

July 2010

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The Mortar & Pestle

Long Term Care Newsletter



Shelly's Medication Services - 1504 Grundy's Lane - Unit #8 - Bristol, Pa. 19007


Anniversary Issue

It's Our BIG 5th Anniversary Issue

It's hard to believe but your editor has been (if you'll excuse the pun) grinding out the **Mortar and Pestle** for 5 years. To celebrate the 5th anniversary of our newsletter we're re-running our anniversary give-a-way that has been so popular in past years. If you'd like to enter, just clip out the coupon below, fill it in and mail it back to SMS - attention Barry. If you're a **Go Green** subscriber, send an e-mail to BarryP@SMSLTC.com with **Anniversary Drawing** as the subject and your name and address as the message. We'll enter you in the contest. All entries received by August 27, 2010 will be entered in a drawing for **Shelly's Prize Packs**. These include an assortment of promotional items, including frisbees, pens, coffee mugs, FM radios, travel alarm clocks, key chains, travel mugs, book lights, tote-bags, etc. We'll award five prize packs to names drawn at random from all entrants. AND we'll have a separate extra prize drawing just for the **Go Green** entries. Finally in a separate drawing from coupons submitted by SMS employees, we'll award another prize pack. You've got to play to win, so enter today.

Name _____
 Orgztn. _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____

(Please Print)



Avoid Hospitals in July

July is here, so consider the advice of some seasoned doctors: Avoid the hospital if you can. Why? Because on or around July 1, fresh, inexperienced interns, residents, nurses and other new health care workers first report to work at many of the nation's hospitals, eager to start practicing medicine on you!

Known as the "July effect" there's evidence (not just popular opinion) that it's a month with more medical errors in hospitals than the rest of the year. "You may get more personal attention, but the skill level isn't there," says veteran physician David Sherer, M.D.,

More medical errors occur in July and early August than in other months - especially at teaching hospitals. Analysis of more than 62 million deaths across the U.S. from 1979-2006, found that fatal medication errors consistently spiked in July by about 10%, but only in U.S. counties with many teaching hospitals. Then in August, error levels subsided back to be on par with the other months.



GO GREEN!

Send your name and organization in an e-mail titled "Newsletter" to BarryP@SMSLTC.com The Mortar & Pestle will come to you by e-mail, starting next month, and we might even save a tree or two.

Lutheran Community at Telford Chooses SMS-LTC

The Lutheran Community at Telford has recently selected Shelly's Medication Services as its supplier for all pharmaceutical services. SMS was selected for its outstanding quality of service, reliable deliveries and overall value.

The Lutheran Community at Telford will now enjoy the same level of superior old-fashioned service, coupled with the latest advances in technology that all SMS clients receive.



The Lutheran Community at Telford is a continuing care retirement community situated on 35 acres in the suburban setting of beautiful Upper Bucks County between Philadelphia and the Lehigh Valley.

My memory's not as sharp as it used to be Also, my memory's not as sharp as it used to be.

Educational Dinner Programs Return

We may still be suffering in the dog days of summer, but planning for the next Educational Dinner Program has already begun. Scheduled for mid-September, it will be co-hosted by SMS-LTC along with UCB, Inc. The speaker is still being arranged, but the topic will be **Keppra XR and Vimpat for treatment of partial onset seizures**.

Watch this space in next month's issue for final details on the program, time and location

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SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE

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Prescription Descriptions

Recall of certain lots of Coumadin

Bristol-Myers Squibb has initiated a voluntary recall of 3 lots of physician sample blister packs of Coumadin® 1 mg tablets and 5 lots, of Coumadin 1 mg tablet hospital unit dose (HUD) blister packs. The recall is a precautionary measure based upon the company's determination that some of the tablets, over time, may not meet specification for isopropanol. Isopropanol is used to maintain the Coumadin in its crystalline state, and could affect the therapeutic levels of the active ingredient.

The recall only involves Coumadin 1 mg tablet blister-packs distributed in the U.S. This recall does not involve Coumadin 1 mg supplied in bottles or any other strengths and dosage forms of the product. Patients who may have product from the subject lots should contact their physicians to ensure that their anticoagulation therapy is not interrupted.

To date, the company has not received any reports of adverse events related to this issue.

Dr. Feelegoode's Corner-Bug Bites

Wherever you vacation, bug bites are a summer concern. If a stinger is still in the skin, it must be removed carefully - or you may break off the top and leave in the dangerous end. Trying to pull the stinger out can pump in more poison. The best removal method is to flick the stinger off. Then, wash the area with soap and water, hydrogen peroxide or alcohol to get rid of any germs. Apply ice if it is available. If part of a stinger remains, apply a poultice to safely draw it out. A good one is stale bread wetted with milk. You may need to repeat this after the first one dries out. Or use a wet tea bag, The tannic acid in the tea helps with any swelling. Black tea is most effective.

Relief can be attained with a paste of meat tenderizer and water. Leave on for at least 1/2 hour to take away pain and itch. You can also use a slice of raw onion or potato. A cucumber slice is very good for ant bites!

Wasp venom is on the alkaline side. Counteract it by rubbing onion juice or natural apple cider vinegar on the bite. Ant bites and bee stings are more acidic. Neutralize these with a paste of baking soda and very cold water.



You know you're a nurse when.....
you avoid unhealthy looking shoppers in the mall for fear that they will drop near you and you'll have to do CPR on your day off.

Laughter ... the best Prescription

An elderly Italian man lived alone in the country. He wanted to plant a tomato garden, but it was very hard work. His only son, Vincenzo, who used to help him, was in prison. The old man wrote a letter and described his predicament.

Dear Vincenzo,

I am feeling pretty bad because I won't be able to plant my tomato garden this year. I am getting too old to be digging up a garden. If you were here, my troubles would be over. I know you would dig it up for me Love, Papa

A few days later a letter arrived from his son.

Dear Papa,

I'd do anything for you Papa, except dig up that garden. That's where I buried the bodies. Love, Vinnie

At 4 am the next morning, FBI and local police arrived and dug up the entire area without finding anything. They apologized to the old man and left. The same day another letter came.

Dear Papa,

Go ahead and plant the tomatoes now. That's the best I could do Love, Vinnie

Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to
Drug Information



Words of Wisdom

When the character of a man is not dear to you.....

Look at his friends.

... Japanese Proverb

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