# WISE

## HOSPICE PHARMACY INSIGHTS

**JANUARY 2020**

### THIS MONTH:

**MELATONIN**

**ADDENDUM OF ELECTION OF BENEFITS STATEMENTS**

**UPCOMING EDUCATION FOR 2020**

**RANITIDINE/ZANTAC RECALL & SHORTAGES**

**UPDATED DRUG SHORTAGE LIST**

PREPARED BY:
DAVID BOUGHER

FOR YOUR CONSIDERATION:

# Melatonin


Although more than 3 million Americans use melatonin the major sleep societies are reluctant to endorse melatonin for common insomnia. The American Sleep Association and National Sleep Foundation cite conflicting evidence about efficacy while cautiously suggesting that it might help some people. The American Academy of Sleep Medicine (AASM) advises clinicians against recommending melatonin, weighing the overall evidence as “weakly against” its efficacy.

AASM found that a review of randomized, double-blind, placebo-controlled studies of melatonin for insomnia only found a modest reduction in time to fall asleep of approximately 10 minutes which they did not find “clinically significant.”

According to AASM’s their recommendation against melatonin’s use does not mean it is proven unsafe or ineffective, just that there was insufficient evidence of its effectiveness.

Melatonin is approved in Europe to treat primary insomnia in older adults and has been shown to help insomnia in children with autism spectrum disorders, adolescents with depression,

FOR YOUR CONSIDERATION:

# Melatonin *continued*


women with premenstrual dysphoric disorder, patients with hypertension taking beta-blockers, and children with attention deficit hyperactivity disorder.

Melatonin generally has a favorable safety profile, with minor adverse events such as fatigue and sluggishness being short-lived and associated with dose timing. Although there is some evidence of adverse blood pressure and heart rate effects in people with cardiovascular conditions and concurrent antihypertensive medications, it is unclear whether they are because of melatonin or drug interactions. The most common side effects reported were headache, dizziness, nausea and sleepiness.

Recommended dosing is 0.3mg-5mg 1 hour prior to bedtime. A high dose of 10mg has been used for up to 4 weeks but there is no clear clinical evidence that this dose is more effective than 5mg. Higher doses are associated with an increase in incidence of side effects.

Medscape December 5, 2019
National Institutes of Health (NIH) 2015
UpToDate September 13, 2018

**REGULATORY CENTER:**

# Addendum of Election of Benefits Statements

As we noted in our June 2019 newsletter CMS was proposing "patient notification of hospice non-covered items, services and drugs." This was incorporated into the 2020 Final Rule that went into effect on October 1, 2019. However, this patient notification will not go into effect until October 1, 2020. CMS is encouraging hospices to begin developing this addendum earlier rather than later in order to be in compliance by the implementation date of October 1, 2020.

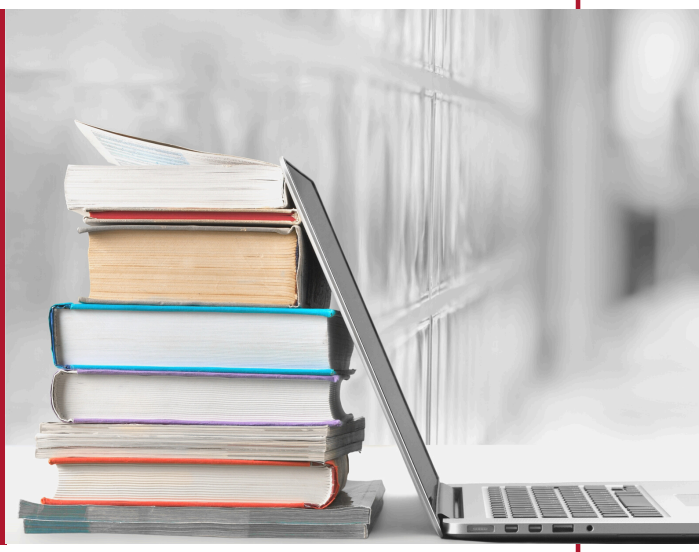
Below are links to the 2020 Final Rule (pertinent pages are 38506-38508) and NHPCO's PP.

https://www.govinfo.gov/content/pkg/FR-2019-08-06/pdf/2019-16583.pdf

https://www.nhpco.org/wp-content/uploads/2019/08/FY2020-Final-Rule-webinar-handout_080619.pdf

WISE SERVICES

# Upcoming Education for 2020



On March 24, 2020 we will be offering the class “Alternate Routes of Drug Administration” at 10:30am Central Time. The class will be 60 minutes and will be online via our RingCentral platform. Registration may be coordinated through your education coordinator or by emailing David Bougher at **dbougher@wiseop.com** directly.

**Class Objectives:**

- List the alternate routes of drug administration most commonly used for hospice patients.
- Discuss the advantages/disadvantages to the use of each route.
- Recognize the challenges each method of administration poses to care givers.
- Incorporate the information learned in this presentation to enhance current practice.

RX ALERT

# Ranitidine / Zantac Recall & Shortages


Since November there have been shortages of injectable ranitidine due to production delays and further testing. Glenmark Pharmaceutical Inc found unacceptable levels of N-nitrosodimethylamine (NDMA), a suspected carcinogen, found in both oral and injectable formulations and instituted a voluntary recall. The FDA has asked other companies producing ranitidine to conduct their own testing.

Alternative $H_2$ blockers include; famotidine (Pepcid), cimetidine (Tagamet), and nizatidine (Axid) all available as OTC.

FDA Alert 12/18/19Drugs.com 11/13/19

# UPDATED
# Drug Shortages

These shortages are due either from manufacturing delays or shortage of raw ingredients. This is not an inclusive list, but the listed drugs may be used for hospice patients, especially in the inpatient setting.

**Note: Items marked with a syringe are new from the previous month's newsletter.**

**Atropine** — 12/18/19
Inj/Opth

**Bisacodyl** — 12/18/19
Supplements

**Carbidopa/Levodopa ER** — 11/18/19
Tablets

**Cipro** — 11/25/19
Inj/Opth/Solution

**Dexamethasone** — 12/18/19
Injectable

**Diazepam** — 12/23/19
Injectable

**Doxycycline Hyclate** — 12/3/19
Tablets

# UPDATED Drug Shortages

| | |
|---|---|
| Enoxaparin<br>Inj | 12/13/19 |
| Erythromycin<br>Inj/Opth | 12/9/19 |
| Famotidine<br>Inj/Tabs | 12/4/19 |
| Fentanyl<br>Inj | 12/19/19 |
| Fluticasone/Salmeterol<br>Inhale | 12/13/19 |
| Furosemide<br>Inj/Oral | 12/23/19 |
| Haloperidol<br>Tablets | 12/16/19 |
| Heparin<br>Inj | 12/16/19 |
| Hydromorphone<br>Inj | 12/18/19 |
| Ketamine<br>Inj | 11/19/19 |

## CONTINUED
# Drug Shortages

| | |
|---|---|
| **Ketorolac**<br>Inj | 12/23/19 |
| **Levetiracetam**<br>Inj/Tablets | 12/20/19 |
| **Lorazepam**<br>Inj/Oral | 12/16/19 |
| **Losartan**<br>Tabs | 12/23/19 |
| **Metronidazole**<br>Inj | 11/27/19 |
| **Midazolam**<br>Inj | 12/6/19 |
| **Morphine**<br>Inj/PCA vials/IR/tabs | 12/23/19 |
| **Nitrofurantoin**<br>Suspension | 11/23/19 |
| **Nystatin**<br>Suspensions | 10/4/19 |

## CONTINUED
# Drug Shortages

| | |
|---|---|
| **Octreotide**<br>Inj | 12/16/19 |
| **Ondansetron HCL**<br>Inj | 11/20/19 |
| **Prednisone**<br>Tablets | 12/13/19 |
| **Prochlorperazine**<br>Tablets | 9/27/19 |
| **Promethazine**<br>Inj | 12/18/19 |
| **Ranitidine**<br>Inj | 11/11/19 |
| **Scopolamine**<br>Transdermal | 11/20/19 |
| **Temazepam**<br>Capsules | 12/18/19 |
| **Valsartan**<br>Tablets | 12/18/19 |
| **Vancomycin HCL**<br>Inj | 12/4/19 |
| **IV Bags/Solutions**<br>(Various) | 12/16/19 |