



JUNE 2026 | EDITION 24

The Messenger

Welcome to the June edition of **The Messenger**, a quarterly publication with helpful resources, links and information to support your facility's ongoing success. Learn more about MAC Rx's services by [visiting our website](#).

Our team is ready to support your facility. [Contact us](#) to learn more.

HEAT & DEHYDRATION IN LONG-TERM CARE

Medication Considerations for Summer

As temperatures rise, long-term care residents face increased risks related to heat, dehydration, and medication interactions. Older adults are especially vulnerable due to reduced thirst, chronic conditions, and complex medication regimens.

Certain medications, such as diuretics, antihypertensives, psychotropics, and anticholinergics, can increase the risk of dehydration, dizziness, and impaired temperature regulation. When combined, these factors can lead to falls, confusion, and other adverse events.

To reduce risk, facilities should:

- Monitor hydration closely
- Review high-risk medications regularly
- Watch for early warning signs like confusion or dizziness

At MAC Rx, we support LTC teams with pharmacist-led reviews, clinical guidance, and reporting tools to help identify risks and maintain safe, compliant medication management throughout the year.

To learn more about how our services can support your facility, [connect with our experts](#).



Helpful Resources

Staying proactive during the warmer months helps protect residents and ensures continued high-quality care. Access helpful resources and data below for timely information and tips.

- [Hydration Status in Older Adults: Current Knowledge and Future Challenges \(Nutrients\)](#)
- [Hot Weather and Heat Extremes: Health Risks \(The Lancet\)](#)
- [Hot Weather Safety for Older Adults \(National Institute on Aging\)](#)
- [Heat and Medications – Guidance for Clinicians \(CDC\)](#)
- [HeatRisk Assessment Tool \(CDC\)](#)
- [Quick Start Guide for Clinicians on Heat and Health \(CDC\)](#)
- [HEAT: A Heat and Health Risk Factor Screening Questionnaire \(CDC\)](#)

CLINICAL CORNER: Alzheimer's & Brain Awareness Month

Medication Management and Psychotropic Oversight in Long-Term Care

June marks Alzheimer's & Brain Awareness Month, a time that recognizes the growing impact of dementia and the importance of thoughtful, resident-centered care. In long-term care settings, supporting residents with Alzheimer's and other forms of dementia often involves complex medication regimens, making careful oversight and clinical collaboration essential.

The Complexity of Dementia Care

Residents living with dementia frequently experience behavioral and psychological symptoms such as agitation, anxiety, and confusion. While medications may be used to manage these symptoms, they also introduce risks, especially in older adults who are more sensitive to side effects. Polypharmacy, combined with cognitive decline, increases the likelihood of adverse drug events, increased confusion or sedation, falls and injuries, and a decline in overall function, making intentional, well-monitored medication management a critical component of care.

The Role of Psychotropic Oversight

Psychotropic medications, including antipsychotics, antidepressants, and anxiolytics, are commonly used in dementia care but require strict oversight.

Regulatory guidelines emphasize:

- Use only when clinically necessary
- Documentation of target behaviors and effectiveness
- Ongoing monitoring for side effects and outcomes
- Attempts at Gradual Dose Reduction (GDR) when appropriate
- Prioritization of non-pharmacological interventions

Improper use or lack of documentation can lead to compliance risks and, more importantly, negatively impact the resident's quality of life.



Best Practices for Medication Management

Effective dementia care requires a balanced approach that prioritizes both safety and quality of life.

Key strategies include:

- Regular Drug Regimen Reviews (DRRs) to identify unnecessary or high-risk medications
- Close collaboration between pharmacists, nurses, and providers
- Monitoring for changes in behavior, cognition, and physical health
- Ensuring medications align with the resident's care goals and diagnosis
- Educating staff on appropriate medication use and alternatives



Pharmacy Solutions for a Resident-Centered Approach

Behind every medication regimen is an individual. Thoughtful medication management, combined with compassionate care, helps preserve dignity, reduce risk, and improve quality of life. With the right oversight and partnership, care teams can deliver care that is not only compliant but truly resident-centered.

At MAC Rx, we partner with LTC teams to support safe and compliant medication management for residents with Alzheimer's and dementia. Our support includes:

- Pharmacist-led DRRs focused on psychotropic use and appropriateness
- Guidance on GDR compliance and documentation
- Clinical consulting and staff education
- Reporting tools to track psychotropic utilization and trends



We work with your team to ensure medications are used thoughtfully, supporting both regulatory compliance and resident well-being. [Click here](#) to learn more about our services.

SOLUTION SPOTLIGHT: Resident-Focused Pharmacy Services

Elevating Care Quality and Compliance

In long-term care, pharmacy services are essential for delivering safe, effective, and resident-focused care. At MAC Rx, we collaborate with facilities to promote clinical excellence, smooth operations, and regulatory compliance through innovative pharmacy solutions, including:



- **Pharmacist-Led Clinical Oversight:** Our pharmacists provide Drug Regimen Reviews (DRRs) and ongoing clinical guidance to identify potential risks, optimize therapies, and support regulatory compliance. This proactive approach helps prevent medication errors and enhances resident safety.
- **Compliance & Survey Readiness Support:** Navigating regulatory requirements can be complex. MAC Rx supports facilities with consulting services, documentation guidance, and survey prep support to help maintain compliance and stay survey-ready year-round.
- **Streamlined Medication Delivery & Packaging:** We offer advanced packaging solutions that simplify medication administration, reduce errors, and improve efficiency during med passes, supporting both staff workflows and resident safety.
- **Real-Time Data & Reporting:** With tools like FrameworkVision, facilities gain access to real-time insights on medication usage, clinical trends, and compliance metrics, empowering teams to make informed, data-driven decisions.
- **Reliable Operational Support:** From dependable delivery to responsive customer service, MAC Rx ensures facilities have consistent access to medications and pharmacy support when they need it most.

We are committed to being your partner in care. By combining clinical expertise, innovative technology, and personalized support, we help LTC teams deliver high-quality, resident-centered care every day. [Click here](#) to learn more about our services.

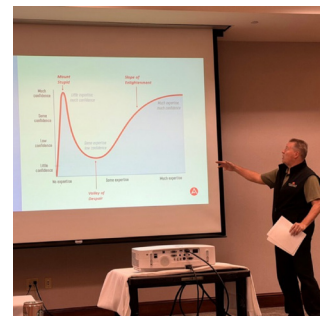
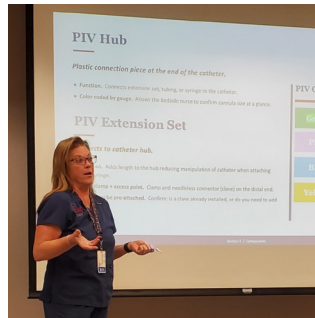
MAC Rx News

Nursing Leadership Seminar: Advancing Knowledge & Collaboration

Our nursing teams from **MAC Rx LLC**, **MAC Rx Missouri**, and **MedScript LTC Pharmacy** recently came together for a Nursing Leadership Seminar focused on advancing clinical knowledge, strengthening nursing practices, and staying current with evolving regulatory standards and industry best practices.

Events like these provide valuable opportunities for collaboration, professional development, and continued learning as we support the providers, residents, and communities we serve.

A special thank you to [John Himmelstein](#), [Vascular Access and Consulting](#), and [Pharmacy Management Solutions](#) for sharing their expertise and supporting the continued growth and success of our clinical teams.



LTC PHARMACY LEGISLATIVE UPDATES

At MAC Rx, we keep a pulse on the latest state and federal updates that impact long-term care and pharmacy services in Illinois, Indiana, and Wisconsin. From evolving CMS guidelines to specific state policy changes, our team actively tracks these developments to remain ahead in compliance, medication management, and resident care. See what's happening in our industry:

- **The Impact of Drug Price Negotiations on Seniors in Long-Term Care:** Report examining LTC pharmacy patients, the LTC pharmacy value proposition, and the urgent need for a sustainable payment model amid market instability and policy-driven drug price changes. [Access it here.](#)
- **Economic Impact of Medicare Part D Negotiated Drug Prices on Long-Term Care Pharmacy Economics:** Report developed by ATI Advisory for the Senior Care Pharmacy Coalition, sharing insights on how the LTC pharmacies could face meaningful revenue and operating margin reductions beginning in 2026. [Access it here.](#)

Happy and Warm Summer Wishes

We would like to wish everyone a great start to summer! Here's to longer days, warmer weather, and continued dedication to the care we provide every day.



MAC Rx is focused on providing the best-in-class long-term care pharmacy service in the industry. Our employees strive every day to care for the residents and caregivers we serve and treat like family. With a service-first mentality, we provide the lowest pricing in the industry as well as pharmacy consulting and nursing services to offer more value to our customers. [Contact us](#) to learn more.