



Insights:

Emerging Trends for Clinical Leadership

January 2019

TRC HEALTHCARE – MONTHLY EXECUTIVE BRIEF

IN THIS ISSUE

A Note from the Editor

Welcome to the first issue of *Insights* for 2019. This year, we'll be enhancing this newsletter to deliver an even more robust roundup of the latest practice changing updates and product news to help you leverage the most from your *Letter* subscription(s).

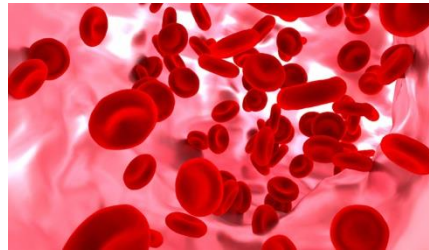
Our solutions deliver mission-critical medication training and education to pharmacists and other clinicians across hospital, retail, and academic settings, to help reduce medication errors and improve patient care.

Check out this month's features on updates to anticoagulation protocols and cholesterol guidelines, plus a spotlight look at our *Natural Medicines* solution.

As always, feel free to [reach out to me](#) anytime with new topic ideas, questions, or feedback.



Joshua Conrad, PharmD
Vice President
of Editorial and
Content



Practice- Changing Pharmacy Updates

Anticoagulation

Pain Point: New updates to the Joint Commission's anticoagulation National Patient Safety Goal (NPSG) will lead to hospitals updating protocols and policies to address the changes.

Solution: February's article offers guidance to help hospitals meet the NPSG expansion rolling out in July 2019, in particular, the addition of DOACs to the measure. Also included is a new Toolbox full of clinical resources to address all aspects of the NPSG changes.

[Read the full article](#) in *Hospital Pharmacist's Letter*.

[1 • A Note from the Editor](#)

[1 • Practice-Changing Updates](#)

[1 • News You Need to Know](#)

[2 • Product Spotlight](#)

[3 • News & Events](#)

[3 • Continuing Education](#)

Want More? [Access the Current Issue\(s\)](#)

News You Need to Know

Insights delivers the latest in emerging trends for clinical leadership straight to your inbox. Included in each monthly edition, you'll receive a roundup of industry-relevant updates, timely new facts, and advice to help you and your pharmacy teams leverage the most from your TRC Healthcare product subscription. You'll also see the latest CE courses added to our course catalog, as well as important national and state requirements to keep you and your staff in compliance.

Contact us anytime for more information. Visit trchealthcare.com, or [email us](#).



New ACC/AHA Cholesterol Guidelines

Pain Point: For the first time in five years, the American College of Cardiology/American Heart Association recently released new cholesterol guidelines.

Solution: Our article helps pharmacists understand what is and isn't changing in the guidelines and gives them confidence to recommend appropriate meds for high cholesterol and to sort out the role of non-statins.

[Read the full article](#) in *Pharmacist's Letter*.

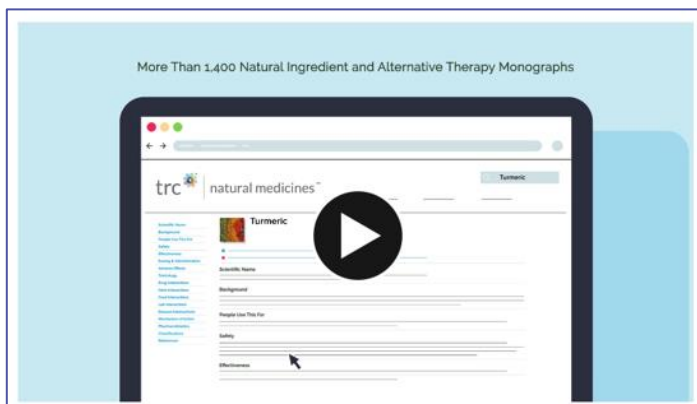
Product Spotlight

Natural Medicines

Why Natural Medicines?

Empower your care teams with the most reliable, clinically relevant, and comprehensive natural medicines database available.

[Watch this 90-second video](#) and see for yourself why the World Health Organization declared *Natural Medicines*, "the best and most authoritative web site available on herbal medicines."



MORE THAN MONOGRAPHS: TOOLS AND RESOURCES

Updated daily, *Natural Medicines* boasts more than 1,400 monographs and over 170,000 commercial products in its database. It provides the most comprehensive, accurate, and clinically relevant information to help clinicians make evidence-based decisions using handy tools such as:

- *Natural Medicines* Brand Evidence-based Ratings
- Interaction checker
- Comparative effectiveness charts
- Adverse events checker
- Pregnancy & lactation checker
- Nutrient depletion checker
- And more!

Practice Changing Updates

New Monograph: Ketogenic Diets

Pain Point: The ketogenic ("keto") diet has become a popular option for weight loss, and resolution-related goals may prompt patients to ask questions about its safety and efficacy.

Solution: A new monograph is now available to assist healthcare providers in answering common questions about the ketogenic diet and help clarify some confusion about whether it's a safe option for all patients. [Read more and access the full monograph here.](#)

Counseling on Food Allergies: Is Sesame Now a Concern?

Pain Point: Adult-onset food allergy is an emerging health problem in the U.S., with the most common allergens being shellfish, milk, peanut, tree nut, fin fish, egg, wheat, soy, and sesame. The FDA requires the first eight to be clearly identified on food labels, but to date, listing sesame and sesame-related ingredients has not been required.

Solution: Our article highlights the emerging problem of adult-onset food allergies in the U.S., and discusses ways for healthcare providers to counsel patients to be more label-savvy when it comes to sesame (and other) food allergies. It also provides recommendations for epi pen preparedness, food testing, allergen exposure, and more. Read the [full article on Natural Medicines here.](#)

Want more information on how to add *Natural Medicines* to your organization's subscription? [Contact us today.](#)

News & Events

Upcoming Webinars

Hot Topic Webinar: "Smoking Cessation in Patients with CV Disease" Feb. 21, 12 PM Eastern / 9 AM Pacific. [Register now.](#)

PL Voices Webinar: "PL Voices – Clinical Recommendations" Feb. 13, 8 PM Eastern / 5 PM Pacific. Check the course library in your *Letter* product to register.



Continuing Education

TRC's accredited learning center for medication management offers 13 Continuing Education categories, including:

- Disease State Management / Drug Therapy
- HIV / AIDS
- Law
- General Pharmacy
- Patient Safety / Medication Errors
- Archived Webinars
- Competency
- Compliance
- Hospital / Specialty
- Preceptor
- Training
- Immunization
- Compounding

Stay on top of certification, license, and continuing education renewal periods and associated hours required for your state. Make note of the states that have renewal periods in the current month, as well as ongoing state and national requirements:

February	Ongoing	National
District of Columbia (D.C.)	California Maryland New Mexico	PTCB NHA
North Dakota	New York Tennessee Texas Washington	

To view details for each state, as well as a list of associated continuing education courses available to meet requirements, [click here.](#)

TRC's accredited learning center for medication management is host to one of the most extensive CE/CME course offerings in the industry. Updated monthly, users have access to live and on-demand webinars, self-paced courses, compliance training, and more.



New Continuing Education Courses

COURSE TITLE	PRODUCT CODE	CREDIT TYPE	CREDIT HRS	COUNTRY	RELEASE DATE	CATEGORIES	COURSE DESCRIPTION	STATE REQUIREMENTS MET
CME-in-the-Letter: Jan 2019	19-1001 (PRL) 19-1021 (PRLH) 19-1041 (PRLC) 19-2001 (NL)	MDs, DOs, PAs, NPs, RNs	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	Especially for physician, nursing, and physician assistant prescribers . Timely, evidence-based recommendations you can use in your practice to improve patient outcomes.	Pharmacotherapy CE; General CME
CE-in-the-Letter: Jan 2019	19-701 (PL) 19-721 (PLH) 19-741 (PLC) 19-801 (PTL) 19-821 (PTLH) 19-841 (PTLC)	RPh & Tech	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	Especially for pharmacists and pharmacy technicians . Relevant, evidence-based recommendations you can use in your pharmacy setting to help improve patient care.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE
Natural Medicines for Colds and Flu (JA0006454-0000-19-101-H01-P)	19-101	RPh, MDs, DOs, PAs, NPs, RNs	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	This course summarizes evidence for preventing and treating colds and flu.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE
Prediabetes and Type 2 Diabetes (JA0006454-0000-19-202-H01-P)	19-202	RPh	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	This course reviews how to prevent and treat prediabetes and diabetes by reviewing risk factors, screening and diagnosis recommendations, lifestyle changes, pharmacologic interventions, and treatment goals.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE
Diabetes Counseling (JA0006454-0000-19-203-H01-P)	19-203	RPh	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	This course reviews key counseling points for patients with diabetes including therapy benefits, side effect management, the importance of adherence, and instructions for using injectable medications.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE
Vitamin K and Warfarin (JA0006454-0000-19-204-H01-P)	19-204	RPh	1.00	US & CAN	1/1/19	Disease State Management/ Drug Therapy	This course discusses warfarin therapy and how vitamin K is used in patients taking warfarin. It includes how warfarin and vitamin K work on the clotting cascade, how to monitor warfarin therapy with INR values, how and when vitamin K may be administered, as well as the role of dietary and supplemental vitamin K in patients taking warfarin.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE

COURSE TITLE	PRODUCT CODE	CREDIT TYPE	CREDIT HRS	COUNTRY	RELEASE DATE	CATEGORIES	COURSE DESCRIPTION	STATE REQUIREMENTS MET
Canadian Immunization (JA0006454-0000-19-205-H06-P)	19-205	RPh	1.00	CAN	1/1/19	Disease State Management/ Drug Therapy / Immunization	This course discusses the latest changes to immunization therapy in Canada, including the newest recommendations for influenza, human papillomavirus (HPV), herpes zoster (shingles), meningococcal, and pertussis products and recommendations.	Immunization CE; All others - General CE
New Drugs Available in 2018 (JA0006454-0000-19-206-H01-P)	19-206	RPh	1.00	US	1/1/19	Disease State Management/ Drug Therapy	This course outlines important new drugs available in 2018, including adverse effects, administration, dosing, mechanisms, and their place in therapy.	Iowa - Drug Therapy; Missouri - MTM; All others - General CE
HIPAA Security 2019 (JA0006454-0000-19-302-H03-P) (JA0006454-0000-19-302-H03-T)	19-302	RPh & Tech	1.00	US	1/1/19	Law	This course outlines the rules and regulations governing compliance with the HIPAA Security Rule to help ensure proper handling of electronic health information.	Law CE; All others - General CE
HIPAA Privacy: 2019 (JA0006454-0000-19-303-H03-P) (JA0006454-0000-19-303-H03-T)	19-303	RPh & Tech	1.00	US	1/1/19	Law	This course provides a review of the HIPAA Privacy Rule including its protections, how to ensure HIPAA compliance, and how to prevent unauthorized disclosures of protected health information.	Law CE; All others - General CE
Bloodborne Pathogens 2019 (JA0006454-0000-19-306-H04-P) (JA0006454-0000-19-306-H04-T)	19-306	RPh & Tech	1.00	US	1/1/19	General CE	This course reviews OSHA's Bloodborne Pathogens Standard and is designed to help meet the standard's training requirements (when used in combination with reviewing the employer's site specific exposure control plan).	General CE
Federal Controlled Substances Act (JA0006454-0000-19-308-H03-P) (JA0006454-0000-19-308-H03-T)	19-308	RPh & Tech	1.00	US	1/1/19	Law	This course is intended to help pharmacists and pharmacy technicians understand the federal Controlled Substances Act by reviewing requirements around handling, storing, ordering, and keeping inventory of controlled substances.	Law CE; All others - General CE
New Drugs Available in 2018 for Technicians (JA0006454-0000-19-401-H01-T)	19-401	Tech	1.00	US	1/1/19	Disease State Management/ Drug Therapy	This course outlines important new drugs available in 2018, including adverse effects, administration, dosing, mechanisms, and their place in therapy.	General CE

COURSE TITLE	PRODUCT CODE	CREDIT TYPE	CREDIT HRS	COUNTRY	RELEASE DATE	CATEGORIES	COURSE DESCRIPTION	STATE REQUIREMENTS MET
A Review of Controlled Substances (JA0006454-0000-19-402-H03-T)	19-402	Tech	1.00	US	1/1/19	Law	This course provides an overview of controlled substances including their federal schedules, prescription requirements, safety issues, and tips on how to identify potentially fraudulent prescriptions.	Law CE; All others - General CE
HIPAA Security 2018 - Refresher	19-903	RPh & Tech	0.00	US	1/1/19	Training	This training provides a refresher on the rules and regulations governing compliance with the HIPAA Security Rule to help ensure proper handling of electronic health information.	Training
HIPAA Privacy 2018 - Refresher	19-905	RPh & Tech	0.00	US	1/1/19	Training	This training provides a refresher of the HIPAA Privacy Rule including its protections, how to ensure HIPAA compliance, and how to prevent unauthorized disclosures of protected health information.	Training
Bloodborne Pathogens 2018 - Training	19-906	RPh & Tech	0.00	US	1/1/19	Training	This training course reviews OSHA's Bloodborne Pathogens Standard and is designed to help meet the standard's training requirements (when used in combination with reviewing the employer's site specific exposure control plan).	Training
HIPAA Privacy 2019 - Training	19-907	RPh & Tech	0.00	US	1/1/19	Training	This training-only course provides a review of the HIPAA Privacy Rule including its protections, how to ensure HIPAA compliance, and how to prevent unauthorized disclosures of protected health information.	Training
HIPAA Security 2019 - Training	19-908	RPh & Tech	0.00	US	1/1/19	Training	This training-only course outlines the rules and regulations governing compliance with the HIPAA Security Rule to help ensure proper handling of electronic health information.	Training
Fraud, Waste & Abuse - 2019- Training	19-917	RPh & Tech	0.00	US	1/1/19	Training	This is a training course developed by CMS to meet the CMS Fraud, Waste & Abuse and General Compliance training requirements. No modifications have been made to this CMS training course.	Training

COURSE TITLE	PRODUCT CODE	CREDIT TYPE	CREDIT HRS	COUNTRY	RELEASE DATE	CATEGORIES	COURSE DESCRIPTION	STATE REQUIREMENTS MET
Pharmacy-Specific Examples of Fraud, Waste, and Abuse - Training	19-918	RPh & Tech	0.00	US	1/1/19	Training	These supplemental materials give pharmacy-specific examples of fraud, waste, and abuse. This training course is NOT part of the CMS Medicare Parts C & D Fraud, Waste, and Abuse Training and General Compliance Training and does NOT constitute training to meet this requirement.	Training
PL VOICES: Clinical Recommendation: Jan 2019 - Archived Webinar (JA0006454-0000-18-692-H01-P)	18-692	RPh & Prescriber	1.00	US & CAN	12/1/18	Archived Webinar; Disease State Management/ Drug Therapy	Listen in to a previously recorded live webinar where our Editorial Board and experts discuss and debate the clinical recommendations that are ultimately published in our monthly letter. (Topics: Cardiology, Venous Thromboembolism)	Iowa- Drug Therapy; Missouri- MTM; All others - General CE
PL CE Live: November Forum 2018 (JA0006454-0000-18-511-L01-P) (JA0006454-0000-18-511-L01-T)	18-511	RPh & Tech	1.00	US & CAN	1/10/19	Live CE; Disease State Management/ Drug Therapy	A monthly live webinar identifying emerging trends in drug therapy and their place in patient care practices. Listeners have an opportunity to interact with Pharmacist's Letter editors as the monthly topics are discussed.	Live CE; Iowa - Drug Therapy; Missouri - MTM; All others - General CE
PL CE Live: December Forum 2018 (JA0006454-0000-18-512-L01-P) (JA0006454-0000-18-512-L01-T)	18-512	RPh & Tech	1.00	US & CAN	1/10/19	Live CE; Disease State Management/ Drug Therapy	A monthly live webinar identifying emerging trends in drug therapy and their place in patient care practices. Listeners have an opportunity to interact with Pharmacist's Letter editors as the monthly topics are discussed.	Live CE; Iowa - Drug Therapy; Missouri - MTM; All others - General CE
PL CE Live: January Forum 2019 (JA0006454-0000-19-501-L01-P) (JA0006454-0000-19-501-L01-T)	19-501	RPh & Tech	1.00	US & CAN	1/16/19 1/24/19 1/26/19 1/30/19	Live CE; Disease State Management/ Drug Therapy	A monthly live webinar identifying emerging trends in drug therapy and their place in patient care practices. Listeners have an opportunity to interact with Pharmacist's Letter editors as the monthly topics are discussed.	Live CE; Iowa - Drug Therapy; Missouri - MTM; All others - General CE
PL VOICES: Clinical Recommendations - February 2019 (JA0006454-0000-19-581-L01-P)	19-581	RPh & Prescriber	1.00	US & CAN	1/15/19	Live CE; Disease State Management/ Drug Therapy	A live webinar where you can ask questions of our Editorial Board and experts as they discuss and debate the clinical recommendations that will ultimately be published in our monthly letter.	Live CE; Iowa - Drug Therapy; Missouri - MTM; All others - General CE