

Carel's Pharmacy & Compounding Center

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Compounding for Hospice—Bringing Dignity and Personalization to end-of-life-care.

Caring for a loved one in a hospice environment can be challenging. You, the physician, and a compounding pharmacist can provide personalized symptom control and pain relief.

The need for hospice compounding is growing. As the elderly population grows, the need for compassionate hospice care becomes more and more relevant. At the heart of hospice care is the belief that each person has the right to die pain free and with dignity. In many cases the care is provided in the patient's home with a loved one serving as primary caregiver.

Compounding offers options for unique drug combinations that can be prepared to allow patients to continue to live normally within their pain threshold. Many hospice patients have trouble taking their medications. Transdermal gels, flavored troches (placed between the cheek and gum), suppositories, oral suspensions or even lollipops are some of the many alternatives to traditional dosage forms. Relief can be tailored to a patient's specific needs.

Common symptoms experienced in end-of-life care such as pain, nausea/vomiting, constipation, diarrhea, bedsores, and anxiety can be dealt with through compounding. Hospice care focuses on pain management.

The goal is to relieve as much pain as possible without causing sedation or adverse side effects. Since patients vary in size, tolerance and needs, commercially available medications often do not provide the appropriate strength or method of administration.

Through compounding, a physician and a Carel's Pharmacy & Compounding Center pharmacist can design a specific medication to the exact needs of the patient.

This month's featured compounds are **ABHR PLO Gel** and **Hydrocodone 10mg SR Capsules**.

ABHR PLO Gel is a combination of medications to treat nausea and anxiety. The medications include: Lorazepam, Diphenhydramine, Haloperidol and Metoclopramide. The normal dose is 0.5mL to 1mL every six hours as needed for nausea and anxiety.

Hydrocodone 10mg SR Capsules is an extended-release pain medication. It is beneficial in patients who need pain control without the excess acetaminophen. The normal dose is 1 capsule every twelve hours.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.