



# Managing the Medication Madness

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# Objectives

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- Describe the differences between Specialty Pharmacies and Retail Pharmacies, and discuss ways to streamline the number of pharmacies required
- Review available CF patient assistance programs, as well as programs to obtain vitamins and nutritional supplements
- Share medication organization tips
- Discuss various medication adherence mobile applications and techniques

# Pharmacies

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- How many of you fill medications at 2 or more locations?
- Retail pharmacy
- Specialty pharmacy
- Vitamins/supplements



# What's so special about specialty pharmacies?

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- Specialty pharmacies dispense medicine that are high cost, require close monitoring, or required special handling
  - Modulators
  - Dornase alfa (Pulmozyme)
  - Inhaled tobramycin
- Which specialty pharmacy you can use is dictated by your insurance plan
  - CVS Specialty
  - Brivo/Optum Rx
  - Accredo
  - Express Scripts
- A few specialty pharmacies can also fill non-specialty (retail) medications, but this may be determined by your insurance company
  - Maxor/IV Solutions (formerly known as PSI)
  - Alliance – CF Services (Frisco, TX)
  - UNC Shared Services Pharmacy

# Refills

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## Specialty Pharmacies:

- Generally proactively call to schedule refills

## Other Refill strategies:

- Automatic text refill reminders
- Request to sync up refills
- Pill box
- Calendar
- Apps



# CF Programs and Patient Assistance

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- Healthwell Grant
  - CF Treatments Fund
  - CF Vitamins and Supplements
- Creon® CareForward
- Live2Thrive (Zenpep®)
- Vivus Healthstore (Pancreaze®)
- Other medication specific resources (e.g., Vertex GPS for modulators; Pulmozyme)
- Billie Simonson, Medication Access Program Pharmacy Technician

# Creon<sup>®</sup> CareForward

- <https://www.creon.com/cfcareforward>
- Must have commercial insurance and meet eligibility requirements
- Co-pay card
- Free vitamins and supplements

## Select Support

## Manage Information

Choose the CREON support services you would like to receive



Order nutritional and multivitamin products at no charge



Sign up for a co-pay card to save on CREON



What is the length of

CREON prescription?

- ☒ 30 days  
☐ 60 days  
☐ 90 days

**Choose 1 multivitamin at no charge:**

The supply of product you receive will match the length of your CREON prescription.

MVW Complete Formulation Pediatric Drop...



**Choose 1 nutritional product at no charge:**

The supply of product you receive will match the length of your CREON prescription.

Select One



# Live2Thrive<sup>®</sup> - Zenpep<sup>®</sup>

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- <https://www.live2thrive.org/>
- Must have commercial insurance and meet eligibility requirements
- Co-pay card
- Free monthly fat soluble vitamins, vitamin D, and nutritional supplement
- Reward points
- High-calorie recipes



## All Products

<p>NEW</p> <p>50 pts</p>  <p>SideStream Plus Reusable Nebulizer</p>	<p>50 pts</p>  <p>ACCU-CHEK® FastClix Lancing Device</p>	<p>50 pts</p>  <p>BlenderBottle®</p>
<p>50 pts</p>  <p>PARI LC Plus® Nebulizer</p>	<p>50 pts</p>  <p>PARI LC® Star Reusable Nebulizer</p>	<p>60 pts</p>  <p>PARI VORTEX® Holding Chamber</p>
<p>NEW</p> <p>100 pts</p>  <p>Carlson® Vitamin K<sub>2</sub> as MK-7</p>	<p>NEW</p> <p>100 pts</p>  <p>Culturelle® Daily Probiotic Formula</p>	<p>NEW</p> <p>100 pts</p>  <p>Replesta®</p>

<p>NEW</p> <p>100 pts</p>  <p>MVW Children's Probiotic</p>	<p>NEW</p> <p>100 pts</p>  <p>MVW Soft gel Mini Vitamins</p>	<p>NEW</p> <p>100 pts</p>  <p>MVW Chewables - Bubblegum</p>
<p>NEW</p> <p>100 pts</p>  <p>MVW Chewables D3000 - Bubblegum</p>	<p>NEW</p> <p>100 pts</p>  <p>MVW Chewables D5000 - Bubblegum</p>	<p>NEW</p> <p>100 pts</p>  <p>Nutricia Duocal</p>

# VIVUS Healthstore – Pancreaze®

- Sign up for PANCREAZE Engage to receive a monthly single-use savings code for store
- <https://store.vivushealth.com/>
- Must have commercial insurance and meet eligibility requirements
- Free vitamins and supplements

All products ▼

Best Selling ▼



DEKAS PLUS SOFTGELS – MULTIVITAMIN AND MINERAL SUPPLEMENT WITH DELIVERY TECHNOLOGY

\$36.17



DEKAS PLUS CHEWABLE TABLETS – MULTIVITAMIN AND MINERAL SUPPLEMENT WITH DELIVERY TECHNOLOGY: ORANGE-PEACH FLAVORED

\$35.38



BOOST VERY HIGH CALORIE COMPLETE NUTRITIONAL DRINK, VERY VANILLA, CASE OF 27

\$52.50



BOOST HIGH PROTEIN, VERY VANILLA, NUTRITIONAL ENERGY DRINK BOTTLES, CASE OF 24

\$52.50



MWV COMPLETE FORMULATION D5000 SOFTGELS



DEKAS ESSENTIAL CAPSULES – VITAMINS D, E, K AND A WITH DELIVERY TECHNOLOGY – NOW IN FISH GELATIN CAPSULES

\$29.93

# Medication Organization Tips

- Pill box
  - Pocket pill box; key chain pill box; Altoid tin box
- Organizer drawers or cabinets
  - May be helpful for liquids that can be drawn up in advance
    - Oral syringe caps
- Cart for vest or nebulizer
  - Totes for nebulizer equipment, non-refrigerated nebulized medications, etc.



# Medication Organization Tips

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- Mark an “X” with permanent marker on the top of a bottle or on the front of a bottle to identify already opened bottles
- If bottles are in a tote, put a sticker on the top. Create your own key
  - AM vs PM medications
  - One time a day vs two times a day
  - Administration time
  - Abbreviated medication name
- Cabinet space for extra medications
- Calendar or checklist that your child can mark off
- **What other ideas do you have?**





# Time to take your meds!

- Age appropriate strategies
  - Sticker chart
  - Reward system
  - Give it a fun name
  - Allow your child to do something special during their airway clearance time
  - Understanding what their medication is for
- Reminders
  - Smart phone alarm or daily calendar reminder
  - Sticky notes
  - Record your voice on your child's phone
- Technology and phone applications














## My Med Schedule

**CF Test** DOB: January 1, 2000 MRN: 0123456789

Allergies: **No known drug allergies**

Revised by: Charis **CF Test** DOB: January 1, 2000 MRN: 0123456789  
Allergies: **No known drug allergies**

Take this medicine	7:00 am	7:00 pm	Purpose/Notes
 <b>Trikafa®</b> (elexacaftor/tezacaftor/ivacaftor and ivacaftor) 100 mg/50 mg/75 mg and 150 mg Tablet Take by mouth	2 tablets	1 tablet	Treats cystic fibrosis Take with a fatty food, such as eggs, butter, peanut butter, or cheese pizza.
 <b>Albuterol sulfate</b> (Proair HFA, Ventolin HFA, Proventil HFA) 90 mcg/actuation Inhaler Inhale through spacer	2 puffs	2 puffs	For wheezing. Treats shortness of breath. Do not use more often than prescribed. Prime before first following package instructions Shake inhaler well before use
 <b>Hypertonic saline</b> (sodium chloride) 7 % Inhalant Solution Inhale through nebulizer	4 mL	4 mL	Improves lung function Discard unused portion. Inhale using a nebulizer. Store at room temperature.
 <b>The Vest</b> Airway clearance	1 treatment	1 treatment	Loosens thick, sticky mucus so it can be cleared from your lungs by coughing or huffing.
 <b>Pulmozyme®</b> (dornase alfa) 2.5 mg/2.5 mL Inhalant Solution Inhale through nebulizer		2.5 mL (2.5 mg)	Improves lung function Store in a refrigerator. Inhale using a nebulizer.

Time	Take this medicine	Dose	SU 7/19	MO 7/20	TU 7/21	WE 7/22	TH 7/23	FR 7/24	SA 7/25
7:00 am	 <b>Trikafa®</b> (elexacaftor/tezacaftor/ivacaftor and ivacaftor) 100 mg/50 mg/75 mg and 150 mg Tablet Treats cystic fibrosis	2 tablets Take by mouth							
	 <b>Albuterol sulfate</b> (Proair HFA, Ventolin HFA, Proventil HFA) 90 mcg/actuation Inhaler For wheezing. Treats shortness of breath.	2 puffs Inhale through spacer							
	 <b>Hypertonic saline</b> (sodium chloride) 7 % Inhalant Solution Improves lung function	4 mL Inhale through nebulizer							
	 <b>The Vest</b> Loosens thick, sticky mucus so it can be cleared from your lungs by coughing or huffing.	1 treatment Airway clearance							
	 <b>Bethkis®</b> (tobramycin) 300 mg/4 mL Inhalant Solution Treats and controls bacteria in lungs (airways)	4 mL (300 mg) Inhale through nebulizer							
	 <b>Azithromycin</b> (Zithromax, Z-pak) 250 mg Oral Tablet Anti-inflammatory	1 tablet (250 mg) Take by mouth							



Educate. Empower. Adhere.™

MedActionPlan®



MyMedSchedule®

## Day-Specific Medication List

9:41 CT CF Today +

8:00 AM

- albuterol sulfate**  
90 mcg/actuation Inhaler  
Take 2 puffs
- sodium chloride**  
7 % Inhalant Solution  
Take 4 mL
- The Vest**  
Take 1 treatment
- Tobi**  
300 mg/5 mL Inhalant Solution  
Take 5 mL (300 mg)
- Cayston**  
75 mg/mL Inhalant Solution  
Take 1 mL
- Orkambi**  
125 mg/200 mg Oral Tablet  
Take 2 tablets
- MVW Complete Multivitamin**  
Oral Softgel

Today Inbox Progress Med List Care Team

## Patient Adherence Tracking

9:41 CT CF Today +

8:00 AM

- albuterol sulfate**  
90 mcg/actuation Inhaler  
Take 2 puffs
- sodium chloride**  
7 % Inhalant Solution  
Take 4 mL
- The Vest**  
Take 1 treatment
- Tobi**  
300 mg/5 mL Inhalant Solution  
Take 5 mL (300 mg)
- Cayston**  
75 mg/mL Inhalant Solution  
Take 1 mL
- Orkambi**  
125 mg/200 mg Oral Tablet  
Take 2 tablets
- MVW Complete Multivitamin**  
Oral Softgel

Today Inbox Progress Med List Care Team

## Snooze Option

9:41 CT CF Today +

8:00 AM

- albuterol sulfate**  
90 mcg/actuation Inhaler  
Take 2 puffs
- sodium chloride**  
7 % Inhalant Solution  
Take 4 mL

Options

- Hold until later today
- Skip today
- Cancel

- Cayston**  
75 mg/mL Inhalant Solution  
Take 1 mL
- Orkambi**  
125 mg/200 mg Oral Tablet  
Take 2 tablets
- MVW Complete Multivitamin**  
Oral Softgel

Today Inbox Progress Med List Care Team

## Tracker

9:45 CT CF All meds ▾ +

100%

Over the past 7 days,  
you have taken 16 out of 16 scheduled doses

Week Month All


Day	Doses	Taken
▶ Today	16 scheduled	16/16 ✓
▶ Yesterday	0 scheduled	0/0 ✓
▶ Sunday	0 scheduled	0/0 ✓
▶ Saturday	0 scheduled	0/0 ✓
▶ Friday	0 scheduled	0/0 ✓
▶ Thursday	0 scheduled	0/0 ✓
▶ Wednesday	0 scheduled	0/0 ✓

Today Inbox Progress Med List Care Team

## Refill Reminders

9:47

Edit



**albuterol sulfate**  
(Proair HFA, Ventolin HFA, Proventil HFA)  
90 mcg/actuation Inhaler

REFILL SCHEDULE

Next refill Tuesday, February 26, 2019

Refill every 30 days >

5 refills remaining - +

REMINDERS

Reminders ON

Remind me 7 days before - +

We'll remind you 7 days before the Next Refill date if you have no refills left.

PRESCRIPTION NUMBER

123456

PRESCRIBED BY

Dr. Tarheel

PHARMACY

UNC Pharmacy

9:47

Refill Reminder

**R** This medication is due for a **refill today.**



**albuterol sulfate**  
(Proair HFA, Ventolin HFA, Proventil HFA)  
90 mcg/actuation Inhaler  
*For wheezing. Treats shortness of breath.*  
Rx # 123456  
Prescriber: Dr. Tarheel  
Pharmacy: UNC Pharmacy

Next refill: February 26    Refill every: 30 days    Refills left: 5

**Have you ordered or picked up the refill?**

YES NO

[Change refill schedule](#)

Today

Inbox

Progress


Med List

Care Team


## Print or Share Medication Schedule or Checklists

CT 2 CF Med List


**Trikafta**  
elixacaftor/tezacaftor/ivacaftor and ivacaftor  
100 mg/50 mg/75 mg and 150 mg Tablet  
Every day  
7:00 AM 2 tablets  
7:00 PM 1 tablet




**albuterol sulfate**  
Proair HFA, Ventolin HFA, Proventil HFA  
90 mcg/actuation Inhaler  
Every day  
7:00 AM 2 puffs  
7:00 PM 2 puffs



**Hypertonic saline**  
sodium chloride  
7 % Inhalant Solution  
Every day  
7:00 AM 4 mL  
7:00 PM 4 mL



**The Vest**  
Every day  
7:00 AM 1 treatment  
7:00 PM 1 treatment



**Pulmozyme**  
dornase alfa  
2.5 mg/2.5 mL Inhalant Solution  
Every day  
7:00 PM 2.5 mL (2.5 mg)

Kitabis

2

Today

Inbox

Progress

Med List

Care Team

0 selected

Select schedules and action plans, then tap the button to print or share them.

☐  **Med Schedule**  
Your Complete Med List

☐  **Med Schedule (By Time)**  
Your Complete Med List By Time

☐  **Med Schedule (Wallet Size)**  
Your Complete Med List in Wallet Size

☐  **Med Checklist (Weekly)**  
A 7 day dose checklist listed by medications

☐  **Med Checklist (4 week)**  
A 28 day dose checklist listed by medications

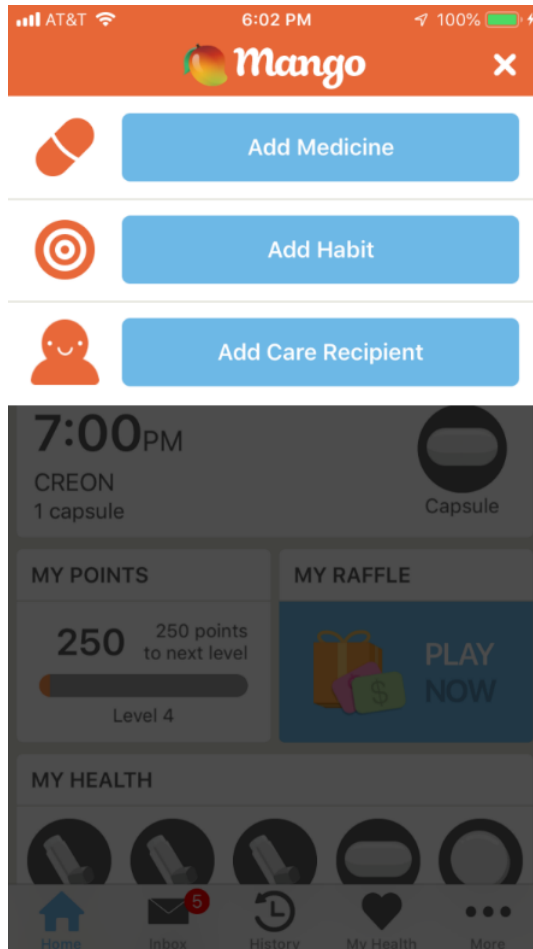
☐  **Med Checklist (By Time - Weekly)**  
A 7 day dose checklist listed by time

☐  **Med Checklist (By Time - 4 week)**  
A 28 day dose checklist listed by time

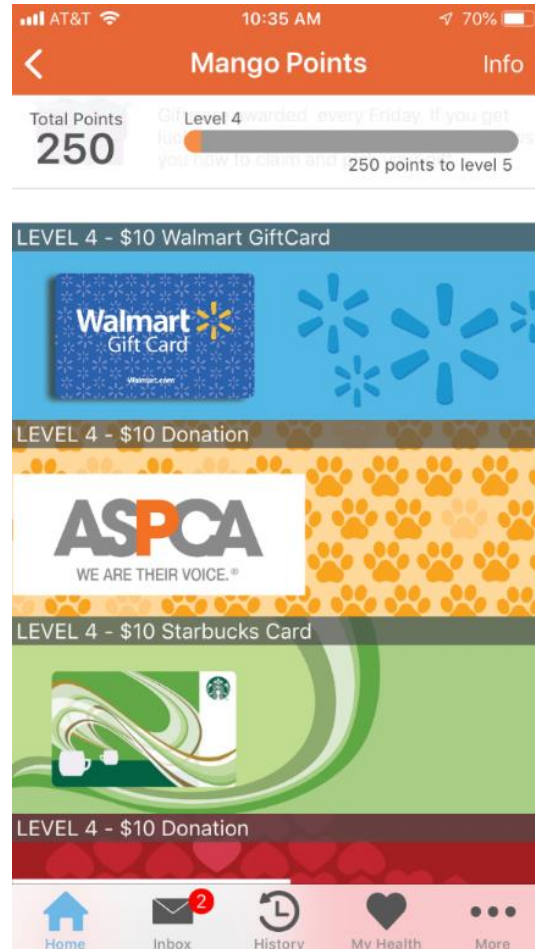




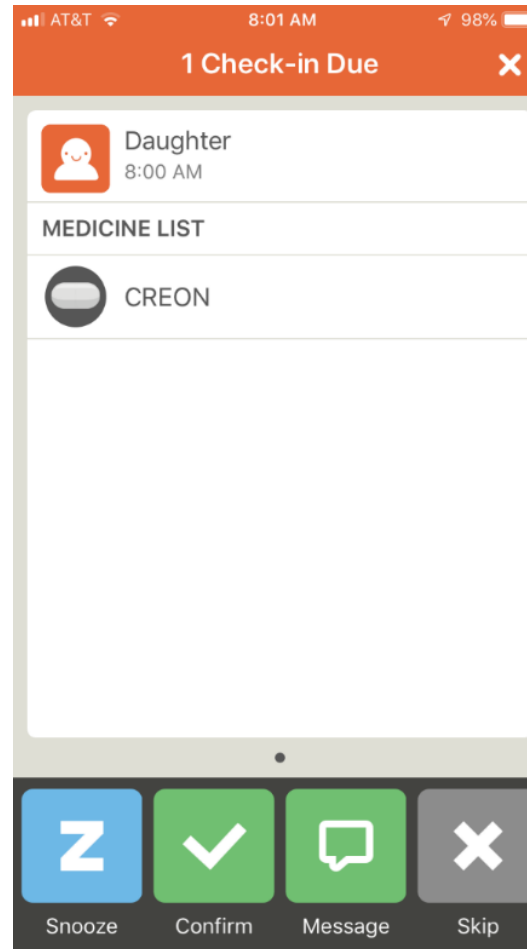
## Manual Med Entry



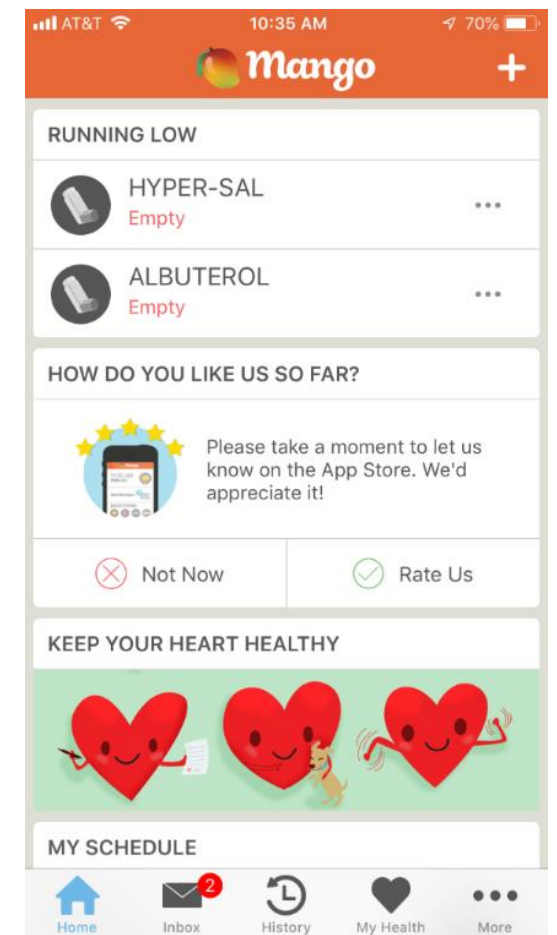
## Reward Points



## Family Member Check-in

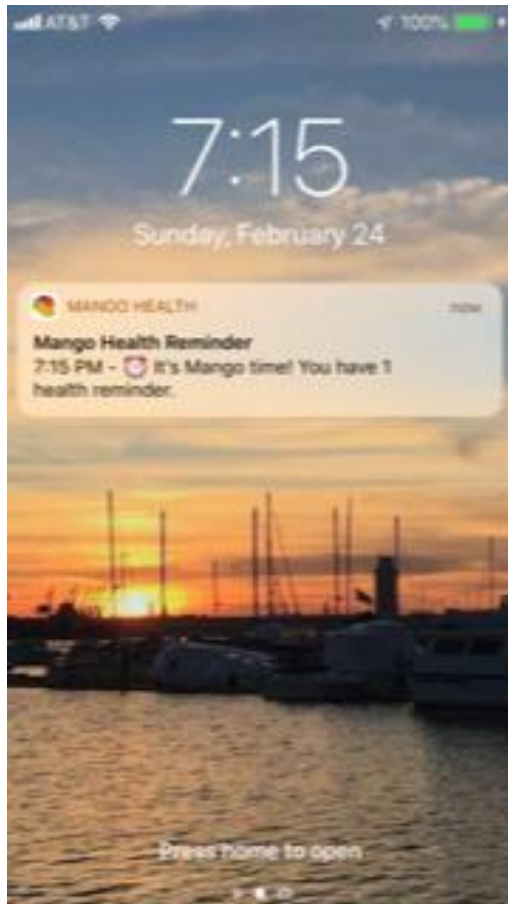


## Refill Reminders

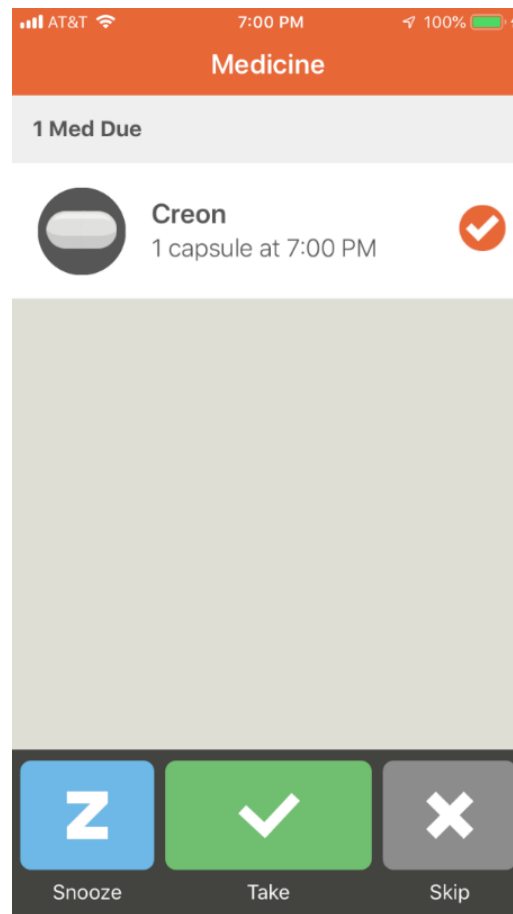




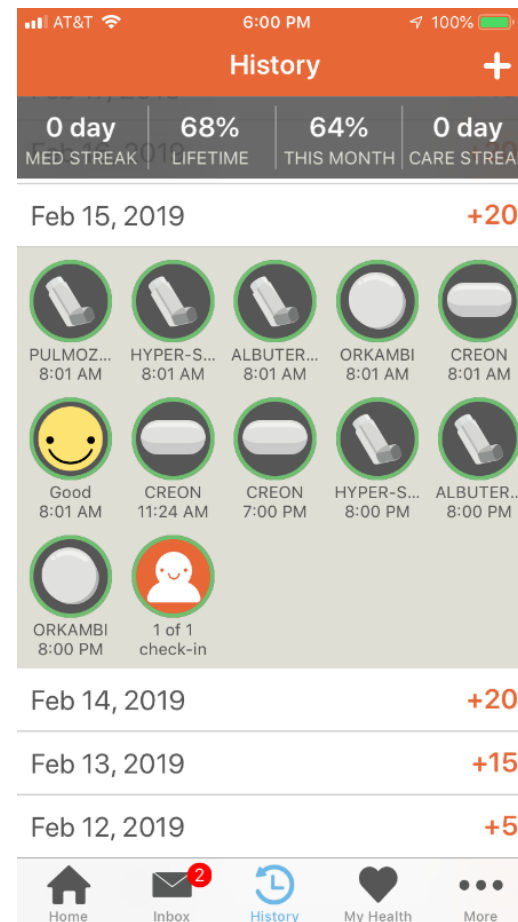
## Pop Up Reminders



## Snooze Option



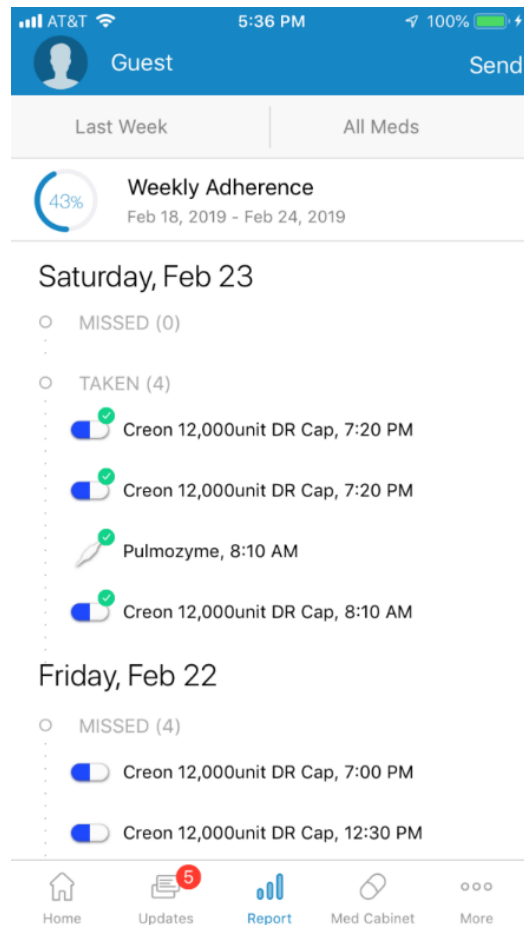
## Adherence Report



## Drug Info and Interactions



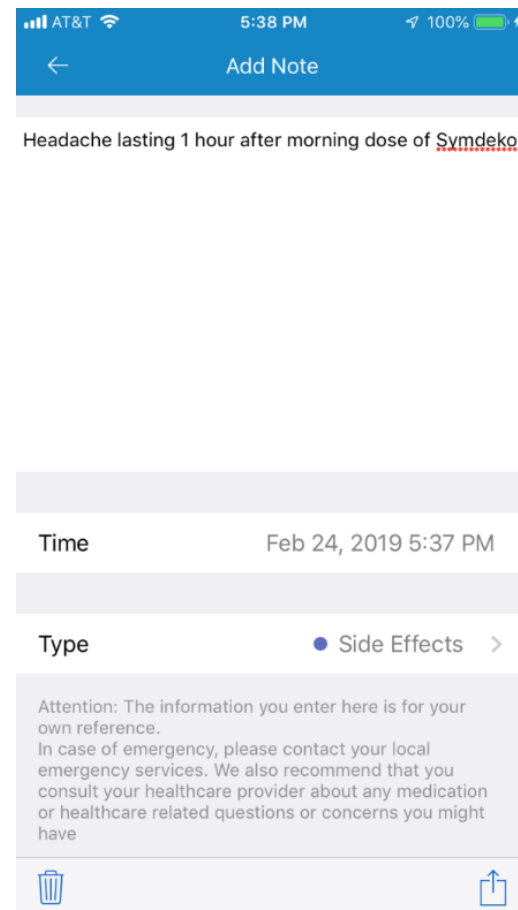
## Adherence History



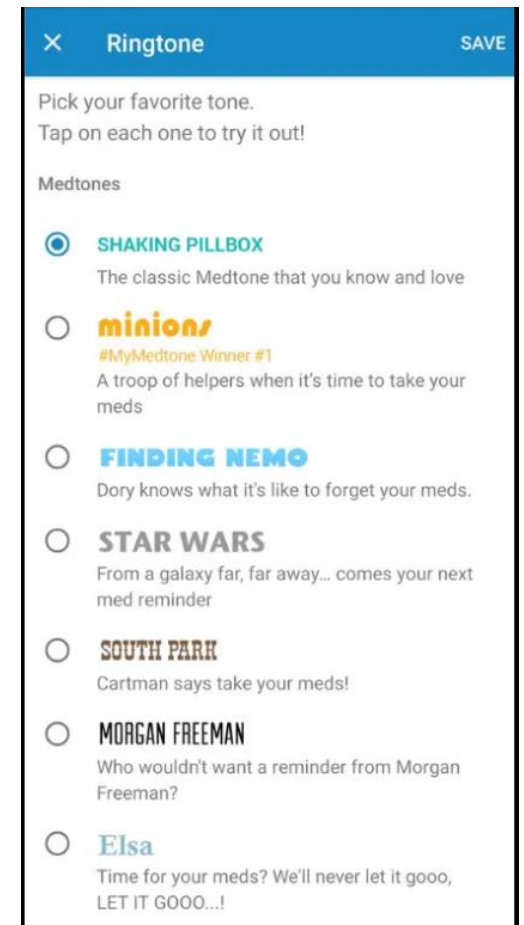
## Educational Videos



## Medication Notes



## Fun Reminder Ring Tones



## Track measurements

Measurements

GLUCOSE

A1C ☐

Blood Glucose ☐

HIV

CD4 Cell Count ☐

HIV Viral Load ☐

CD4 % ☐

IMAGING

T Score ☐

LAB

Creatinine ☐

EGFR ☐

OTHERS

INR ☐

## Alert a Friend Option

Cancel

DD

It's time to take your meds!

Snooze for

5 minutes

10 minutes

15 minutes

30 minutes

60 minutes

90 minutes

120 minutes

☐ Remember my selection

Cancel

8:00 AM  
Guest

## Snooze Option

←

Add a friend who will be alerted if you miss a dose

It's the ultimate in peace of mind. Your Medfriend can text message, email, or call you if you ever forget to take your meds.

Invite Medfriend

# Questions/Comments?

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