

“ Since I got my asthma under control, I have been able to play soccer again. My pharmacist helped me figure out my triggers and come up with an action plan and put it in place to manage the symptoms before they get out of control. ”

- **Females aged 9-45 and males 9-26 (or older in some cases.)** A new HPV vaccine that covers 9 strains of HPV is now available in Canada. This vaccine prevents genital warts, cervical cancer, anal and genital cancers. Those who have previously received the HPV vaccine through the school system may have only received immunizations for four strains.
- **People aged 65+.** Two types of pneumococcal vaccinations may be recommended for all people over the age of 65 and people with medical conditions such as diabetes, lung disease, smokers and other medical conditions that place the person at higher risk of infections and complications.
- **People who are not up-to-date on their vaccines.**

If you have questions about vaccinations, talk to your pharmacist today. Pharmacists can prescribe these vaccinations. Prior to filling a prescription and injecting a patient, an assessment will be conducted to ensure the medication is appropriate for you.

Prescription Services

Pharmacies continue to provide the prescription filling services they always have. When you have a prescription filled, your pharmacy team will maintain an accurate record of all of the details of your prescription, and ensure you are receiving the correct product, dose and directions before billing it to your insurance plan. The pharmacist will complete a review of the prescription to ensure it is the most appropriate medication for you. This includes reviewing any potential drug interactions, your medical conditions and your allergies. Pharmacists will also provide you with education and information about your prescription.



Every day, pharmacists help people by recommending changes to their medications that make them feel better.

Pharmacists can also provide health and lifestyle coaching to better manage illness and disease.



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Pharmacy Health Care Services



Your health condition doesn't have to weigh you down.



Pharmacy Health Care Services may now be a benefit of your health plan.

FACTS

- 1 in 6 hospitalizations are due to a preventable medication problem.
- Approximately 1/3 of medication side effects are preventable.

Consultation Based Services

Your pharmacist can recommend the service that is right for you. Your medical conditions, medications and health related concerns will be different from those of your co-workers. It is important to explore the options that will give you and your family members the best results.

Let's learn the lingo! Here are some of the services that a pharmacist might recommend:

Health Care Management Programs

How long does it take?

Typically, a 60-90 minute consultation annually, with 15-30 minute follow-ups throughout the year

What is this?

Your pharmacist may call it a Care Plan or use other terms. The names of these programs may vary by pharmacy. Most pharmacies will offer services to help you manage your ongoing medical conditions. It may be recommended for those who want more support to manage their chronic health conditions, such as

diabetes, heart disease, high blood pressure, lung conditions and others. Your pharmacist can help you achieve your personal health goals over a period of time. Your goal might be to have more energy, lose weight or quit smoking. Perhaps you want help with overcoming certain obstacles when it comes to taking your medications. A care plan may include, or build upon, the findings from a medication review.

Medication Reviews

How long does it take?

Typically, 20 to 30 minutes.

What is this?

If you are taking multiple medications for chronic conditions, a pharmacist will go over all of the medications that you take. This will include any natural products and non-prescription medications you take. You can discuss why you are taking each medication and what you hope to achieve from taking the medication. It is also important to learn what side effects the medication may be causing and how you can minimize them. The pharmacist will also be thinking about possible drug interactions and conflicts with your other medical conditions as they review each medication with you.

"I thought it was just me. I had no idea my medical condition was causing my sexual dysfunction. My pharmacist gave me a couple of options to solve the problem and even offered to consult with my physician. Now, I feel happier, more confident and less distressed."

Additional Consultation Based Services

Additional services may vary by pharmacy. Ask your pharmacist for details. Services may include:

- Health Coaching
- Smoking Cessation - pharmacists are authorized to prescribe all medications and nicotine replacement treatments available to help you quit smoking. Many pharmacies offer programs that can provide you with support to quit smoking
- Screening and Prevention of Disease
- Programs for menopause, osteoporosis, pain management and more

Prescribing Services

Pharmacists are authorized to assess and prescribe medications in many situations.

Prescription Renewals: Have you run out of refills and can't get in to see your doctor? Your pharmacist can do an assessment and if appropriate, can prescribe refills for up to 180 days. Note: Pharmacists cannot write prescriptions for narcotics or controlled medications.

Therapeutic Substitution: If there is a medication that is in the same family of drugs as the one you take, but is less expensive, or less likely to cause you a side effect, your pharmacist may be able to change your prescription.

Prescribing Preventative Medicines: A pharmacist can assess and prescribe medication to prevent malaria when traveling, as well as many vaccines to prevent conditions such as hepatitis A and B, typhoid fever, shingles, chicken pox, and HPV disease. Some pharmacists have additional certification which allows them to assess and prescribe vaccines such as yellow fever, rabies and Japanese encephalitis as well as preventative medications for conditions such as travelers' diarrhea and altitude illness.

Minor or Common Ailments: Currently there are many conditions for which your pharmacist can assess to determine if you would benefit from a prescription drug.

Here is the list:

- Allergies
- Menstrual Cramps
- Calluses and Corns
- Mild Acne
- Cold Sores
- Mild Bites
- Stings and Hives
- Skin Conditions Due to Allergic Reactions
- Mild Headaches
- Coughs
- Mild to Moderate Eczema
- Dandruff
- Minor Muscle and Joint Pain
- Dry Eyes
- Minor Sleep Disorders
- Hemorrhoids
- Nausea
- Impetigo
- Non-Infectious Diarrhea
- Indigestion/Heart Burn
- Oral Ulcers
- Nasal Congestion and Sore Throats
- Skin Fungal Infections Such As Athlete's Foot
- Oral Thrush
- Threadworms and Pinworms
- Yeast Infections
- Warts

What's in it for me?

- Convenient access to health care in your community.
- Achieve your health goals (studies show that patients who use pharmacy consultation services are 25% more likely to achieve their health goals).
- Improve your quality of life.
- Help you better manage your medications.

Adaptations: Your pharmacist may modify the dose, length of treatment and directions of your prescription to ensure you have the most effective treatment.

In all prescribing situations, pharmacists will complete an assessment to ensure the prescription is appropriate and meets all legal requirements. The pharmacist is required by their Standards of Practice to also notify your family doctor when they provide any prescribing services.

Injection Services

Pharmacists who have obtained their injection certification and permit are able to inject some vaccines and other products to patients that are five years and older.

Vaccines include products for the prevention of flu (influenza), hepatitis A, hepatitis B, chicken pox (varicella), shingles (herpes zoster), human papilloma virus (HPV), meningococcal disease, pneumococcal disease, and typhoid fever. Other non-vaccine injections include Vitamin B12.

Who should receive vaccines?

- **People who travel.**
- **People aged 50+.** The pain from shingles can be debilitating and can last up to one year. Serious complications can also occur.
- **Adults and teen-aged children who did not receive the vaccines that cover all five strains of meningococcal disease.** Prior to September 2015, Grade 7 students in Nova Scotia received vaccination against one strain. At time of publication of this brochure, they are receiving vaccination against four strains in Grade 7.