

Fall 2009

SECTION 1. EXTENSION OF MEDICARE DME ACCREDITATION DEADLINE FOR CERTAIN PHARMACIES

(a) *In General-* Section 1834(a)(20)(F)(i) of the Social Security Act (42 U.S.C. 1395m(a)(20)(F)(i)) is amended by inserting before the semicolon the following: ‘, except that the Secretary shall not require under this clause pharmacies to obtain such accreditation before January 1, 2010’.

(b) *Construction-* Nothing in subsection (a) shall be construed as affecting the application of an accreditation requirement for pharmacies to qualify for bidding in a competitive acquisition area under section 1847 of the Social Security Act (42 U.S.C. 1395w-3).

REPRIEVE IS NOT AN EXEMPTION

The recently passed legislation regarding accreditation became law. It only extends the deadline to become accredited from September 30, 2009 to January 1, 2010—**nothing more; nothing less!** The original law requiring pharmacies to be accredited, in order to continue billing Medicare for DMEPOS, still stands.

Do not be lulled into a false sense of security. Pharmacies do **NOT** have the luxury of time. If a pharmacy intends to be accredited by January 1, 2010, they need to devote the resources to get it done **NOW!** The time lag from *being submitted for survey* to actually *being site surveyed* could be **weeks** or **months**; there is no way of knowing!

PRS is here to assist pharmacies through the successful completion of the accreditation process. For more information, please call 800-338-3688.

NEW DRUG UPDATE

Adcirca (tadalafil) **United Therapeutics**
The first once-daily (40 mg tablet) phosphodiesterase-type 5(PDE5) inhibitor for the treatment of pulmonary arterial hypertension.

Promiseb Topical Cream **Promius**
A nonsteroidal cream for the treatment of seborrheic dermatitis that has shown both anti-inflammatory and antifungal properties.

Nucynta (tapentadol) **PriCara division of Ortho-McNeil-Janssen**
CII immediate-release tablets are indicated for the relief of moderate-to-severe acute pain in patients 18 years and older. Tablets available: 50mg, 75mg & 100mg

Exforge HCT (amlodipine/valsartan/hydrochlorothiazide) **Novartis**
A blood pressure treatment that combines three medications—a calcium channel blocker, an angiotensin receptor blocker and diuretic.

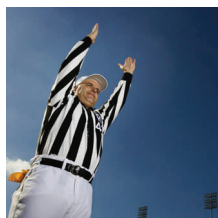
Cycloset **VeroScience**
A dopamine agonist, for the treatment of Type 2 diabetes. Cycloset can be used as a monotherapy or as an adjunctive therapy to single or dual oral hypoglycemic agents.

Cimzia (certolizumab) **UCB**
Treatment for adult patients with moderate to severe rheumatoid arthritis. In addition, a new prefilled Cimzia syringe is available for self administration by patients with moderate to severe Crohn’s disease, who have shown inadequate response to conventional therapy.

Fanapt (iloperidone) **Vanda**
Treatment for adults with schizophrenia. Like other atypical antipsychotics, Fanapt carries a boxed warning against off label use to treat behavioral problems.

TOUCHDOWN ORGANIZING TIPS

Believe it or not—we can learn a lot from a football game—by utilizing the many organizing techniques that are used by the football pros.



1. **Planning.** One doesn’t get to the Super Bowl without planning and strategy. The same is true when it comes to organizing. Rather than tackling a job without thinking about it, pull out a sheet of paper and pen to draw out your plan of attack. Then, organize those tasks in a logical sequence.

2. **You Have to Win.** Teams don’t get to the Super Bowl simply by luck. The players have a burning desire to win. You won’t get organized unless



QUICK HANDS-ON STRESS RELIEF

Got a minute? Get a massage—a self-massage, that is. These moves can help relieve tension around your head, neck, shoulders and hands:

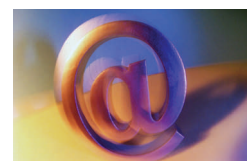
The Scalp Soother
Place thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

The Eye Easer
Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, then gently release. Repeat 2-3 times.

The Shoulder Saver
Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Hold this position for 10 seconds, release, and then repeat on the left side.

The Palm Pleaser
Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

EMAIL ADDRESS



Please keep us informed of any changes to your email address.

AN ATTITUDE OF

The players have a burning desire to win. You won't get organized unless you truly want to.

GRATITUDE...

It is easy to pass through the daily grind and become swallowed up by problems. Problems, dilemmas and predicaments are inescapable. The attitude with which we face the problem is what is significant. Attitude is a choice.

- Carol Eustice

3. **Go for the Goals.** There are both major goals and mini-goals in football. One of the most common major goals during a football game is to score touchdowns and win the game. But it is also important to think about the mini-goals. Take the field, for instance. One hundred yards is broken down into 10 yards each. The offensive team has to make it 10 yards at a time to achieve a 'first down.' They don't have to make it 100 yards all at once. You should take your major goals and break them down in to smaller, more achievable goals. The result will be—being less overwhelmed and enjoying a sense of accomplishment along the journey.
4. **Set Reasonable Time Limits.** According to Parkinson's law, "Work expands to fill the time available for its completion." If you allot 2 hours to organize a junk drawer; it will probably take the entire 2 hours—instead of a more realistic timeframe of 30 minutes. In football, there are always time limits; such as, four 15-minute quarters. You should challenge yourself to set shorter spans of time to accomplish tasks. The best thing to do is work in 15—30 minute increments, using a timer. Set a time limit and try to beat the clock!
5. **Teamwork is Important.** Football players know that they cannot win football games without the help of their teammates. Each person on the team is assigned different tasks. When a family considers itself as a team, the harmony in the household increases. Assign different tasks and responsibilities to each team member. The household jobs will get done a lot quicker, which will allow more time for enjoyment. The same is true for offices and businesses. Assigning an even amount of projects and tasks to each team member, with accountability measures, will ensure that each member is pulling his/her weight.
6. **Pass the Ball.** A quarterback knows that he can't get the touchdowns by himself. He must pass the ball to other players. In other words, he delegates the task. You should ask yourself: What am I doing on my own, that can be delegated to someone else in my home or office?
7. **Take Some Time Outs.** Time-outs are periods during the football game that stop the game clock and allow players to rest and/or go over plays with the coach. Sometimes, it is necessary for you to take some 'time outs' in your day. These are best taken when you feel overwhelmed or distracted. A 5 to 15-minute timeout can help you clear their mind and rejuvenate. Take a quick walk. Take a short nap. Enjoy a healthy snack. Do whatever is necessary for you to return to your task feeling refreshed.
8. **Get a Cup of Motivation.** It can be depressing to work on something that you don't feel motivated about. Football players rely on fans to keep them motivated and enthusiastic. You should gather your own cheering section. Tell a friend or family member—get their encouragement so that you can succeed. When other people are involved in your goals and accomplishments, it gives you a good reason to excel.
9. **Have a Vision.** Football players have a very clear vision at the beginning of the year, of what they want to achieve. A common shared vision is making it to the Super Bowl and winning the game. What is your vision? Do you want an organized office? Find a magazine photo of an organized office ; post it on your bulletin board or someplace where you will see it every day. This will give you a vision, and a daily reminder to achieve that vision.
10. **Celebrate Your Wins.** Every time a touchdown occurs in football, the players celebrate that accomplishment. When a team wins the Super Bowl, there's a major celebration. Celebrate the wins in your life! Designate some rewards for accomplishing your mini-goals and major goals. (They don't have to be expensive rewards—just something that will make you happy and/or feel good about yourself.) You deserve to have some fun after all your hard work!

"QUOTE IT"

Every great mistake has a halfway moment, a split second when it can be recalled and perhaps remedied.

- Pearl S. Buck



CONTINUAL LEARNING

Jim Donovan, author of *Handbook to a Happier Life II*, says that the key to being a lifelong learner is to devote 10-15 minutes each day to reading or learning something new about your field or job. One good way is to use your commute time to listen to educational CDs/ cassettes. "If you make this one simple change, you will have spent over 50 hours a year learning new information," he says. "In five or ten years, you will be a world class expert."