



**Family Caregivers
of British Columbia**

Add a Pharmacist to Your Care Team

November 2018

Guest Presenters: Jason Cridge & Wendy Johnstone
Host & Moderator: Family Caregivers of British Columbia

Who We Are

- **Family Caregivers of BC (FCBC) is a non-profit charity dedicated 100% to the wellbeing of family caregivers.**
- **29 years, first of it's kind in Canada.**
- **Serving BC since 2010, past 5 years as part of the Ministry of Health's Patients as Partners Initiative.**



CAREGIVER SUPPORT

Information, referral & navigation
1-1 Caregiver Coaching
Support Groups
Online Resource Centre

Toll Free Line: 1-877-520-3267

Call 1-877-520-3267 for an assessment

Visit <https://www.familycaregiversbc.ca/find-resources/> for listing

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EDUCATION

Online Resource Centre
Webinars & Workshops
Events & Presentations

Caregiver Connection Newsletter & eNews –@
<https://www.familycaregiversbc.ca/caregiver-connection/>

Register @

<https://www.familycaregiversbc.ca/events/webinars/>

Events Calendar @

<https://www.familycaregiversbc.ca/events/>

COLLABORATION & ENGAGEMENT

Health System Improvement
Participate in Research

Contact us to engage as a voice for family caregivers in the health care system

<https://www.familycaregiversbc.ca/research-family-caregivers-2/>

Webinar Norms

- **Confidentiality is essential.**
- **Each person has the right to take part in the discussion or not.**
- **Every group member is welcome to provide feedback.**
- **Equal sharing time for all members.**
- **Be aware that experiences expressed are unique and may not reflect your own.**

Tonight's Presenters



- **Jason Cridge** is a native of Victoria and owner of Cridge Family Pharmacy.
- Cridge Family Pharmacy provides retail pharmacy and specializes in home-care services.
- Jason won the Ben Gant Innovative Practice Award in 2018 for pioneering work with the Medication Administration Program and Spencer the medication dispenser.
- Cridge Family Pharmacy has also been recognized for clinical excellence in pharmacy for its provision of services by nurses and pharmacists that keep patients at home, healthier, happier and longer.



- **Wendy Johnstone** is a program consultant with Family Caregivers of BC and brings almost 20 year's experience as a Gerontologist to her role.
- Wendy supports family caregivers in 1:1 Caregiver Coaching sessions to make informed decisions and action plans while they navigate health care and social systems, providing invaluable emotional support.
- She is also actively involved in FCBC's health sector engagement work and writes articles for family caregivers in INSPIRE Senior Living magazine.
- Wendy also runs her own company – Keystone Elder Care in the Comox Valley.

Learning Objectives

- **Understand the role of a pharmacist and its importance for the caregiver and the care recipient.**
- **Help to understand Fair PharmaCare and third party insurance coverage.**
- **Help to reduce drug-related illnesses when caring for someone.**
- **Learn about the best questions to ask your pharmacist and doctor about medication use.**

Why is Medication Management an Issue?

- **Adverse Drug Reactions (ADRs) is the primary reason for up to two-thirds of all hospital admissions and emergency room visits in Canada.**
- **Estimated that 70% of all ADRs can be prevented.**
- **Seniors are at greater risk for ADRs, as well as other types of drug-related adverse events, due to the number of drugs they take, their higher prevalence of certain chronic conditions and age-related changes in the body**

Source: Adverse Drug Reaction–Related Hospitalizations Among Seniors, 2006 to 2011. March 2013. Available for download: https://secure.cihi.ca/free_products/Hospitalizations%20for%20ADR-ENweb.pdf

Role of Physicians and Pharmacists in Medication Management

Physician	Pharmacist
<ul style="list-style-type: none">• Assessing / diagnosing ailments and illnesses and prescribing medications when appropriate	<ul style="list-style-type: none">• Filling and renewing medications
<ul style="list-style-type: none">• Keeping an up-to-date record of current prescriptions	<ul style="list-style-type: none">• Maintaining an overview of all medications from physicians and specialists
<ul style="list-style-type: none">• Keeping a record of any hospitalizations and subsequent medical changes	<ul style="list-style-type: none">• Reviewing new / changed medications due to changing circumstances e.g. acute episodes, weight loss
<ul style="list-style-type: none">• Monitoring patient status and adjusting prescriptions as required	<ul style="list-style-type: none">• Adjusting medications as required and responding to physician requests for time sensitive changes

Your Pharmacist and Medication Management

- The pharmacist you use *consistently* will do a complete review of medications every time you fill a new or existing prescription.
- They monitor for potential medication interactions, side effects and dosage frequency.
- They can also extend certain existing prescriptions if you run out and will connect with your physician for refills and clarification when required.



- Your pharmacist can answer questions about prescriptions, usage, side effects, storage and what to do if symptoms worsen.

Your Pharmacist and Medication Management

- Your pharmacist can also recommend ways to help you administer medications e.g. blister packing and dispensing tools that make it easier to remember dosages and frequency.
- Pharmacists are key members of your health care team and can help answer many of the questions you may have about medications and interactions with over the counter drugs and supplements.



Insurance Coverage of Medications



Fair Pharmacare

- Fair Pharmacare is BC's program responsible for coverage of prescription medications.
- BC residents must register – you are not automatically registered even if you are covered by MSP.
- To check if you are covered – you can call 1-800-663-7100 or go online to <https://pharmacare.moh.hnet.bc.ca> – you will need your Personal Health Number and date of birth.
- Coverage depends on income and there are 2 levels of deductibles before 100% coverage.
- You can check what your deductibles might be by going online: <https://www.health.gov.bc.ca/pharmacare/plani/calculator/calculator.html>.

Insurance Coverage of Medications

Third Party Insurance Coverage

- Third Party insurance providers often require proof of registration for Fair PharmaCare for continued coverage outside of an initial grace period.
- Be sure to provide your plan with your PharmaCare registration number to ensure no disruption in coverage.
- Third Party insurance Providers often follow Fair PharmaCare's prescription coverage rules, however some have their own forms for physicians to fill out in order to receive coverage for specific medications.

What Should You Know About Medication Use

Changes in aging

- Drugs affect older adults differently

Compliance/Adherence

- Overuse/Underuse
- Unclear medication regimen

Polypharmacy

- Treatment of side effect/symptom vs. treatment of disease

Adverse Drug Reactions (ADR)

- What is due to normal “aging” or a new illness
- Underreporting of symptoms
- Unusual symptoms

Drug Interactions

Safe Medication Use

- **Communication is the best medicine for safe drug use.**
- **Use one pharmacy only.**
- **Have a list of updated medications and bring to all appointments.**
- **Ask, Ask, Ask – be in the know about why the person you are caring for is taking their medications.**
- **Know how medications (including over the counter) interact with each other.**

5 Questions to Ask

The Canadian Deprescribing Network suggests five questions to ask your pharmacist, physician, specialist and/or nurse about medication being prescribed:

1. Why am I taking this medication?
2. What are the potential benefits and harms of this medication?
3. Can it affect my memory or cause me to fall?
4. Can I stop or reduce the dose of this medication (i.e. deprescribing)?
5. Who do I follow-up with and when?

Dos of Medication Management

Do return expired medications for proper disposal

Do ask questions

Do keep a list of current medications

Use calendar alerts so you don't run out of medications

Do use a system for medication reminders

Do monitor any changes and report them back to your family doctor

Don'ts of Medication Management

Don't take medications that are not prescribed for you

Always ask about over-the-counter medicines as they may interact with prescribed medications.

Don't take expired medications

Don't stop taking medications just because the person feels better. Always check in with a health care provider.

Don't mess with a medication dose. Always talk to pharmacist or physician.

Other Resources

- **Canadian Deprescribing Network**
<https://www.deprescribingnetwork.ca>
- **Adverse Drug Reactions in Canada**
<https://adrcanada.org>

Quick Poll

How many of you
will now approach a
pharmacist in your
role as a caregiver?



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toll free 1-877-520-3267

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Thank you!



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