

## **Pharmacy Outreach Program**

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College of Pharmacy

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### **Program Listings by category for 2014-15:**

**All of the following topics are available in English and Spanish as power point presentations and in game formats of:**

- **Who Wants To Be A Millionaire**
- **Jeopardy**
- **Bingo**

**All presentations will be supplemented with handouts.**

## **Brown Bag Program**

Sit down with our professional pharmacy staff to review and discuss your medications and the diseases they are being used to treat. This serves as an excellent opportunity to evaluate your current medication regimen and ensure that you are taking them properly for maximum benefit. Also review what choices you have to make your medications more affordable.

\*Please note: Brown Bag Programs are only available on a signup basis.

## **Pharmacy Care:**

### **Adherence to Medications**

How closely do you follow your medication regimen instructions? Do you know the costs- both health wise and financial- of not being adherent? Learn how to overcome barriers for medication adherence.

### **Adverse Drug Reactions**

Medicines are used to treat or prevent illness or disease. However, sometimes these medicines may cause problems- adverse drug reactions. Learn how to recognize the risks and avoid them.

### **Communicate Before You Medicate**

Learn what you should know about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors, and understanding why your doctor prescribed a certain medication and the role of your pharmacist in dispensing that medication. Also, tips on cost-cutting and resource information about prescription assistance programs.

### **Disposal of All Medications**

Advice on how to correctly dispose of medications no longer needed or that have expired. Also, how to dispose of needles and sharps according to RI laws.

### **Drug Interactions**

51 % of adult Americans take 2 or more medications per day and those over 65 years old average 4 or more medications every day. Plus, Americans self medicate with over-the-counter drugs and herbals. Add to that the number of foods and beverages that interact with medications. All can significantly increase the risk of a drug interaction and it is important to know how to avoid these potentially dangerous interactions.

### **Fall Prevention**

As we age, many factors will affect our mobility and stability. Medications, environment, disease states all have the ability to make our lives a little unsafe. This presentation will address these factors and will give you good advice on avoiding the "dreaded fall".

### **Generic Drugs**

Why aren't all drugs available as a generic instead of brand? Are they really the same and how does cost affect insurance coverage and drug selection?

### **Getting the Most Out of Your Prescription Dollar**

Are you spending too much money on your medications? Learn how to properly use formularies, access cost saving programs and other helpful ways to minimize prescription costs.

### **Guide to Buying Medical Supplies**

Where to shop for all of your medical supply needs in Rhode Island. What you need to know to make the best selection. Also, what does Medicare cover?

### **Home Medical Tests**

There are more home medical tests than ever before! Such as: Cholesterol, heart disease, thyroid, stress, diabetes, and allergies- to name just a few. Learn the benefits and reliability of these tests and their place in disease management.

### **Hospital Visits and Transitional Care Expectations**

Learn why medications may be switched during a hospital stay from what you have been taking at home. Important preparations with your medications that you can do to ensure smooth transition from changes in your setting, service, practitioner or level of care.

### **Hot Topics**

A timely discussion of what is in the news about a specific disease or medication. Just because it is on Dr. Oz and everyone is talking about it, are you getting the correct information?

### **Internet Pharmacy**

Learn how to safely navigate the internet in order to purchase medications and how to identify a legitimate on-line pharmacy that exercises competent pharmacy practice.

### **Lab Values**

A breakdown of what all those lab values mean, why they are being tested and what the normal values are. Finally a chance to understand those complicated lab reports!

### **Medicare Part D**

This comprehensive presentation explains the drug coverage component of Medicare and details the specifics of the standard plan. Also covers the differences among the plans offered by the participating insurance companies. Resources for obtaining help navigating through the process and helpful tips on picking the right plan for you will be thoroughly discussed. For the seniors new to Medicare this presentation will be most helpful.

### **Medicare Part D Workshop**

Workshops available to help Seniors navigate the "ins and outs" of the Medicare drug benefit. Information on the standard benefits and formularies and selecting the most appropriate plan for each individual. Also, assistance on how to maximize the plan benefits with generics and therapeutic substitutions. Computer access is required.

## **Med D Update**

A short overview of what is currently going on with the Medicare Part D plans and the upcoming changes for the open enrollment period of October 15 to December 7, 2014. For the seniors familiar with Medicare Part D and that just want a quick preview of upcoming changes and how they may affect their current plan.

## **Medications and Time of Day**

When should I take my medications? Does it matter? Time of day can be very important in making sure to receive the maximum benefit of a medication with the least side effects. Also learn how certain conditions benefit from the time of drug administration.

## **Medications as We Age**

Managing diseases becomes more difficult due to changes that naturally occur as we get older and treating those illnesses can become more problematic due to our aging bodies' natural susceptibility to unwanted side effects of medications.

## **Medication Safety**

Tips on how to ensure the safely use of your medications including: storage, disposal, traveling with medications and helpful resources.

## **Over-The-Counter Medications**

Approximately 240 million Americans currently use OTC products with a market worth billions of dollars. Learn if you are at risk using these products and what you should be looking for when shopping this market.

## **Pharmacy 101**

Ever wonder why some tablets are so large? Or why one month your tablet is pink and the next it is white even though it is the same drug? And what does ER, CR and XR all mean? Come join us for a discussion about the basics of medications.

## **Poison Prevention for Seniors**

Accidental poisonings, both medicinal and environmental are common in the senior population. Learn preventive techniques in order to avoid a poisoning and what to do in case of one.

## **Rx To OTC**

Why is it that a medication that I have been taking for years by prescription is now available over the counter? How is it decided to take a prescription medication and make it an OTC? Is it safe? How about my insurance and costs? And what medications are currently making the switch? Join us as we answer all of your questions!

## **Smoking Cessation**

A comprehensive overview of effective products used to stop smoking.

## **Nutrition and Wellness:**

### **Cancer Prevention**

Learn about actions that you can take to decrease your chances of getting certain cancers. Identify risk factors and what screenings, vaccines, lifestyle changes, prescription medications and supplements show value in preventing cancer.

### **Grapefruit: Interactions and Recommendations**

Why does it say that when taking certain medications you should avoid grapefruit? Does that mean both the juice and the fruit? Are there other fruits also that should be avoided?

### **Herbal and Complementary Medicine**

What are herbals and why you should be careful using them? Review of some of the most popular herbals on the market. Also cover, the definition of complementary medicine.

### **Minerals and Supplements**

Do you know the reason that you may be taking a supplement or mineral? Can we get enough of these through our diet? Are taking these even necessary or could you be over-supplementing yourself? Join us for a thorough and interesting discussion.

### **Nutrition as We Age**

A discussion of ways we can best adapt our nutritional needs as we age with dietary recommendations and supplementation.

### **Probiotics**

Learn about these live bacteria and yeasts and their importance in keeping our bodies healthy. Also a review of what foods and products supply probiotics and when it is necessary to supplement with them.

### **Vitamin D**

Why do we need to be concerned about Vitamin D and how do we know if we are deficient in our body's level, and if so, what are the options for supplements?

### **Vitamins**

Is it possible to get all your vitamins through a well balanced diet? Does everyone need to take supplements? After attending this lecture, you will know the answers to these important questions.

### **Weight Loss**

What are the strategies for successful weight loss? Also, a review of the over-the-counter weight loss products and the newest prescription medications approved for weight loss.

## **Vision and Hearing:**

### **Age Related Macular Degeneration (AMD)**

AMD is a chronic disease of the eye that causes a gradual loss of central vision and is the leading cause of severe vision loss in people over the age of 50. Learn about prevention, risk factors, and treatment of the 2 forms of AMD- Wet AMD and Dry AMD.

### **Hearing and the Older Adult**

Join the discussion about hearing loss- causes, options for treatments, helpful coping mechanisms and costs associated with hearing aid products.

### **Tinnitus**

Learn the causes, symptoms, risk factors, and treatment option of tinnitus and the coping mechanisms of those affected.

## **Vision Problems**

We'll review the common types of vision problems, their diagnosis, and treatments. Also provide a practical guide to using ophthalmic preparations properly.

## **Cold, Flu and Infections:**

### **Allergies**

Allergies are a very common condition. Learn what causes seasonal and year round allergies and how they adversely affect our health. Appropriate treatments such as avoidance and prescription and over-the-counter products will be discussed. There is hope for allergy sufferers!

### **Antibiotics**

Everyone has taken an antibiotic at some time in their life. Why are there so many? Why do we take some for only a few days and others for weeks? How do we protect the "good" bacteria from the action of the antibiotics?

### **Cold and Flu**

What the difference is between the two and how to properly treat each one as well as effective prevention practices. What to look for in over-the-counter medications to treat symptoms and what is the newest information on the flu vaccine.

### **Common Cold**

Learn how to navigate the pharmacy aisle when choosing an OTC medication to treat a cold. What really works and why?

### **Flu 2014**

Find out what is the up to date information on the 2014 projections of the flu virus, how the vaccine differs this year from previous vaccines and ways to treat the flu.

### **Hepatitis**

Learn about the 3 types of hepatitis viruses- their causes, signs and symptoms, treatment and vaccines.

### **Lyme Disease**

Emerging as one of today's most troubling health concerns! Identify the signs and symptoms of Lyme, how it is treated, and how to protect yourself from contracting it.

### **MRSA (Methacillin Resistant Staph. Aureus)**

Once strictly confined to hospital settings, this dangerous infection is now being spotted in the community. What is it and how is it acquired? How can it be prevented and treated, and what are the community implications?

### **Norovirus**

One of the most dreaded viruses that is very contagious, causing 20 million illnesses a year and its symptoms strike quickly and are very severe! Learn how it is spread, what to do if you have it and most importantly how you can prevent getting it!

### **Shingles**

This condition is an increasingly common problem among older Americans. Learn how to treat and prevent this debilitating illness.

## **Superbugs**

Learn the many causes which may contribute to bacteria becoming resistant to drugs. The main four that are discussed are MRSA (Methicillin-Resistant Staphylococcus aureus), Clostridium difficile, VRE (Vancomycin- Resistant Enterococci) and MDR TB (multi-drug resistant Tuberculosis).

## **Vaccines**

Are you up to date on all of your vaccinations? Which ones need a “booster” shot and when? Should you get them at your doctor’s office or at your pharmacy? Make sure you are properly vaccinated!

## **Wound Care**

Join us for a discussion on the different stages of wounds, their causes, and physical properties and how we can best treat them. Should we bandage or not? If so- what is the most appropriate bandage to use? And learn the importance of recognizing signs of infection in a wound.

## **Joints, Bones and Pain:**

### **Alternative Remedies for Arthritis**

Non-traditional treatments are becoming more popular choices for the relief of arthritis pain and inflammation. Learn more about the more popular herbal choices, joint manipulation, acupuncture and dietary supplements.

### **Arthritis**

Arthritis is the number one cause of disability in the United States. Treatment options covered for osteoarthritis include lifestyle changes, medications, surgery, and alternative treatments.

### **Gout**

Need to dispel the myths from the facts of gout? This presentation will demystify and educate you with the facts of this highly misunderstood disease.

### **Osteoporosis**

Osteoporosis is the loss of bone mass and the breakdown in the structure of the bone tissue. It is the cause of over 1.5 million fractures per year in the USA. Learn how to treat this disease with medication and lifestyle modifications.

### **Peripheral Neuropathy**

This disorder of the nerves can cause weakness, numbness, tingling and pain that can become very severe and debilitating. Join us to discuss its causes, signs and symptoms and treatments. Also learn what health conditions are most often associated with its onset.

### **Restless Leg Syndrome (RLS)**

It is estimated that over 12 million Americans suffer from RLS. Learn about the syndrome and how it can be treated.

### **Rheumatoid Arthritis**

Rheumatoid arthritis normally occurs between the ages of 40 to 60 and causes joint damage that can be both debilitating and disfiguring. A review about the disease and its available treatments.

## **Brain and Hormonal Disorders:**

### **Alzheimer's Disease**

This presentation covers the current treatments available for this progressive and debilitating disease. Learn what is happening in the latest on-going clinical trials for treatment options.

### **Dementia**

Did you know... dementia affects an estimated four million people in the United States each year? The prevalence of dementia increases with advancing age with as many as 20% of people over age 80 suffering from the disease. Dementia affects the brain and has a variety of causes. While memory loss is a common symptom, there are many different effects on the body.

### **Depression**

Depression is not a normal part of aging. How to recognize and treat depression and why drug therapy has become an effective treatment choice.

### **Fatigue and Aging: What is Normal?**

A discussion of how aging affects our energy levels. Is it normal to take that cat nap every afternoon? Learn how many common medications can increase our sleepiness.

### **Fibromyalgia**

Learn about the collection of symptoms that make up this syndrome affecting as many as 6 million Americans. Risk factors, diagnosis, medications and lifestyle changes are all explored in discussing FMS-FibroMyalgia Syndrome.

### **Headaches**

Migraines, cluster, tension and sinus headaches can all cause pain. Learn how they differ and how to best treat them.

### **Memory**

As we age, memory seems to be one of the casualties. But it doesn't have to be about age. Medications, medical conditions, and other factors may cause memory problems. Find out how to combat memory loss and keep you mind agile for years to come.

### **Migraines**

What is a migraine? What are its symptoms and triggers and how you can treat it?

### **Multiple Sclerosis**

What is MS? We'll provide the most up to the date information about the causes and treatments available for this central nervous system disease.

### **OTC Pain Management**

There are many pains that can be controlled with Over-The-Counter medications and we will discuss all the options! Also, when should you contact your doctor and what to be aware of when self medicating pain.

### **Pain Management**

Pain may be unavoidable but controllable. Learn the options available to effectively manage pain and what you should know about pain medications.

## **Parkinson's Disease**

This degenerative disorder of the Central Nervous System affects more than 1 million Americans. Learn the latest in treatment options with medications, surgery, lifestyle changes and experimental treatments.

## **Sleep Disorders**

20-40% of adults suffer from insomnia over the course of a year. Recognize what can cause sleep disorders and learn how to successfully treat them. Learn about the newest medications.

## **Stress Awareness**

Understanding and coping with stress is part of everyone's everyday life. Knowing how to ease the stressful elements of our lives is a healthy alternative.

## **Stroke**

Prompt treatment of this medical emergency could mean the difference between life and death. It is important to understand and recognize the signs that a stroke is occurring, how to properly react quickly and ways to prevent a stroke or the occurrence of a second one.

## **Thyroid**

What are the symptoms of underactive and overactive thyroids? We'll provide a review of the diagnosis and treatments of thyroid conditions.

## **Heart:**

### **Angina**

What exactly is angina? This often misunderstood condition impacts the health of many. Learn the causes and latest treatments available.

### **Anti-platelets and Anticoagulants**

Many people are taking a blood thinner, for example aspirin, Coumadin® or Plavix®. These medications require increased monitoring and place you at a greater risk of drug interactions and adverse effects. It is important to understand the correct way to take these medications and how to avoid problems in your medication regimen.

### **Cholesterol**

Elevated cholesterol levels increase the risk of heart disease and strokes. Controlling cholesterol involves diet, exercise and medications. Learn more about one of the most prescribed drug categories.

### **Healthy Heart**

How can we develop and maintain a healthy heart? Review the best practices currently recommended.

### **Heart Attack**

An overview of: signs and symptoms, causes, and risk factors of heart attacks. A thorough discussion of the medications used in the treatment and how to be proactive in protecting yourself from having a heart attack.



## **Heart Attack and Stroke**

What is the difference between a heart attack and a stroke? What do the terms MI or CVA refer to? This presentation will help you better understand the warning signs and treatment of these two very different diseases.

## **Heart Function and Arrhythmias**

A discussion of why abnormal heart rhythms occur. In addition, symptoms and treatment options for them.

## **Hypertension: Managing Your High Blood Pressure**

What types of changes can you make in your life to be successful in keeping your blood pressure in a healthy range as discussed by you and your doctor? How much of an impact does your diet play into the equation and what are the sodium requirements for those with hypertension?

## **Hypertension: Medication Management**

The “Silent Killer” affects one in four Americans. There are more drugs on the market to treat hypertension than any other class of medications. Learn how these drugs work in your system and why it is so important to maintain good blood pressure control.

## **Lung:**

### **Asthma**

Millions of people are living with asthma. Learn how to properly manage asthma by monitoring, proper medication administration and understanding your asthma action plan.

### **Chronic Obstructive Pulmonary Disease (COPD)**

Chronic Bronchitis and Emphysema are the two most important lung diseases that make COPD the 4<sup>th</sup> leading cause of death in the USA. Learn how to decrease the risks and treat COPD and its complications.

### **Pneumonia**

Learn about the prevention, risks, symptoms and treatment of this inflammatory lung disease.

## **Diabetes:**

### **Diabetes: ABC's**

This presentation is an overview of the importance of maintaining good control of A: A1C level, B: Blood pressure, and C: Cholesterol and how they impact diabetes.

### **Diabetes: A Basic Understanding**

An overview of the signs and symptoms of diabetes, pre-diabetes, and hereditary and lifestyle risk factors. We'll review the importance of early screening for diabetes and making lifestyle modifications such as proper nutrition and exercise.

### **Diabetes: Allergies**

Everyone is familiar with allergies and the many different kinds that can occur. But how does diabetes play into the treatment of allergies? Learn all about allergies and their prevention and treatment options.

**Diabetes: Commonly Occurring Diseases**

Learn about the most common diseases often diagnosed in people with diabetes- hypertension, high cholesterol, nerve damage, vision problems, skin conditions and kidney disease.

**Diabetes: Dementia**

Dementia affects the brain with memory loss being its most common, recognizable symptom. Join us for a discussion about dementia and how its link to diabetes.

**Diabetes: Depression**

For those with diabetes, there are many causes of depression: being diagnosed, learning how to take care of the disease, changing the diet, all the associated costs that come with the equipment as well as the meds. Learn about recognizing and treating depression.

**Diabetes: Eye Care**

The potential for complications pertaining to the eye is very real and serious for people with diabetes. Learn how to prevent and treat eye diseases.

**Diabetes: Management of Hypoglycemia, Hyperglycemia, and Sick Days**

An overview of: signs and symptoms of low and high blood sugar levels and how to properly manage them. Review of most common medications that may cause hypoglycemia. Also, how the person with diabetes should properly care of themselves during sick days.

**Diabetes: More Comprehensive Review**

A thorough review of both Type 1 and Type 2 diabetes including: signs/symptoms, risk factors, proper control of blood glucose levels and complications of diabetes. We'll also cover the roles of insulin and oral medications in the treatment of diabetes.

**Diabetes Medications: Adverse Effects and Drug Interactions**

The presentation will cover all the classes of medications used in the treatment of diabetes and their most important adverse reactions and drug interactions.

**Diabetes: Respiratory Health**

Asthma and COPD affect many of us and for those with diabetes there can be additional difficulties to face during treatment. Join us for a discussion about respiratory health and the impact of diabetes.

**Diabetes: Supplies and Disposal**

A complete guide to knowing and purchasing supplies needed in the treatment of diabetes. We'll also review the correct disposal of needles and sharps according to RI law.

**Diabetes: Type 1**

Focus on the treatments specific for people with Type 1 Diabetes. Review of various types of insulin, testing, insulin pens and helpful resources.

**Diabetes: Type 2**

Focus on the treatments specific for people with Type 2 Diabetes. Review of oral medications, testing and helpful resources.

**Diabetes: UTI's**

Urinary Tract Infections (UTI) are very common in people with diabetes. Learn why and how to best prevent and treat UTI's.

## **Digestive and Urinary Systems:**

### **Constipation**

We're not afraid to talk about it and you shouldn't be either! Let's understand the causes, symptoms, and treatments to relieve and prevent occurrences.

### **Gallbladder and Gallstones**

A review of what is the function of our gallbladder and why gallstones form – risks, symptoms and treatments currently available will be discussed.

### **Gastroesophageal Reflux Disease (GERD)**

Is it just a fancy name for heartburn? Learn about lifestyle and drug choices for the treatment of this common condition.

### **Irritable Bowel Syndrome (IBS)**

This presentation will review the causes of IBS and treatment options available for this condition.

### **Men's Health**

Benign prostatic hyperplasia, prostate cancer and erectile dysfunction are all common in aging men. Learn about prevention, early detection and treatment in the management of these disorders as well as what every man needs to know about living a healthy life.

### **Peptic Ulcers**

Let's learn about the 2 types of peptic ulcers, their causes, symptoms, and treatment options.

### **Urinary Incontinence**

Learn how the medications you are taking for this disorder affecting millions of Americans work and what is the newest in treatment options.

### **Urinary Tract Infections**

UTI's can occur in people of all ages but are more common in those over 65 years of age. Signs and symptoms in older adults can be very different from younger patients and may result in a misdiagnosis. Learn about the causes, signs, symptoms and treatment of this common ailment.

## **Skin and Oral:**

### **Easy Bruising**

Why as we age we tend to bruise more often. Serious or not- when should you contact your doctor? Learn about the possible causes for bruising such as lifestyle and medications.

### **Foot Care**

What is the difference between blisters, corns, bunions, and other conditions that can affect your feet? Learn about these conditions and your treatment options.

### **Oral Health**

What to do for dry mouth? How do I treat canker sores? Is there any difference among mouth washes? How you can treat small dental emergencies before you see your dentist. All of these topics and more will be discussed.

## **Skin Disorders**

An overview of various skin conditions such as dry skin, eczema, psoriasis and dermatitis. Treatments including prescription and over the counter medications currently being used to treat these conditions will be discussed.

## **Seasonal Care:**

### **Heat and Chronic Illnesses**

Learn how to recognize the signs and symptoms of dehydration and heat stroke. Also, covers medications that increase the risk of dehydration and sunburn and tips for diabetes and heart disease self care during the summer months.

### **Holiday Preparedness**

Holidays- that time of year again! What are some ways that you can make sure your holidays are safe and fun? Also will present tips for traveling and being prepared to preserve the joy in the celebration.

### **Stress during the Holiday Season**

There are many dynamics that can make the holidays stressful: stress due to orchestrating a perfect family celebration, holiday bills, losses due to divorce or death in the family, crowded social calendars, etc. Learn how to recognize and handle holiday stress.

### **Summertime Health**

Summertime presents all kinds of health challenges- safe sun exposure, proper hydration, and mosquito and tick prevention. Learn how to protect your health during the summer months.

### **Tips for Traveling Seniors**

Planning a trip? Make sure you know how to store your medications properly to insure their efficacy and that you adhere to rules applying to the transportation of medications. Also discussed, vaccines, allergies, medical history, disabilities and resources available to assist the traveler to have a safe trip!

### **Winter Health**

As the temperature outside drops, our bodies need special attention. Learn how to best protect yourself from winter issues such as increased respiratory infections, coughs and colds, dry skin and more!