

Medication Safety in Older Adults: Excellent Care for Geriatric Patients in the Community Setting

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Objectives

1. Describe the impact of pharmacist intervention over 3 decades of a patient case.
2. Identify three ways to take a preventive vs reactive approach to healthy aging with plans to incorporate these in your practice.
3. Incorporate the team that can help you achieve your clinical goals and help your patient meet therapeutic goals.



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How many have at least 25% geriatric patients in your practice?

Yes = raise your hand high

No = keep your hand down

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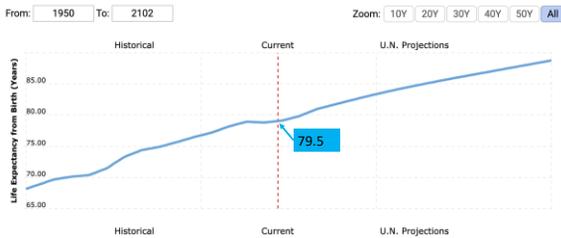
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Some interesting facts

- Over 65 average TV consumption 7.25 hours/day
- 10,000 turning 65 each day



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How many have a falls risk reduction program?

Comprehensive program = raise both hands high

Some falls risk reduction = raise one hand high

Nothing for fall yet, but open to ideas = wave your hand in the air

I don't see that happening = keep your hand down

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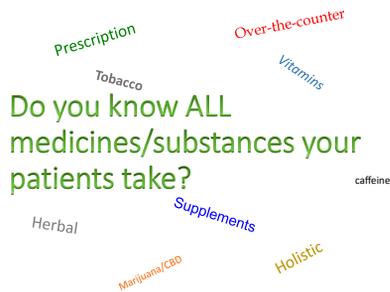
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How many have a patient's full medication list in your system?

- Rx, OTC, supplements, & anything else updated= raise both hands high
- Rx and OTC = raise one hand high
- Just Rx, but open to ideas = wave your hand in the air
- Rx is all we keep = keep your hand down

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Drug Interactions

- Drug interactions have been shown to cause a decline in functional abilities in older people. Drugs can interact to alter the absorption, distribution, metabolism, or excretion of a drug or interact in a synergistic or antagonistic fashion altering their pharmacodynamics.
- Increase ER visits
- Increase hospitalizations
- Increase physician visits

Crit Rev Oncol Hematol. 2003 Nov;48(2):133-43.

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How well do you really know your patients?



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Providing more Whole-Person Geriatric Care

'We draw from decades of accumulated knowledge, skills, and experience in areas that are central to geriatric medicine, including expertise in complexity and the biopsychosocial model; attention to function and quality of life; the ability to provide culturally competent, person-centered care; the ability to assess people's preferences and values; and understanding the importance of systems in optimizing outcomes.' J Am Geriatr Soc 67:17-20, 2019.

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Patient Case

Lee is an 82-year-old living in assisted living; ambulates w/ rollator

Past Medical History

- Severe knee & shoulder osteoarthritis, s/p arthroplasty on right knee
- s/p left hip arthroplasty after a fall when left knee gave out
- Urinary incontinence
- Hypertension
- Type 2 diabetes
- Depression
- BMI 32

Current Medications

- Oxycodone 5mg every 6 hours
- Naproxen 220mg two every 12 hours
- Gabapentin 300mg three times daily
- Oxybutinin ER 15mg daily
- Losartan 100mg daily
- Metoprolol succinate 100mg daily
- Metformin XR 2000mg daily
- Glimepiride 1mg daily
- Sertraline 50mg daily
- Medical cannabis 14:1 gummies 2 twice daily

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Let's discuss.
What are your concerns?
Where would you begin?

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Patient Case

- Falls
- Falls Risk Inducing Drugs
- Falls risk associated medical conditions
- Bone health

Lee is an 82-year-old living in assisted living; ambulates w/ rollator

Past Medical History

- Severe knee & shoulder osteoarthritis, s/p arthroplasty on right knee
- s/p left hip arthroplasty after a fall when left knee gave out
- Urinary incontinence → Functional? Stress? Prostate?
- Hypertension
- Type 2 diabetes → BP? A1c?
- Depression → Weight changes?
- BMI 32

Current Medications

- Oxycodone 5mg every 6 hours
- Naproxen 220mg two every 12 hours
- Gabapentin 300mg three times daily
- Oxybutinin ER 15mg daily
- Losartan 100mg daily
- Metoprolol succinate 100mg daily
- Metformin XR 2000mg daily
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- Sertraline 50mg daily
- Medical cannabis 14:1 gummies 2 twice daily

Risk for isolation

Quality of life

Purpose*

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If you were performing a review in this assisted living facility, how much time would you spend on this review?

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Patient Case

Lee is a 72-year-old living at home

Past Medical History

- Moderate knee & shoulder osteoarthritis, planned arthroplasty on right knee
- Urinary incontinence
- Hypertension
- BMI 28.8

Current Medications

- Naproxen 220mg two every 12 hours
- Gabapentin 300mg twice daily
- Oxybutinin ER 15mg daily
- Lisinopril 10mg daily
- Metoprolol succinate 25mg daily

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Let's discuss.
What are your concerns?
Where would you begin?

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- Falls risks?
- FRIDs?
- Falls risk with medical conditions?
- Bone health?

Patient Case

- Risk for isolation
- Quality of life
- Exercise, Diet
- Social health
- Purpose*

Lee is 72-year-old living at home

Past Medical History

- Moderate knee & shoulder osteoarthritis, planned arthroplasty on right knee
- Urinary incontinence → Functional? Stress? Prostate?
- Hypertension → BP?
- BMI 28.8 → Weight changes?

Current Medications

- Naproxen 220mg two every 12 hours
- Gabapentin 300mg twice daily
- Qybutinin ER 15mg daily
- Lisinopril 10mg daily
- Metoprolol succinate 25mg daily

What if an opioid was added?

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Patient Case

Lee is a 62-year-old living at home

Past Medical History

- Mild knee & shoulder osteoarthritis
- Hypertension
- BMI 24.8

Current Medications

- Naproxen 220mg one as needed
- Lisinopril 10mg daily

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Let's discuss.

What are your concerns?

Where would you begin?

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- Falls Risks?
- Bone Health?

Patient Case

- Risk for isolation
- Quality of life
- Exercise, Diet
- Social health
- Purpose*

Lee is a 62-year-old living at home

Past Medical History

- Mild knee & shoulder osteoarthritis → PT?
- Hypertension → BP?
- BMI 24.8 → Wt changes?

Current Medications

- Naproxen 220mg one as needed → APAP?
- Lisinopril 10mg daily

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If we provide more whole-person geriatric care, what does that entail?

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Asking more questions

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Thinking more about prevention

- When and how do we best incorporate pharmacogenomics and other precision medicine elements?
- What non-medication options could be added to the therapeutic plan? What is our role as pharmacists?
- Where do we fit in integrative medicine?
- How can we help prevent falls?
- How can we help prevent functional decline?
- How can we help prevent weight gain?

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Creating a solid team

- Local primary care providers
- Local geriatricians, or within the state
- Physical therapists
- Occupational therapists
- Dieticians

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Knowing local resources

- Aging Lifecare Managers <https://www.aginglifecare.org/>
- Professional Senior Move Managers <https://www.nasmm.org/>
- Certified aging in place (CAPS) home modification experts <https://www.nahb.org/education-and-events/education/designations/Certified-Aging-in-Place-Specialist-CAPS>
- Places to keep pets short or long term
- Safe places to exercise
- Senior specialist transportation options
- Area Agency on Aging, senior centers

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Medication Safety Includes...

- Drug interactions with other meds, food, or conditions
- Allergies
- Untreated medical indication
- Not the best medication choice for this patients
- Subtherapeutic dose
- Excessive dose
- Failure to receive the medications
- Medication without an indication

- Inappropriate prescribing
- Inappropriate delivery
- Inappropriate patient behavior
- Patient idiosyncrasy
- Inappropriate monitoring

https://edisciplinas.usp.br/pluginfile.php/496201/mod_resource/content/1/Hepler_Strand.pdf

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Patient Case

Lee is a 68-year-old living at home

Past Medical History

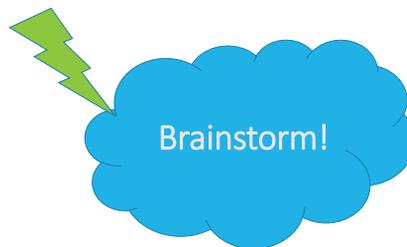
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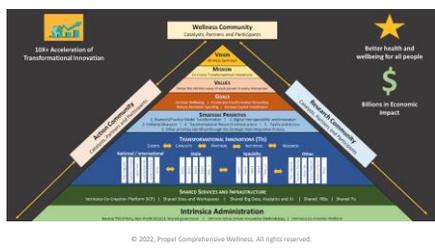
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In case you're interested...
www.rapidalliance.org



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