

AU InforMed

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Key Inforbits

- **MedWatches.**
- Height and weight increasing.
- New **heart** failure guidelines.
- Laborist?
- NABP clerkship!
- Back up that hard drive!

NEW DRUGS, and other related stuff ...

MedWatch ... Safety-related drug labeling changes for May 2005 have been posted on the MedWatch website that includes 42 drug products with safety labeling changes to the CONTRAINDICATIONS, BOXED WARNING, WARNINGS, PRECAUTIONS, or ADVERSE REACTIONS sections.

The Summary page -- http://www.fda.gov/medwatch/SAFETY/2005/may05_quickview.htm
-- provides drug names and a listing of the sections changed.

The Detailed view -- <http://www.fda.gov/medwatch/SAFETY/2005/may05.htm>
-- includes sections/subsections changed and a description of new or modified safety information in the Contraindications, Boxed Warning, or Warnings sections. The full labeling may be accessed by clicking on the drug name in the detailed view.

The following drugs had modifications to the CONTRAINDICATIONS and/or WARNINGS/BOXED WARNINGS sections:

Alora (estradiol transdermal system)
Atacand (candesartan cilexetil) Tablets
Clozaril (clozapine) Tablets
Midol Extended Relief (220 mg naproxen sodium)
Requip (ropinirole hydrochloride) Tablets
Zestoretic (lisinopril/hydrochlorothiazide) Tablets
Zocor (simvastatin) Tablets

Arixtra (fondaparinux sodium) injection
Cefuroxime Inj USP and Dextrose Inj USP
Lodine (etodolac capsules and tablets)
Pegasys (peginterferon alfa-2a)
Tagamet HB (200mg cimetidine) Tablets
Zestril (lisinopril) Tablets

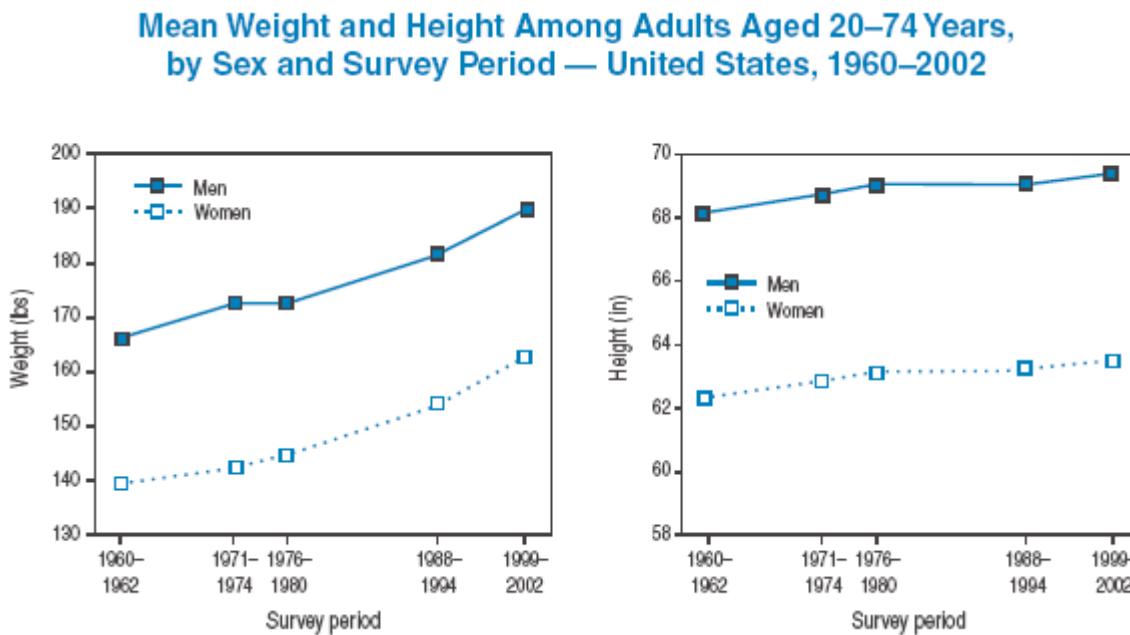
MedWatch ... **Accutane®** ...FDA notified healthcare professionals and patients of a strengthened risk management program, iPLEDGE, for Accutane® and generic isotretinoin. The strengthened program requires registration of wholesalers, prescribers, pharmacies and patients who agree to accept specific responsibilities designed to minimize pregnancy exposures in order to distribute, prescribe, dispense and use Accutane®. In addition to approving the iPLEDGE program, FDA has approved changes to the existing warnings, patient information and informed consent document so that patients and prescribers can better identify and manage the risks of psychiatric symptoms and depression before and after prescribing isotretinoin.

Read the complete MedWatch 2005 Safety Summary, including a link to the FDA Public Health Advisory and Press Release, FDA Drug Information Page, Healthcare Professional Information Sheet, FDA Patient Information Sheet, and the approved product labeling:

<http://www.fda.gov/medwatch/safety/2005/safety05.htm#Accutane>

FROM THE MEDICAL LITERATURE ...

QuickStats: Mean Weight and Height Among Adults Aged 20--74 Years, by Sex and Survey Period --- United States, 1960--2002



From the early 1960s to 2002, the mean weight for men and women aged 20–74 years increased 24 pounds, and the mean height increased approximately 1 inch. During 1999–2002, the mean weight of men aged ≥20 years was approximately 190 lbs. and the mean height was approximately 5 ft., 9 in.; among women, the mean weight was approximately 163 lbs. and the mean height was approximately 5 ft., 4 in.

SOURCE: Ogden CL, Fryar CD, Carroll MD, Flegal KM. Mean body weight, height, and body mass index, United States 1960–2002. Advance data from vital and health statistics; no 347. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2004. Available at: <http://www.cdc.gov/nchs/data/ad/ad347.pdf>.

As published in: CDC. QuickStats: Mean Weight and Height Among Adults Aged 20–74 Years, by Sex and Survey Period --- United States, 1960—2002. *MMWR* 2005 Aug 12;54(31):771.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5431a5.htm>

 **Drug samples ... how effective?** ... A recent study shows that physician residents in inner city clinics were more likely to prescribe more expensive, advertised drugs when they had access to free drug samples ($p=0.04$). However, looking at the actual numbers there is not a great deal of “clinical significance” so interpretation could go either way. It was a small sample size and short observation period and the correlation did not appear very strong. However, it is apparently good enough for our pharmaceutical industry friends.
Adair RF, Holmgren LR. Do drug samples influence resident prescribing behavior? A randomized trial. *Am J Med* 2005 Aug;118:881-4.



New heart failure guidelines ... just published electronically, a joint update from the American College of Cardiology and the American Heart Association. There are many changes reflecting additional options available since the last update. About 5 million people in the U.S. are living with heart failure with an additional half-million diagnosed each year. Also, the “official” name has been changed from “congestive heart failure” to “heart failure” to reflect the broader spectrum of disease. The guidelines will be published in the *Journal of the American College of Cardiology* and in *Circulation* in the September 20 issue.

Hunt SA, Abraham WT, Chin MH, et al. ACC/AHA 2005 guideline update for the diagnosis and management of chronic heart failure in the adult: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Writing Committee to update the 2001 Guidelines for the Evaluation and Management of Heart Failure). American College of Cardiology web site.

<http://www.acc.org/clinical/guidelines/failure/index.pdf>

Reviews of Note ...

- Bigari B, Welker P, Johnson P. Insulins. *Hosp Pharm* 2005 Aug;40(8):726-35.
- Rosen CJ. Postmenopausal osteoporosis. *N Engl J Med* 2005 Aug 11;353(6):595-603.
- Kim AI, Saab S. Treatment of hepatitis C. *Am J Med* 2005 Aug;118:808-15.

FROM THE LAY LITERATURE about medicine ...

Vocabulary ... **Laborist** ... a new subspecialty may be emerging, a “laborist” or a physician employed by a hospital for delivering babies. The concept is to relieve community physicians, particularly outside of large teaching hospitals, from being on-call 24/7 for their pregnant patients. This is an offshoot of the “hospitalist” who is a physician with their primary practice in a hospital. It also seems to be stimulated by a “younger generation” who don’t wish to be tied so strongly to a practice as to have no free time.

Appleby J. Some health systems explore laborist idea. *USA Today*. 2005 Aug 9.

http://www.usatoday.com/news/health/2005-08-08-laborists-usat_x.htm

Work-a-holic and OB/GYN ... in an unrelated publication, but related topic, an obstetrician writes of his experiences as a medical student and OB/GYN resident in an essay. It may lend some understanding to the article above about workload and the laborist.

Friedman A. Wanted: Workaholics to become obstetricians. *New York Times.com* 2005 Aug 9.

<http://www.nytimes.com/2005/08/09/health/09essa.html?>



Vending machines again ... Another story about the adoption of vending machines in pharmacies, these in California, to accommodate the long lines waiting for prescriptions. At the moment they are being utilized for refills only and are promoted to alleviate long lines at the prescription counter or for “after-hours” pickups. They operate much like an ATM, with a customer pin number, etc. A manufacturer of the machines said, “But wherever there is a labor shortage, there is an automation solution.” There is even discussion of videoconferencing capabilities at the machine! Slippery slope ... ?

Roan S. Enter your PIN, get a prescription. *LA Times.com* 2005 Aug 15.

<http://www.latimes.com/features/health/la-he-selfdispense15aug15,1,1019037.story?coll=la-headlines-health>

Update ...

Clerkship opportunity ... The National Association of Boards of Pharmacy (NABP), based in Mount Prospect, IL (suburb of Chicago) has announced an advanced pharmacy clerkship opportunity. It will be a part of the Professional Affairs department. For more information, contact the Customer Service Department at 847-391-4406 or custserv@nabp.net
NABP Newsletter 2005 Aug;34(7):142.

AUBURN HSOP FACULTY in the literature ...

- Berger BA, Liang H, Hudmon KS. Evaluation of software-based telephone counseling to enhance medication persistency among patients with multiple sclerosis. *J Am Pharm Assoc* 2005 Jul/Aug;45(4):466-72.
- Fox BI, Felkey BG. Really simple syndication: The future of content delivery to your PDA? *Hosp Pharm* 2005 Aug;40(8):718-20.

TIMELY TOP TECH TIP ...

 **Hard Drive Backups:** If you haven't thought about this, you should. A crashed hard drive, which will invariably happen just BEFORE you turn in that critical paper, can make for a very bad day (or week, or month, or even semester). A few options to consider:

- External hard drive that backs up the entire hard drive.
- Two external hard drives, storing one "off site" for security purposes and swapping them on a regular basis (for those bordering on paranoid).
- Backing up data on the Internet, with services designed for such purposes.
- Backing up selected files/folders (e.g., My Documents) on CD's.
- Backing up selected files/folders on other external devices (e.g., floppy disk, USB pen disk or flash drive).

Whatever you pick, just pick something. You will sleep better!

For further information for those technologically challenged, see your local IT specialist.

The last "dose" ...

It is not enough to have a good mind. The main thing is to use it well.

-- René Descartes [1596-1650]
Le Discours de la Méthode, I

An electronic bulletin of drug and health-related news highlights, a service of ...

Auburn University, Harrison School of Pharmacy, Drug Information Center

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