

Jan 9 Minutes
Patient and Community Education Work Group

Next meeting: February 13 from 3-5, Rm TBA at Department of Human Services

Present:

Kevin Scholz
Ken Benson
Kevin Wyatt
Abbie Vianes
Leah Ann Lamb
Josh Jensen
RC Lilienquist
Carla Cook
Kathy Hoenig
Sheldon Elman
Raedell Ashley
Nancy Cheeney
Marty Malheiro
Charlotte Vincent
Dee Dee Lobato
Susannah Burt
Erin Johnson

Reports:

Kevin Wyatt: possibility of Utah being in Inflexion Research's Pilot Program for lock boxes. If we are selected King Pharmaceutical will provide boxes and media to Utah.

Raedell Ashley: Tamper resistant prescription pads go into affect in April. Auditors will go to pharmacies rather than Dr. offices. Pharmacists can send back an Rx to Dr if it is not on a tamper resistant pad. This pad can't be written on with pen and will show "void" if copies.

Erin Johnson: met with Prevention Dimensions. Need to coordinate with them for any education with K-12 grades. Idea proposed of having Video Competition. Since they only prepare supplementary lessons for high schools, we need to find out how to add to the core curriculum.

Kevin Scholz: Youthnet has a bi-monthly evening forum in high schools in association with PTA and School Districts. If kids attend they earn credit against detention (they can also bring a friend or parents for more credit). Youthnet does all the administration work.

Kevin Scholz: Met with contact from LDS Family Services who is willing to work with our group in order to spread education on the topic. Options:

- Letter from 1st Presidency—hard without strong evidence
- Interfaith approach (Abbie Vianes works with Interfaith Council)

- Craft an article for the Ensign (widespread LDS magazine) with compelling, real-life experiences
- 5th Sunday program (can be a recommendation to area authorities in Utah)—requires creating a lesson outline

LDS Family Services can meet with us once we have ideas organized.

Presentation:

Senior Care and Prescription Medication by Dee Dee Lobato

What's the problem?

Statistics show that adults over 65 years old:

- consume more than 30% of all meds prescribed.
- Purchase 40% of all over-the-counter meds
- Average person over 65 takes 2-7 rx meds daily (which gets hard to keep track of)

Body slows with aging, affecting the way meds are absorbed, distributed, metabolized, and excreted. These elements combine to create a greater risk:

- Drug interactions
- Drug/food interactions
- Side effects

Almost 40% of all adverse drug reactions reported each year involve people over 60 years old.

Risk factors differ from younger pop.:

- Retirement
- Health
- Income (loss of, reduced, cost of meds, etc.)
- Death of spouse and friends
- Multiple docs (too few geriatricians!)
- Ability or willingness to communicate with doc (not understanding, not asking questions)

Ways to Address the Problem?

- Educate older adults
- Educate professionals about working with older adults
- National speaker at U conference

What's being done?

- Medicare Awareness
- Conferences
- Presentations
- Health Literacy Workshop
- Get Connected
- Med Checks

Discussion:

Regarding ed for older adults: have a speaker at the Substance Abuse U of U school of Alcohol & Chemical Dependency speak on older adults (instead of the same topics year after year).

What can our Work Group do for older adults: promote Med Checks, target media campaign to older adults including: big font on print materials and visuals that include older adults for TV and billboard (Ken Binnibles (spelling?) at 468-2454 is a resource for checking whether campaign materials are compatible with older adults).

Raedell: receives 35-50 calls a day and 1/3 are regarding stolen medication

Marty: are we focusing too much on teens? In Utah, deaths are in adult pop.

Erin: they may die when they are middle-aged, but they are probably starting earlier.

Susannah: about 50% of deaths had a doctor's prescription at the time of death.

Kevin W: may be that the legit Rx was obtained illegally (lying, faking, etc.)

Nancy: teaches her clients that single pharmacy and single primary care physician will protect you

Tasks:

****Everyone:** send to Erin a list of 3 things we've accomplished this quarter as a work group (this will help Abbie when she gives our Work Group update at the Advisory Committee meeting).

****Everyone:** send any contacts of individuals with stories about overcoming/facing prescription drug abuse (from any perspective) to Erin. She will send info to Kevin Scholz as he and Abbie put together an article for possible publication in the Ensign, an LDS monthly magazine.

Kevin Scholz and Abbie: will work on pulling article together. If possible, have draft for us to critique by next meeting (Feb 13).

To do from last month:

Darlene: see if Kevin Scholz can present at DUR.

Abbie: press release for Clean Out the Cabinet (contact Laura Jones--KCPW). Present idea about changing federal disposal laws to policy work group.