

MEDI-BITS

Medi-Waste Tid Bits

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Check out our new Medi-Waste website! Go to www.medimidwest.com today! If you missed our first newsletter, you can catch up at our [Newsletter Archives](#) page.

Feature Article — PHARMACEUTICAL WASTE

By: Rose Kreller, APRN, MSN

While pharmaceuticals are an important part of healthcare, they can contain certain toxic chemicals that can be harmful to humans, animals and the environment if not disposed of properly. In 1976, the Resource Conservation and Recovery Act (RCRA) was enacted and the EPA mandated the proper disposal of pharmaceuticals that are hazardous.

Managing pharmaceutical waste can be complicated. Various federal agencies have guidelines for proper handling and disposal of pharmaceutical waste. A multidisciplinary approach is needed in healthcare settings to include pharmacy, nursing and environmental services.

Medical care settings that dispose of unused medications need to identify what types of pharmaceutical waste are being generated. Medications that are characterized as hazardous (RCRA) require special segregation containers, handling, packaging and disposal. It is best practice that non-hazardous pharmaceuticals also be disposed of properly to prevent ground water contamination.

Medical care settings may have different pharmaceutical waste needs depending on the type of practice. Medi-Waste has several options and solutions to assist in the disposal of pharmaceutical waste. Our comprehensive program offers onsite non-hazardous pharmaceutical waste pick up as well as a mail back program for RCRA waste.

(Continued on reverse)

INFLUENZA

On March 11, 1918, Private Albert Gitchell of the U.S. Army reported to the hospital at Fort Riley, KS, complaining of sore throat, fever and headache. By noon, over 100 of his fellow soldiers reported similar symptoms, marking what are believed to be the first cases in the historic influenza epidemic of 1918.

Seasonal influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, sometimes even death. In the U.S., flu season typically occurs in the fall and winter, peaking in January/February. Populations more likely to experience complications with the flu virus include those over age 65 and under age 2, and people with chronic health conditions. Persons are most contagious one day before symptoms develop and 5-7 days after symptoms appear.

It is believed to spread via cough, sneeze, and talking when droplets containing the germs land in the nose or mouth area of someone else. You can also get the flu by touching a surface that has the flu virus on it and then touching your mouth, nose, or eyes.

There are several steps in protecting yourself from the flu. Vaccination is the best way. Wash your hands often or use an alcohol based sanitizer. Avoid touching your eyes, nose and mouth; and cover nose and mouth when coughing or sneezing. Discard tissues after each use. Avoid close contact with people who are ill. Good health habits such as sleep, exercise, plenty of fluids and healthy food also help prevent illness. If you are exposed to the flu or caring for someone with the flu, there are preventative antiviral medications.

FUN FACTS

- ◆ Roughly one-third of all species of snakes are venomous.
- ◆ Your liver processes about a quart of blood per minute.
- ◆ A typical American child sees 80,000 commercials by age 16.
- ◆ Frank Sinatra once boxed under the name Marty O'Brien.
- ◆ Ice covers about 15% of Earth's land mass.
- ◆ Winston Churchill smoked an estimated 300,000 cigars in his life.
- ◆ 13 boxes of Jell-o are sold every second.
- ◆ There are 34 bathrooms in the White House.

MEDI PUZZLER

K U Y B Q G J L R M W A H X N	AIRBORNE
T S G Y T I I N T Z I A B O C	CDIFF
N A I F Q Y L E A R N X I T L	CONTACT
O N F I N C L C B D K T L C F	DECONTAMINATION
I I G P B P B O W Z A U G A P	DISINFECT
T T F Q O X R A Y N F P O T R	DROPLET
C I T R A N S M I S S I O N E	HANDWASHING
E Z D U E H M M C D I F F O C	INFECTION
F E P F I B A L N G Y Y W C A	INFLUENZA
N R U N X T W E C L Y D Y B U	MRSA
I M G I N F L U E N Z A A G T	PRECAUTIONS
O K R O M T C E F N I S I D I	SANITIZER
R K C S V Q F U X Z T X P Y O	STANDARD
T E D I A R D R A D N A T S N	TRANSMISSION
D D O L I J S Z E R N O Q U S	



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Feature Article — PHARMACEUTICAL WASTE cont.

Additionally, a formulary review is done quarterly. For clients with RCRA waste, but less volume, we offer a mail back only program in which all RCRA and non-RCRA pharmaceutical waste can be shipped for disposal. Thirdly, we offer an onsite pick up service for clients with only non-RCRA pharmaceuticals. As with any pharmaceutical program, there are restricted wastes that cannot be included in the programs (i.e. biohazard, radioactive and DEA waste).

If you have pharmaceutical waste needs, contact us today.

It's that time of year again. We have started delivering our 2016 calendars! If you haven't received yours yet, or if your office would like more, give us a call.