



Friday Five

July 26, 2019

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Consultation on moving Diphenhydramine and Dimenhydrinate OTC products behind the counter

The College of Pharmacists of Manitoba (the College) engages with the Office of the Chief Medical Examiner of Manitoba in reviewing cases of death where medications may be involved. Diphenhydramine and dimenhydrinate are contributing to a rising number of medication-related deaths in the province. Statistics show that diphenhydramine, the primary constituent of dimenhydrinate, was the primary or contributing cause in at least one hundred deaths over the last five years in Manitoba.

These over-the-counter medications (OTC) are easily accessible and have a risk of potential abuse. According to Addictions Foundation of Manitoba, approximately one-fifth of teenagers have said they use OTC medications to experience euphoria. In response, some pharmacies have moved diphenhydramine and dimenhydrinate products behind the counter.

[Pharmacists in Alberta](#) keep dimenhydrinate products

Professional Development Opportunities

Opioid Replacement Therapy 101 Introduction to Clinical Practice

[September 13 & 14, 2019](#)

[\(Winnipeg\)](#)

[November 7 & 8, 2019](#)

[\(Morden/Winkler\)](#)

[December 5 & 6, 2019](#)

[\(Winnipeg\)](#)

[The 28th Annual Palliative Care Conference](#)

[September 12 & 13, 2019](#)

[The 23rd Annual Bug Day](#)

[October 22, 2019](#)

Online Programs:

[Ordering Lab Tests for Manitoba Pharmacists](#)

Visit www.cphm.ca for more information on [Expanded Scope of Practice](#) training.

[Self-Limiting Conditions](#)

behind the counter. Similarly, Prince Edward Island's [Pharmacy Act General Regulations](#) has designated dimenhydrinate and its salts as a Schedule II drug.

College Council is exploring a proposal to move diphenhydramine and/or dimenhydrinate OTC products behind the counter. Your feedback is requested through our [Diphenhydramine/Dimenhydrinate Member and Stakeholder Consultation Survey](#).

Practice Directions - opportunity for stakeholder feedback

On July 22, 2019, Council approved the release of the following five amended practice directions for stakeholder feedback.:

[Administration of Drugs including Vaccines](#)

[Drug Distribution](#)

[Incidents and Discrepancies](#)

- Please review the [Safety IQ Guidance document](#) with this practice direction

[Prescribing & Dispensing](#)

[Test Interpretation](#)

Please review the draft amendments provide your feedback by email to feedback@cphm.ca by September 6, 2019. For information on the consultation process and providing feedback, please review the [Policy Statement on Practice Directions](#).

Updated Mifegymiso Guidelines

The [Guidelines for Pharmacists Dispensing Mifegymiso in Manitoba](#) are now updated to reflect Health Canada's changes to prescribing information since Mifegymiso's launch in Canada.

Pharmacists do not need to undertake a specific training program on Mifegymiso to dispense the drug product. It is important however, that pharmacists are

[Independent Study Program](#)

Visit www.cphm.ca for more information on [Expanded Scope of Practice](#) training.

All PD opportunities are listed on the College website under

[Upcoming Professional Development Opportunities](#)

competent in their knowledge about the drug. Below are a few resources that can help pharmacists enhance their knowledge about the drug therapy:

- The Canadian Pharmacists Association [resources on women's reproductive health](#)
- Celopharma's [Education Program for Health Professionals](#)
- The Society of Obstetricians and Gynaecologists of Canada's [Medical Abortion Training Program](#)
- The Canadian Abortion Providers Support's [Checklist](#) and [Guide for Pharmacists Dispensing Mifegymiso](#)

A pharmacist can object to providing a drug therapy product due to moral or religious beliefs. However, a pharmacist is obligated to have a procedure in place to ensure that patients are able to receive services from another pharmacist in a reasonable timeframe. Please refer to the [Practice Direction on Conscientious Objection](#) and [Guidelines for Pharmacists Dispensing Mifegymiso in Manitoba](#) for more information.

What should I do if a PHIA breach occurs at my practice site?

Pharmacists are trustees of personal health information (PHI) under the Personal Health Information Act (PHIA). It is important for pharmacies to have policies and procedures in place that both secure PHI and address a PHI breach. At the very least, the policy must include the following steps to be taken if a PHIA breach occurs:

1. Determine the type of PHI breach and where the information has gone.
2. Address breach, and recover the PHI (if possible).
3. Inform the affected individuals of the breach. If the PHI breach is a result of criminal activity, inform police and local authorities.
4. Contact the [Manitoba Ombudsman](#) (by phone at 204-982-9130) to determine if a report to their office is warranted. The Ombudsman can advise the pharmacy manager on how to address the breach and further courses of action.
5. Review procedures and consider preventative

measures to decrease the likelihood of a future PHIA breach.

If the PHIA breach is a result of narcotics or controlled substances being lost or stolen, you must submit a loss/theft report to Health Canada and send a copy to the College.

PHIA breaches may also occur if a delivery system carrying your patients' prescriptions is robbed. In such cases, you must still follow the above steps. Even if only the packing slips from medication deliveries are stolen, you must still contact the affected patients and let them know that their information (name and address) was breached.

Please contact the Manitoba Ombudsman or the College if you have any questions about PHI breaches.

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The *Friday Five* e-bulletin is published by the **College of Pharmacists of Manitoba** and is forwarded to every licenced pharmacist and pharmacy owner in the Province of Manitoba. Decisions of the College of Pharmacists of Manitoba regarding all matters such as regulations, drug-related incidents, etc., are published in the *Friday Five*. The College of Pharmacists of Manitoba therefore assumes that all pharmacists and pharmacy owners are aware of these matters.

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