individuals with cognitive impairment

Outline

- COVID-19 and medication adherence
- Medication organization, administration, and access
- Safe medication storage and disposal

Medication management during a pandemic

Caring for someone with dementia at a distance

Access to
medications

Lack of Help

Management
challenges

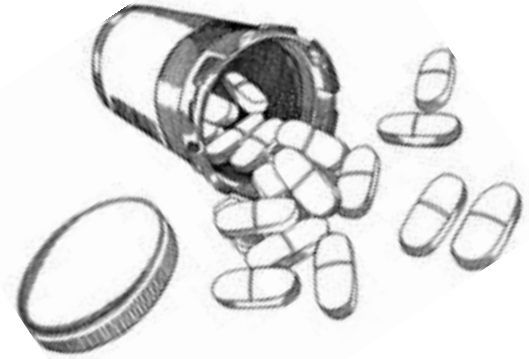


Escalation of
Symptoms

Financial
Loss

Poor adherence

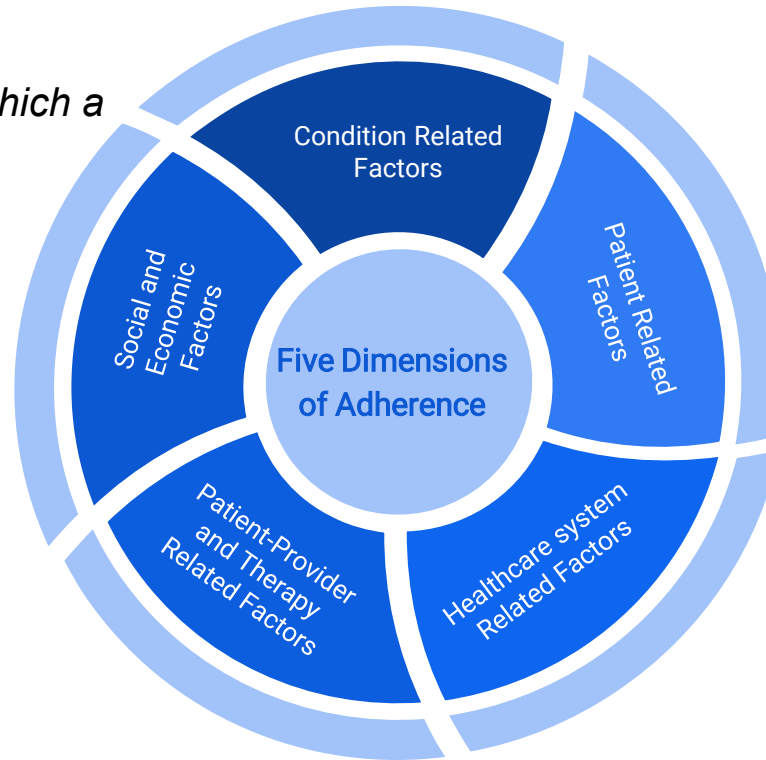
- Suboptimal response
- Escalation of behavior symptoms
- Increase morbidity
- Increase in the occurrence of adverse drug events
 - Any unintended consequence resulting from the use of a drug
- Increased healthcare utilization
 - It is estimated that 6% - 12% of hospital admissions among the elderly are due to ADEs



Five Dimensions of Medication Nonadherence

As related to Dementia and COVID-19

Adherence is the extent to which a person's behavior taking medication corresponds with agreed recommendations from a health care provider

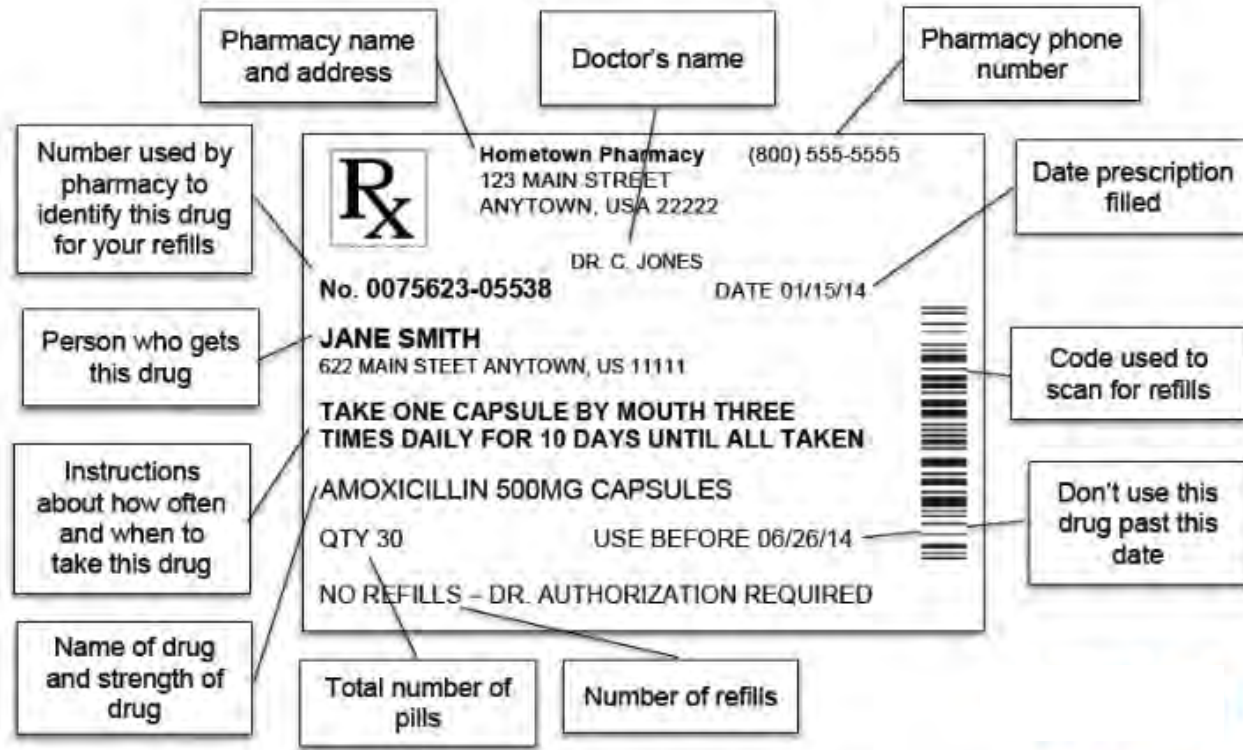


Condition Related Factors

Medication administration strategies

- Make a routine
- Provide alternative dosage forms
- Provide alternative labels
- Introduce reminder strategies

Alternative medication labeling



Alternative medication labeling



Audio Digital
Labels



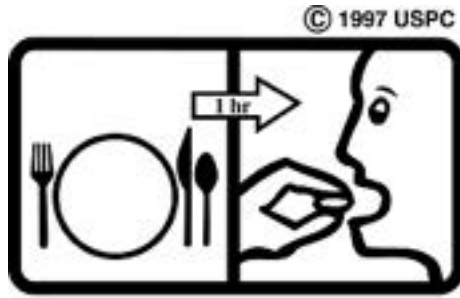
Scriptalk



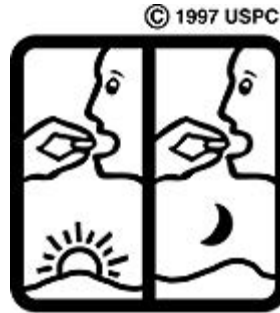
Large print labels

Alternative medication labeling

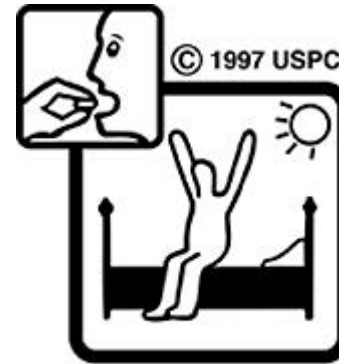
Pictograms



Take 1 hour after meals



Take 2 times a day



Take in the morning



Get emergency help

Medication Reminders

“Dad, it’s 1 PM. Take
2 red pills and one
blue pill now”



Reminder Rosie



Tel-Rx



Cadex 12 Alarm Watch
and Medical Alert

Reminder rosie talking alarm clock. <https://www.maxiaids.com/t/remindor-rosie>

Tel-Rx Talking prescription recorder. <https://www.maxiaids.com/tel-rx-talking-prescription-recorder>

Medical alert electronic bracelet & 12 alarm timer. <https://www.youtube.com/watch?v=q6dKQTOibbQ>

Medication Assistive Technologies



Pill organizer



MedMinder "Maya"
Smart Automated Pill Dispenser



Pill reminder apps

Medication Assistive Technologies

Hero Automatic Medicine Dispenser and Manager



Patient Related Factors

Resistance to Care

Medication administration strategies

- Establish a daily routine with simple steps
- Give the most important medications first
- Create a calm environment
- Encourage participation and provide assistance
- Take your medications together
- Stop and revisit in 10-15 minutes



What worked today may not work tomorrow, and that's OK.

Depression and Mental Health

Memory and Aging Center Resources for Caregivers

Family Caregiver Webinar Series: Coping with Dementia Care During the Coronavirus Pandemic

- [In-Home Activities while Sheltering in Place](#)
- [Staying Connected When You Have to Stay Apart](#)
- [Promoting Caregiver Health and Well-being while Sheltering in Place](#)

UCSF Department of Psychiatry: [Wellness and Mental Health Apps](#)


- Meditation and relaxation
- Coping with stress and anxiety
- Insomnia



Healthcare System Factors

Pharmacy benefit information

You may have to provide this information to the pharmacy

Anthem  Blue Cross MedicareRx (PDP) UNIVERSITY OF CALIFORNIA

John Q. Member Senior Rx Plus


Member ID: HIGH OPTION SUPP TO MEDICARE RX

Group: 280509R002
RxBIN: 020115
RxPCN: IS
Issuer ID (80840): 9101000302
RxGroup: WM2A
RxID:

CMS S5596 - PBP #803

MedicareRx
Prescription Drug Coverage

X177088733700001



Anthem  anthem.com/ca

Member Services: 1-833-279-0460
TDD/TTY: 711
Help for Pharmacists: 1-833-377-4266

Members: This is your MedicareRx/Employer benefit Prescription Identification Card. Present it at the pharmacy when you receive eligible drugs or supplies. See your Evidence of Coverage for a complete description of coverage. When submitting inquiries always include your member number from the face of this card.

Possession of this card does not guarantee eligibility for benefits.

Anthem Blue Cross Life and Health Insurance Company is an independent licensee of the Blue Cross Association. Anthem Blue Cross provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims.

ATTN: Claims Department - Part D Services
P.O. Box 52077
Phoenix, AZ 85072-2077
Issued 11/2019

Safe options for getting your medications

- Electronic prescriptions from healthcare provider's office
 - Paper prescriptions can be placed in ziplock bags
 - Sanitize bag before handing off to pharmacy techs
- Drive-through or curbside pickup services
- Delivery or Mail-order
 - 90-day supply for maintenance medications
- Medication in blister packs
- [COVID-19 \(Coronavirus\) Resource Guide](#), compiled by One Degree



Pill Pack by Amazon Pharmacy



📞 855-745-5725

- 30-day supply
- Pills pre-sorted into individual pill packs by date and time
- Prescriptions, OTC, vitamins, supplements



Caregiver account

Caregivers can help manage your PillPack service. They are included on emails, phone calls, and they can access Jordan's PillPack dashboard.

PillPack Customer
Jordan Smith



Caregiver Phone Number

(555) 555-5555

Set as Preferred Phone Number
PillPack will call this phone number about Jordan's account.

Next



Patient, Provider, & Therapy Related Factors

Provider

Tips for success

- Involve the patient and caregiver in the decision making process
- Clearly communicate the treatment
- Identify and discuss barriers
- Assess understanding
- Simplify the regimen

Geripal

A Geriatrics and
Palliative Care Blog

Patient and Caregiver

Shared responsibility

- Keep a list

- <https://www.pdfFiller.com/jsfiller-desk17/?projectId=457635518#42796ba3609c4bec9e4be4606790fce24>

- Learn about your medications

- Get to know your pharmacist

- Ask your care team

- http://adultmeducation.com/downloads/Questions_You_Should_Ask.pdf



Social and Economic Factors

How to save money on prescription medications

- Patient Assistance Programs through drug manufacturers
 - <https://www.goodrx.com/blog/what-are-patient-assistance-programs/>

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- Medicare Part D
- Discount cards and coupons
 - NeedyMeds.com



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 - GoodRx.com|
 - Rx Outreach.org



How to save money on medication assistive technology

- Association of Assistive Technology Act Programs
 - Device Demonstration
 - Reutilization
 - Device Loan
 - State financing



Safety

Storing Medications

Away from Heat, Air, Light, Moisture

- Dresser drawer or kitchen cabinet
 - Room temperature (68-77°F)
 - Use a locked box, if needed
- Refrigerator (36-46°F)
 - Insulin
 - Eye and ear drops
 - Reconstituted antibiotics



Keep expired, unused, or damaged medicines in a separate place
For safe disposal after shelter-in-place directives are lifted

Find safe drop-off locations in CA:

[TakeBackDrugs.org](https://www.TakeBackDrugs.org)

What can I put in the bin?

- Prescription medications
- Over-the-counter medications
- Medicated ointments and lotions (in original container)
- Pet medications

Easy as 1-2-3! Follow These Steps:

1



Obscure personal info from containers & recycle them.

2



Place pills in clear zipper bag. Keep liquids & creams in packaging.

3



Place zipper pill bag & liquids and creams in their original containers into the bin.

Keep expired, unused, or damaged medicines in a separate place
For safe disposal after shelter-in-place directives are lifted



U.S. Drug Enforcement Administration
National Prescription Drug Take-Back Days:

April and October

When take-back options are not readily available, dispose unused medicines in household trash





Drug Disposal Options

Do you have medicine you want to get rid of?

Do you have a drug take-back option readily available?
Check the **DEA website**, as well as your local drugstore and police station for possible options.

NO

YES



Is it on the **FDA flush list**?

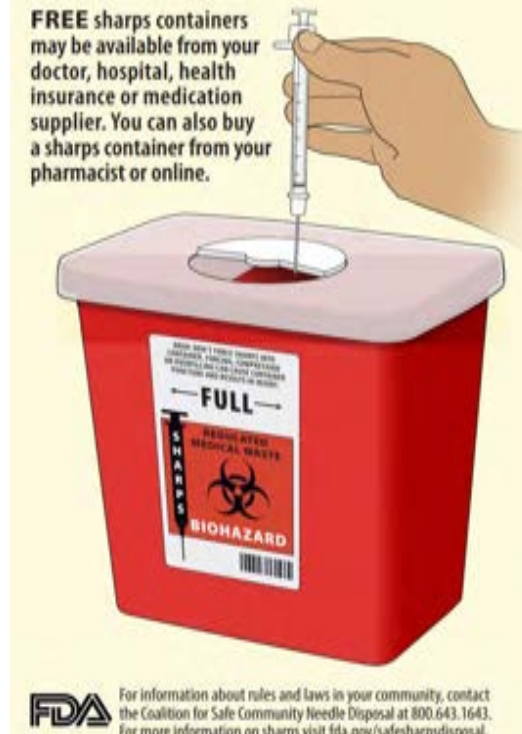
<p>NO</p> <p>Follow the FDA instructions for disposing of medicine in the household trash.</p>	<p>YES</p> <p>Immediately flush your medicine in the toilet. Scratch out all personal info on the bottle and recycle/throw it away.</p>
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Take your medicine to a drug take-back location.
Do this promptly for **FDA flush list** drugs!



Safely disposing of used sharps

Find Local Disposal Options at [SafeNeedleDisposal.org](https://www.safeneedledisposal.org)



Key Takeaways

- Five dimensions of medication adherence are an interplay of condition-related, patient-related, healthcare system-related, patient-provider and therapy-related, and social and economic factors.
- Maintaining medication safety at a distance involves many strategies, techniques, technologies -- and caregivers.

Acknowledgements



Behavior Task Force

Please write your questions in the Q&A box at the bottom of your Zoom screen, and share any tips and strategies that have worked for you and your loved one.



University of California
San Francisco

A recording of this webinar and this slide deck
can be found on our website:

<https://memory.ucsf.edu/covid>

No scientific evidence that alternative remedies can prevent or cure illness caused by COVID-19

Alternative Remedies: Herbs, Vitamins, and Supplements

Clinical Trials are currently being conducted for **adjunctive treatments**

Herbs: elderberry (Sambucol), echinacea, huang qi, black seed, turmeric

Vitamins: ascorbic acid (vitamin C); vitamin D

Supplements: zinc, selenium, silver, melatonin

NSAIDs

- “There is no scientific evidence connecting use of NSAIDs, like ibuprofen, with worsening COVID-19 symptoms.” (FDA Drug Safety Statement, 2020)