



### \*Covid Update\*

At Avendi Rx, we look forward to continuing to provide the most possible support to our partners as we all continue to navigate through this pandemic.

- ❖ The FDA has announced that it is now allowing Veklury (Remdesivir) to be administered to all hospitalized COVID-19 adult and pediatric patients regardless of the severity of their symptoms.
  - Previously, this new medication was administered only to patients with the most severe COVID-19 symptoms.
  
- ❖ Governor Cooper's next announcement on September 11, 2020 will determine if NC remains in phase 2.5 or advances to phase 3.

### Backordered Meds

Tablets

Valsartan 80mg, 160mg, 320mg

Famotidine 20mg

## Weight Loss in Long Term Care Residents

Weight loss by nursing home residents is a complex issue, with Covid-19 compounding the issue. Avendi Rx can help solve this problem by providing information concerning specific medications.

Medications worth Considering:

- ❖ Remeron (Mirtazapine)
- ❖ Megace (Megesterol)
- ❖ Marinol (Dronabinol)

Remeron is ideal for residents who have underlying depression issues and could also benefit from increased appetite. This medication is generally most effective for weight gain/appetite increase at lower doses.

Megace is another option that could be tested for a shorter duration to determine its effectiveness. While handling this medication, NIOSH precautions would need to be followed.

Lastly, Marinol can increase appetite/weight as its shown positive results in elderly residents, especially with Alzheimer's disease. Although, the psychoactive side effects of dizziness, confusion, and somnolence would need to be monitored.

With these and other medications being available, please let the Avendi Rx pharmacy team know if we can assist your facility.

## Weight Loss Continued

Individuals within the geriatric community with unintentional weight loss are at greater risk for infection, depression, and death.

Main causes of involuntary weight loss in residents of long-term care facilities:

- ❖ Depression
- ❖ Cancer
- ❖ Cardiac Disorders
- ❖ Gastrointestinal Diseases (GERD, ulcers, etc.)

Other contributing factors to weight loss can include polypharmacy and psychotropic medication reduction or addition. A thorough review of medications may reveal that the patient is suffering from polypharmacy, which is known to interfere with taste and cause anorexia. Many individual medications have also been associated with unintentional weight loss (i.e. fluoxetine, narcotics, sedatives, and stimulants). Reasonable tests to determine the cause of weight loss include physical examination, a fecal occult blood test, CBC, CMP, TSH and urinalysis. Management is directed at treating underlying causes and providing nutritional support.

Caregivers should be aware of the resident's environment, interest in and ability to eat food, the relief of symptoms, and the provision of adequate nutrition. There are no FDA approved appetite stimulants for the treatment of weight loss in the elderly. Evaluation of weight loss in LTC residents is essential as this problem is associated with increased morbidity and mortality. Weight loss can lead to muscle wasting, decreased immune system, depression, and an increased rate of disease complications.

Overall, psychiatric disorders, including depression, account for 58% of involuntary weight loss cases in nursing home patients. LTC staff are the first line in addressing weight loss and creative approaches are often needed to handle these issues. Please reach out to your consultants at Avendi Rx should your facility or staff need assistance in managing weight loss.

<https://www.aafp.org/afp/2002/0215/p640.html#:~:text=Evaluating%20and%20Treating%20Unintentional%20Weight%20Loss%20in%20the...%206%20Treatment.%20...%207%20Final%20Comment.%20>

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