

Advocating for Safe Medication Use in Older Adults



THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY

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Objectives

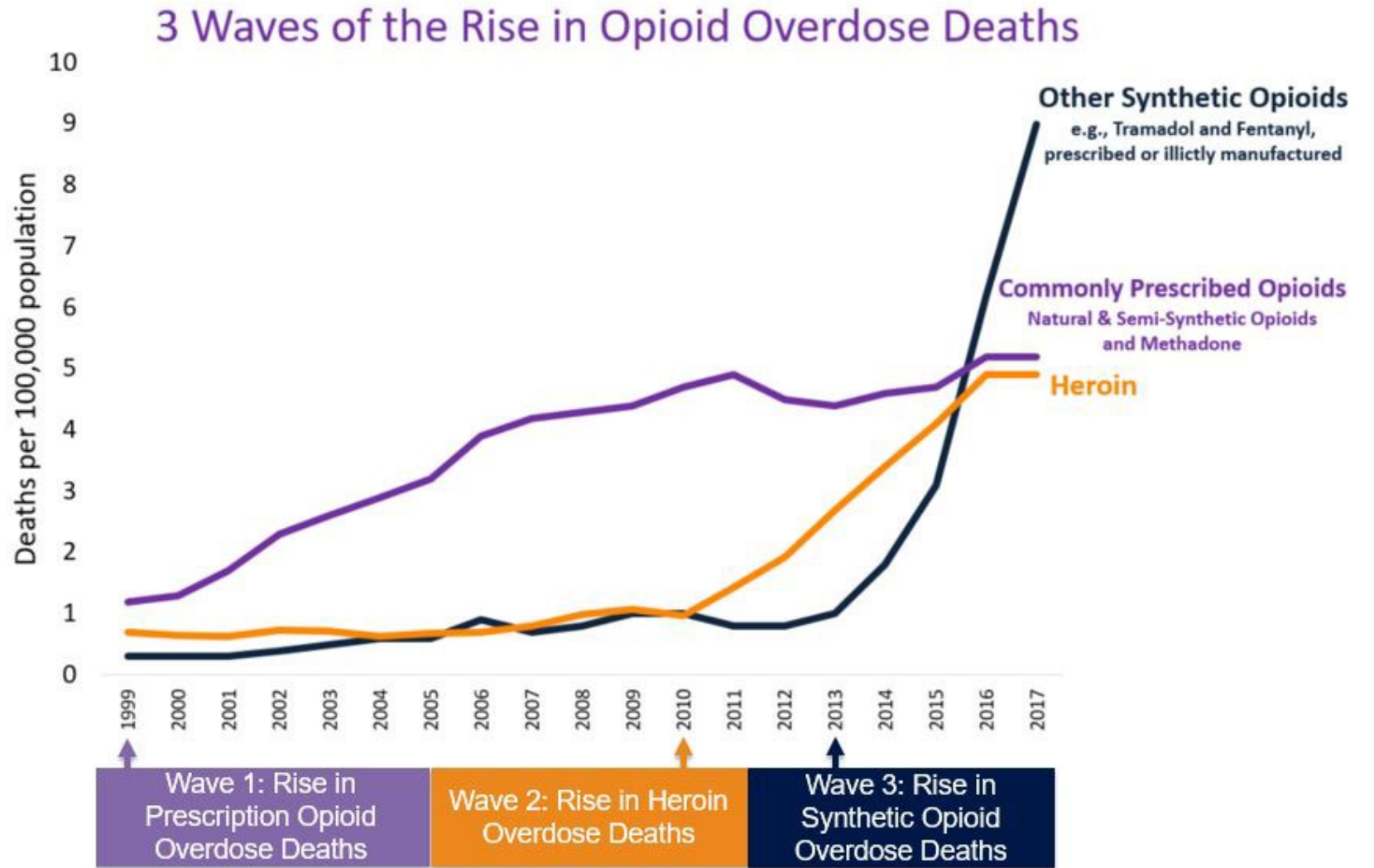
- Define and discuss medication misuse issues, particularly in rural populations
- Describe Generation Rx and the Older Adult Toolkit materials as a means to support educational programming in your area
- Reinforce ways that health professionals can support safe medication use in older adults

Medications can. . .

- Help us to live longer, healthier lives
- Be just as dangerous and addictive as illicit street drugs when misused
 - Taking **someone else's** prescription medication
 - Taking a prescription medication **in ways other than prescribed**
 - Taking a medication **for reasons other than prescribed**



Medications and the current opioid crisis



SOURCE: National Vital Statistics System Mortality File.

The issue extends beyond opioids...



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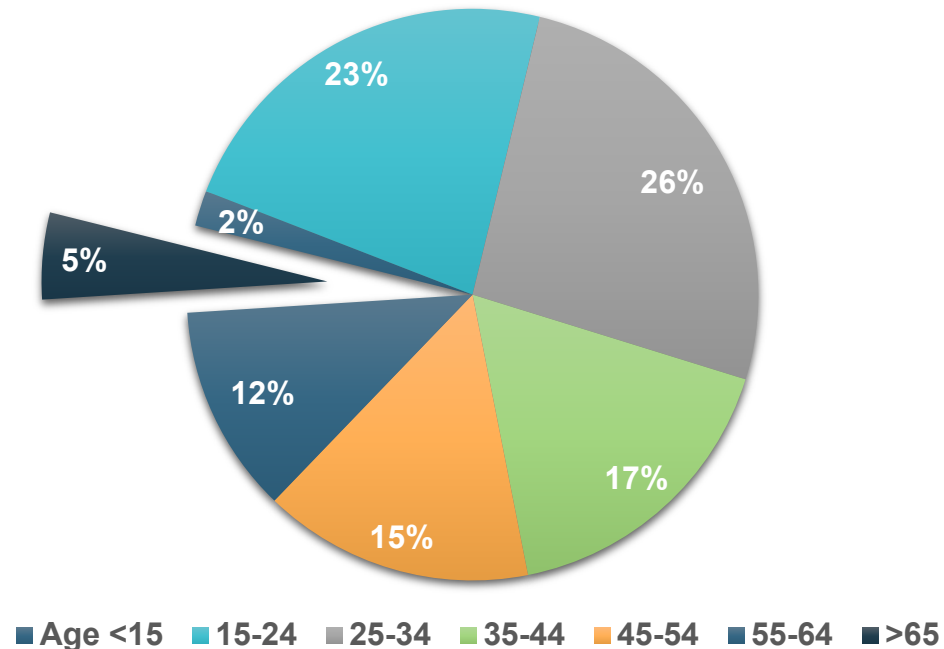


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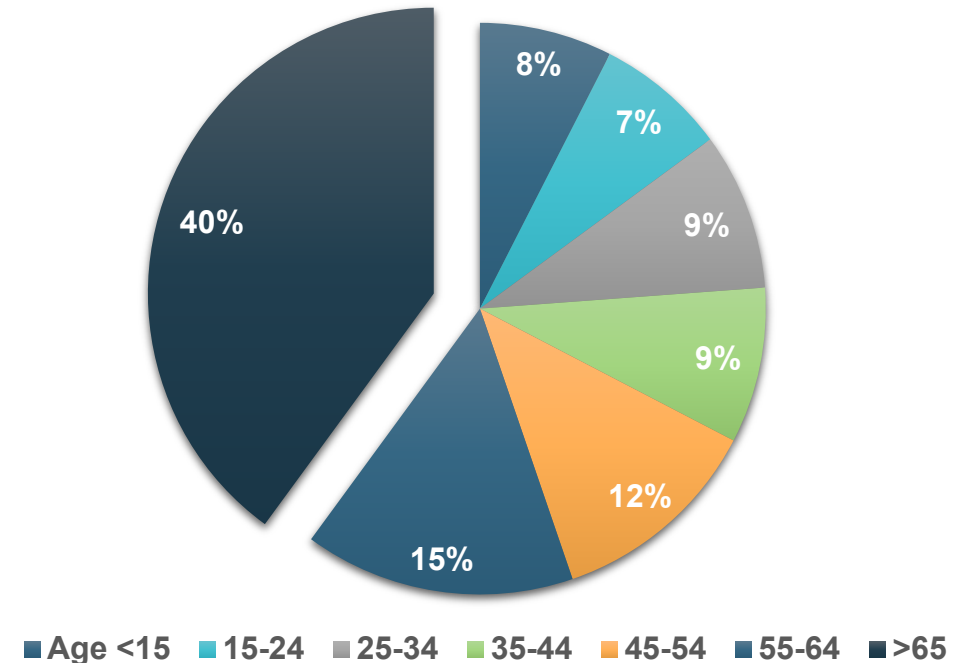
Therapeutic use can also be of concern...

(Adapted from Geller AI, Dowell D, Lovegrove MC et al., *American Journal of Preventive Medicine*. 2019)

ED visits (% of all cases) stemming from **misuse** of medicines



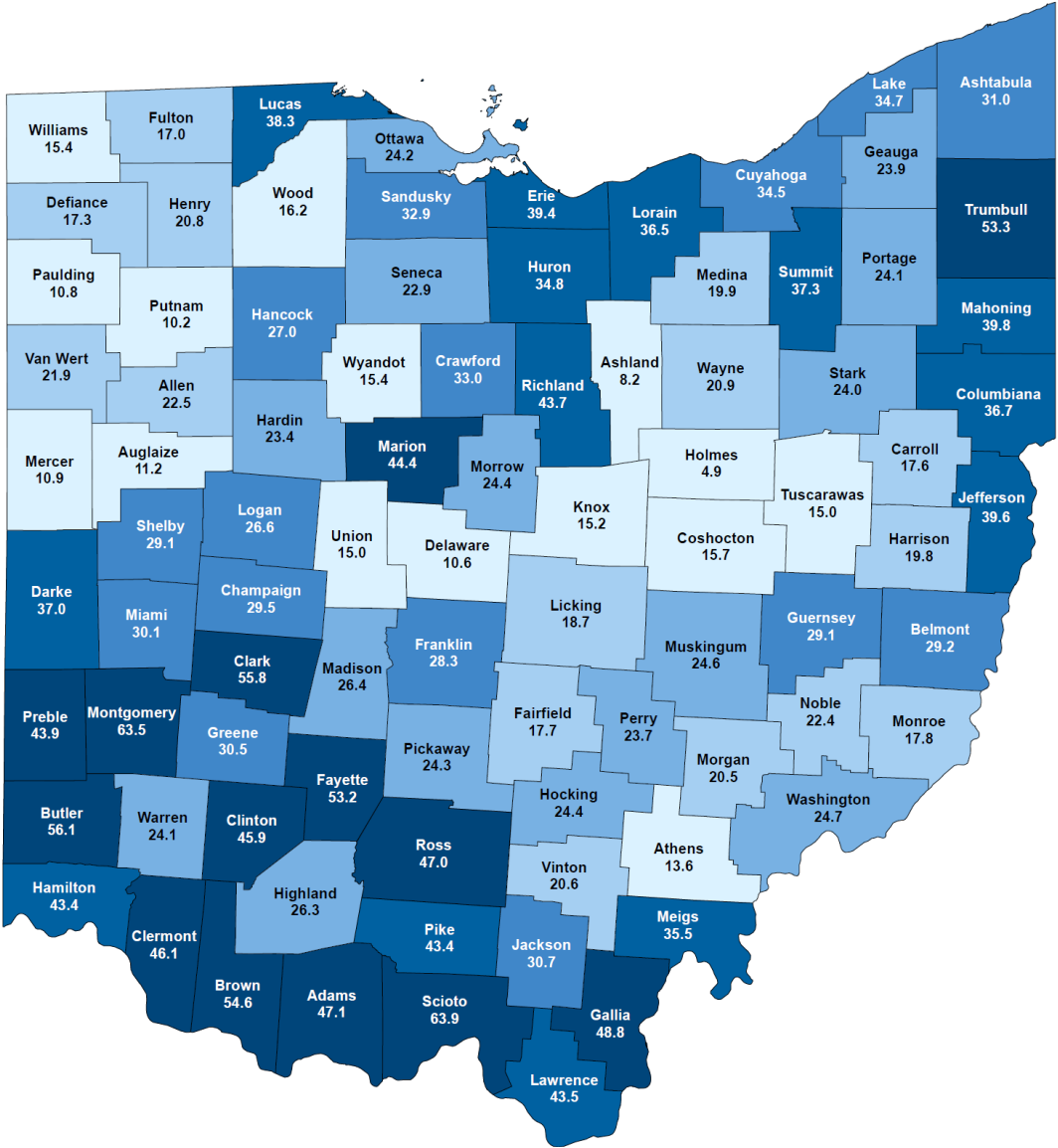
ED visits (% of all cases) stemming from **therapeutic** use of medicines



Rural communities are certainly vulnerable



Public Health Matters Blog, CDC



Medication use and misuse:

Considerations of rural populations (Rural Health Information Hub)

- Higher percentage of older adults
 - Elevated medication use, availability for others to access
- Fewer financial resources
 - (Potentially) more sharing of prescription medicines
 - (Potentially) less inclination to dispose of unused medications
- Less access to medical care and resources
 - Historically higher prescribing rates
 - Diminished access to naloxone, treatment facilities

About Generation Rx

- Founded in 2007 at The Ohio State University College of Pharmacy
 - Now a national educational initiative
- Our mission: educate people of all ages about safe medication-taking practices and the potential dangers of misusing prescription medications
- Leverages best practices in drug prevention, pedagogy, and community engagement

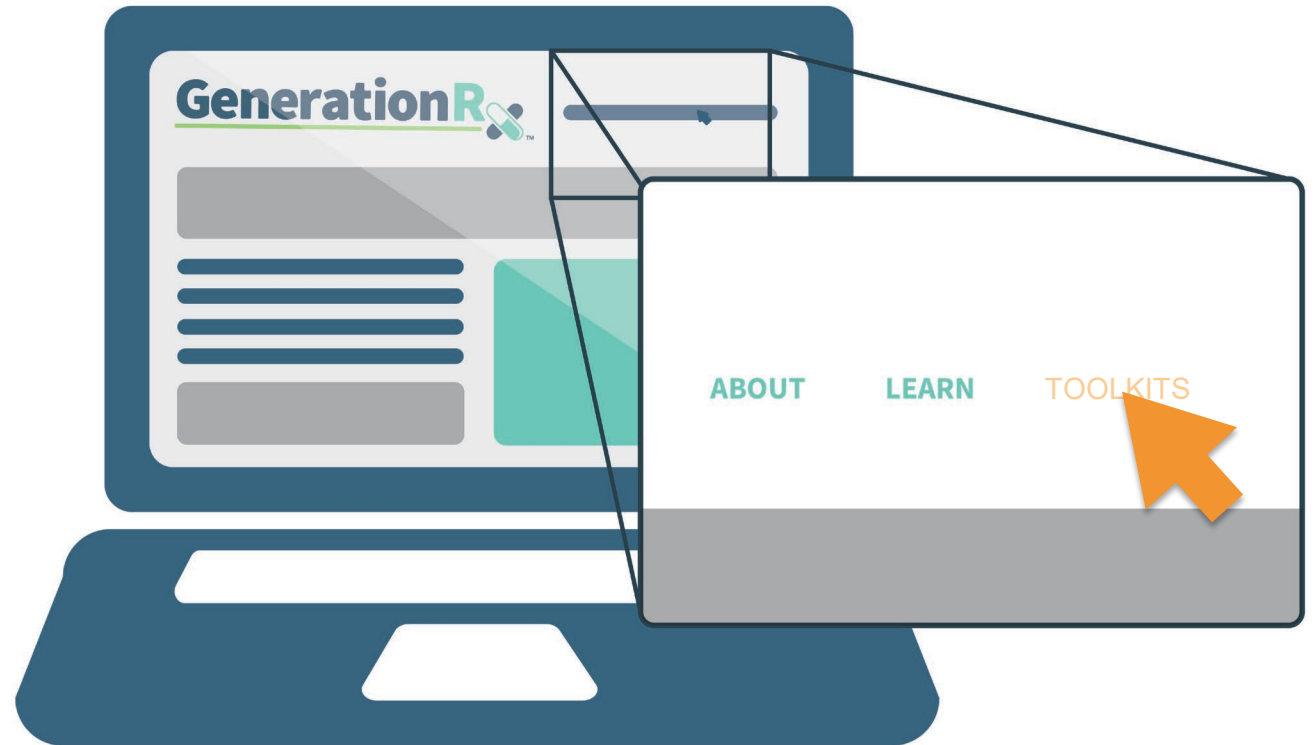


Our key messages:

- 1 Only use prescription medications as directed by a healthcare professional
- 2 Do not share or take someone else's medication
- 3 Keep your medications safe
- 4 Model safe medication practices

Visit www.generationrx.org for...

- Educational toolkits
- Digital activities
- Training videos



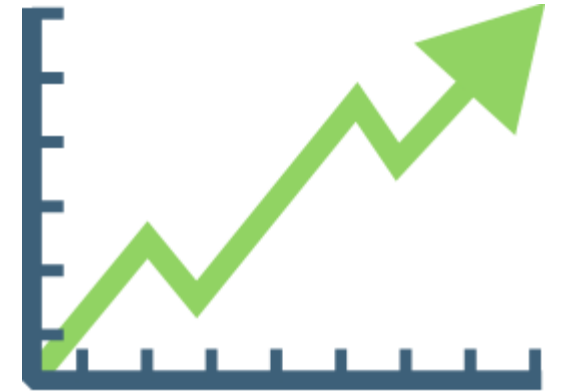
Resources for audiences across the lifespan



Messaging to Older Adults: The Generation Rx Older Adult Toolkit

Why focus on older adults?

- By 2030, older Ohioans will account for >25% of the population (Ohio Department of Aging Strategic Action Plan on Aging 2020-2022)
- Older adults use more prescription drugs than do any other age group (i.e., “polypharmacy”)
- Potential for access and misuse of medicines by non-patient family, friends, and acquaintances



Generation Rx Older Adult Toolkit: Safe Medication Practices for Better Health



Key messages of the Older Adult Toolkit



Be Your Own
Advocate



Learn Safe
Medication
Practices



Know the Risks
of Medication
Misuse

Generation Rx Older Adult Toolkit Components

- **Presentation activities**
 - PowerPoint-based presentation
 - Trivia game
- **Supplementary resources**
 - Video
 - Medication record form
 - Visual aids and digital signage



Generation Rx Older Adult Toolkit

PowerPoint Presentation

OLDER ADULT TOOLKIT | Presented by **Presenter Name** | Date



SAFE MEDICATION PRACTICES
FOR BETTER HEALTH

GenerationRx
Safe medication practices for life.

Brought
to you by:

 **THE OHIO STATE UNIVERSITY**
COLLEGE OF PHARMACY

 **CardinalHealth**
FOUNDATION

Overview



Be Your Own Advocate



Learn Safe Medication Practices



Know the Risks of Medication Misuse

GenerationRx
Safe medication practices for life.

OLDER ADULT TOOLKIT | 2

Anything you take can impact your medication therapy

- Food
- Drink (including alcohol)
- Other prescriptions
- Non-prescription medications
- Herbal products
- Vitamins



GenerationRx
Safe medication practices for life.

OLDER ADULT TOOLKIT | 10

Generation Rx Older Adult Toolkit

Trivia Game Activity

Be Your Own Advocate	Medication Scenarios	Safe Medication Practices	Prescription Drug Misuse
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>

Final Question

< Back to Game Board Safe Medication Practices 100 Pts



QUESTION

“Where should I store my medications?”

Answer

< Back to Game Board Safe Medication Practices 100 Pts

ANSWER



Store medication in lockable spaces.

Generation Rx Older Adult Toolkit

Facilitator support

1

Getting Started

Welcome to Generation Rx: Safe Medication Practices for Better Health. These resources were created to help you offer programming to older adults on how to safely and effectively manage their prescription medications.

Who is my audience?

Safe Medication Practices for Better Health was designed for adults 65 and older to address appropriate medication use for this population. You can choose from a menu of resources to tailor the presentation for your specific audience.

Who can present these resources?

Our resources were created for anyone to present the information – you do not need to be a pharmacist to do so. Medical professionals or community group organizers may find these resources beneficial for their patients or members.

What types of educational materials are available?

Safe Medication for Better Health has a menu of resources from which to choose. Pick what you want to see based on your audience and the amount of time you have.

Four types of educational resources are provided:

1. Activities (for use in live programming)
2. Video (for sharing through digital platforms or for use in live programming)
3. Visual Aids (for posting in high traffic areas)
4. Digital Content (for sharing on digital media platforms)



Overview/Getting Started

2

SLIDE 14



Transition: Second, never share your prescription medications with others or use someone else's prescription drugs.

1. Many factors determine how we respond to medication—our genetics, weight, and pre-existing medical conditions, amongst others. Therefore, individuals can respond to the same medication differently.
2. Engaging in behaviors of self-diagnosis and self-prescribing is dangerous—always report any health concerns to a healthcare professional. Don't self-medicate!
3. Regardless of intention, sharing or taking someone else's medication is not safe. Only use medications under the guidance of a healthcare professional.

SLIDE 15



Transition: Third, keep your medications secure through safe storage and disposal practices. First, we'll discuss storage. How do you safely store medications?

Note to facilitator: encourage participants to suggest safe storage places.

1. When prescribed a prescription medication, store medications in secure locations such as lockboxes, medication safes, or other lockable spaces.
2. Avoid storage places which children and others can easily access, such as drawers, nightstands, or kitchen counters/cabinets.
3. Unfortunately, most people who misuse prescription drugs get them from family members or friends. Help keep others safe by storing your medications safely!

Activity Facilitator Guides

3

Introductory Letter

Dear (insert leader's name),

Greetings! My name is (insert name) and I am a (insert affiliation and title), as well as an advocate for Generation Rx—a nation-wide educational initiative to promote safe medication practices in an effort to prevent the misuse of prescription drugs. Generation Rx is offered through a partnership between the Cardinal Health Foundation and The Ohio State University College of Pharmacy. As an ambassador for this initiative, I am writing to request permission to present an educational program to the older adults in your organization on how to use their prescription medications safely.

Why is it important to teach older adults how to safely use medications? It's true that prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm—especially when misused. The misuse of prescription medications is one of our country's most pressing public health problems, with adverse drug events being a significant issue for older adults. This educational programming will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country. The educational program includes engaging activities that focus on teaching older adults safe medication practices. I also plan to provide an opportunity for the audience to participate in a Q&A session.

Will you help me by providing an opportunity to have an interactive educational session with those in your organization/facility? I've included my contact information below. Please contact me at your earliest convenience to further discuss this opportunity. For more information on Generation Rx, please visit GenerationRx.org.

Contact Information: **(insert contact information)**

I look forward to hearing from you!

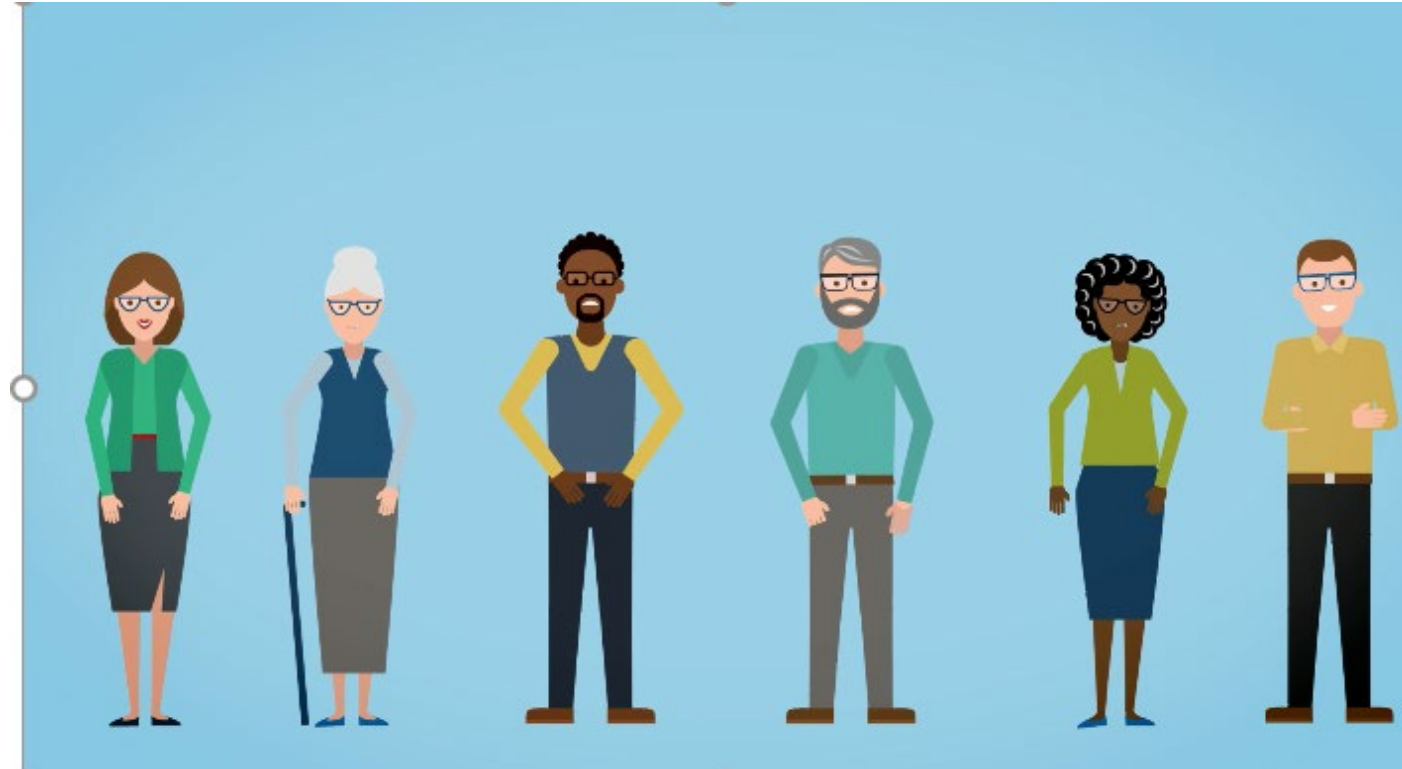
Thank you in advance for your time and support.

Best,

(insert signature)

Introductory Letter

Generation Rx Older Adult Toolkit: Supplementary resources



Generation Rx Older Adult Toolkit Supplementary resources



Older Adult Resources

MY MEDICATION RECORD

For more information or to print additional copies, visit www.generationrx.org/toolkits/older-adult.

Patient Name _____ Primary Doctor _____

Pharmacy Name, Address, and Phone _____

Adverse Drug Reactions: _____ Allergies: _____

Medicine Name as listed on the medicine bottle)	Other Name Many medicines have a brand and generic name. Put the name NOT listed on the bottle in this column.	Directions for Use How many tablets and when to take	Use Why are you taking this or what is the medicine supposed to do?	Prescriber Name of the person who wrote you the prescription	Other Information Goals of therapy or things to avoid with the medicine.





My Medication Record

Page 1

Generation Rx Older Adult Toolkit Supplementary resources



Follow Safe **Medication Practices**

- 1 Only use prescription medications as directed by a health professional. Make any changes in your medication therapy only after talking with your doctor or pharmacist.
- 2 Do not share or take someone else's medication, as individuals can respond to the same medication differently.
- 3 Keep your medications safe:
 -  Store medications in secure locations such as lockboxes, medication safes, or other lockable spaces.
 -  Avoid storage places that children or others can easily access, such as drawers, nightstands, or kitchen counters/cabinets.
 -  Recall that most people who misuse prescription drugs get them from family members or friends.
 -  Dispose of medication properly (see next page).
- 4 Model safe medication practices.
Be a good example to those around you by modeling these safe medication-taking practices. What others see you do matters.



Know the Risks of **Medication Misuse**

Prescription Drug misuse is:



Taking more of a prescription medication than prescribed.



Taking a prescription medication for a reason different than prescribed.



Sharing or taking someone else's prescription medication.

What can we as health professionals do?

- Help our patients become informed about their medications and how to use them
- Promote importance of keeping an updated medication record
- Watch for potential adverse effects from medications
 - Fall Risk Increasing Drugs (FRIDs)
 - Potentially Inappropriate Medications in Older Adults (2019 Beers Criteria)

What can we as health professionals do?

- **Help our patients become informed about their medications and how to use them**
- Promote importance of keeping an updated medication record
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BE YOUR OWN HEALTH ADVOCATE



OLDER ADULT TOOLKIT | 4

Overview

- When is the best time of day to take the medication?
- Is it safe to crush or split tablets?
- Should I take it with or without food?
- What side effects most commonly occur?
- What should I do if I forget to take a dose?



Use your pharmacist as a resource

Drug Facts	
Active ingredient (in each caplet)	Purpose
Acetaminophen 500 mg.....	Pain reliever/fever reducer
Uses	
<ul style="list-style-type: none"> temporarily relieves minor aches and pains due to: <ul style="list-style-type: none"> the common cold headache minor pain of arthritis backache muscular aches toothache premenstrual and menstrual cramps temporarily reduces fever 	
Warnings	
Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take <ul style="list-style-type: none"> more than 4,000 mg of acetaminophen in 24 hours with other drugs containing acetaminophen 3 or more alcoholic drinks every day while using this product 	
Allergy alert: Acetaminophen may cause severe skin reactions. Symptoms may include: <ul style="list-style-type: none"> skin reddening blisters rash If a skin reaction occurs, stop use and seek medical help right away.	
Do not use <ul style="list-style-type: none"> with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist. if you have ever had an allergic reaction to this product or any of its ingredients 	
Ask a doctor before use if you have liver disease	
Ask a doctor or pharmacist before use if you are taking the blood thinning drug warfarin	
Drug Facts (continued)	
Stop use and ask a doctor if <ul style="list-style-type: none"> pain gets worse or lasts more than 10 days fever gets worse or lasts more than 3 days new symptoms occur redness or swelling is present These could be signs of a serious condition.	
If pregnant or breast-feeding, ask a health professional before use.	
Keep out of reach of children. Overdose warning: In case of overdose, get medical help or contact a Poison Control Center right away (1-800-222-1222). Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.	
Directions	
do not take more than directed (see overdose warning)	
adults and children 12 years and over	<ul style="list-style-type: none"> take 2 caplets every 6 hours while symptoms last do not take more than 6 caplets in 24 hours, unless directed by a doctor do not use for more than 10 days unless directed by a doctor
children under 12 years	ask a doctor
Other information <ul style="list-style-type: none"> store at 20-25°C (68-77°F) 	
Inactive ingredients carnauba wax, corn starch*, croscarmellose sodium*, hypromellose, polyethylene glycol, povidone, pregelatinized starch, sodium starch glycolate*, stearic acid *may contain one or more of these ingredients	
Questions or comments? 1-800-719-9260	

Anything you take can impact your medication therapy

- Food
- Drink (including alcohol)
- Other prescriptions
- Non-prescription medications
- Herbal products
- Vitamins



Having a new symptom or health issue?

Ask yourself: *“Did this start after doing something different with my medications?”*

If you think you are having a side effect from a medication:

- If severe (e.g., trouble breathing or bleeding), call 911
- Otherwise, contact your doctor or pharmacist to discuss your new symptoms



LEARN SAFE MEDICATION PRACTICES

1

Only use
prescription
medications **as
directed by a
health professional**



2

**Do not share or
take someone
else's medication**



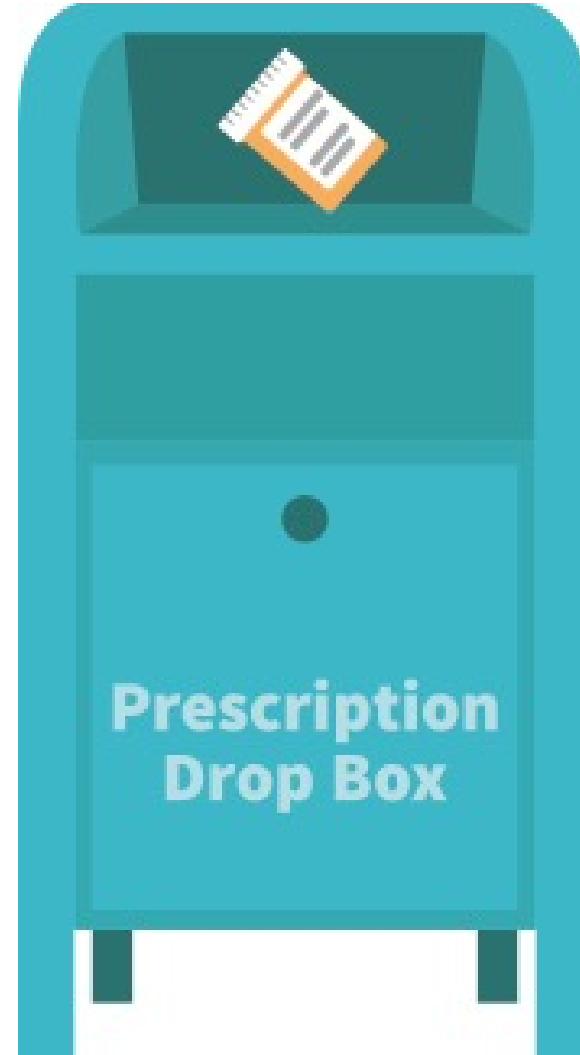
3

Keep your
medications safe:
storage



3

Keep your
medications safe:
disposal



No drug drop box or take-back event near you?



STEP 1



STEP 2



STEP 3

4

Model **safe** medication practices



An Additional Drug Disposal Resource in Ohio!

OhioRxDisposal.com



Medication Safety Starts with you!

Cleaning out expired, unused medicine from your home is a primary defense in preventing prescription drug misuse.

FIND A PRESCRIPTION DISPOSAL LOCATION NEAR YOU!

REQUEST A PRESCRIPTION DRUG DISPOSAL BAG NOW!



What can we as health professionals do?

- Help our patients become informed about their medications and how to use them
- **Promote importance of keeping an updated medication record**
- Watch for potential adverse effects from medications
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Keep a Complete Medication Record

Medication Name	Other Names	Directions	Use	Prescriber	Other Information
Lisinopril 20 mg	Zestril	Take 1 tablet once daily	Blood Pressure	Dr. Sam Jones	Avoid salt substitutes
Omeprazole 20 mg	Prilosec	Take 1 capsule in the evening	Heartburn/ Indigestion	Dr. Sam Jones	Take on an empty stomach
Tylenol Extra Strength 500 mg	Acetaminophen	Take 1-2 tablets every 6 hours as needed	Arthritis Pain	OTC	Do not take more than 6 tablets in a day Do not drink alcohol
Senior Multivitamin		Take 1 tablet once daily	Supplement	OTC	

What can we as health professionals do?

- Help our patients become informed about their medications
- Promote importance of keeping an updated medication record
- **Watch for potential adverse effects from medications**
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Fall Risk Increasing Drugs (FRIDs)

Psychoactive Medications

Anticonvulsants

Antidepressants

Antipsychotics

Benzodiazepines

Opioids

Sedatives-Hypnotics

Anticholinergics including Antihistamines

Muscle Relaxants

www.cdc.gov/steady
www.steadyu.ohio.gov

FACT SHEET

Medications Linked to Falls

Review medications with all patients 65 and older. Medication management can reduce interactions and side effects that may lead to falls.

STOP medications when possible.

SWITCH to safer alternatives.

REDUCE medications to the lowest effective dose.

Check for psychoactive medications, such as:

- Anticonvulsants
- Antidepressants*
- Antipsychotics
- Benzodiazepines
- Opioids
- Sedatives-hypnotics*

Review prescription drugs, over-the-counter medications, and herbal supplements. Some can cause dizziness, sedation, confusion, blurred vision, or orthostatic hypotension. These include:

- Anticholinergics
- Antihistamines
- Medications affecting blood pressure
- Muscle relaxants

Develop a patient plan that includes medication changes, and a monitoring plan for potential side effects. Implement other strategies, including non-pharmacologic options to manage conditions, address patient barriers, and reduce fall risk.

Visit the [American Geriatrics Society Beers Criteria](http://www.american geriiatrics society.org) for more information on medications linked to falls.

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit www.cdc.gov/steady

*Antidepressants include TCAs and SSRIs. Sedative-hypnotics include eszopiclone, zaleplon, and zolpidem.



Potentially Inappropriate Medications In Older Adults (PIMs)

- **American Geriatrics Society 2019 Beers Criteria**
 - Helpful resource of medications or classes of medications where there are safer alternatives available for use in older adults
 - Arranged in several useful tables
 - Often incorporated into EHRs
 - Highly recommend reading over any alerts that may prompt you regarding PIMs

J Am Geriatr Soc 2019; 67(4):674-694. doi: 10.1111/jgs.15767.

Medication	Rationale	Recommendation	Quality of Evidence	Strength of Recommendation
Antispasmodics - Dicyclomine - Hyoscyamine	Highly anticholinergic, uncertain effectiveness	Avoid	Moderate	Strong
Mineral Oil -given orally	Potential for aspiration and adverse effects: safer alternative available	Avoid	Moderate	Strong
Proton Pump Inhibitors (PPIs)	Risk of C. difficile infection and bone loss and fractures	Avoid scheduled use of >8 weeks unless for high-risk patients	High	Strong
Sulfonylureas - Chlorpropamide - Glimepiride - Glyburide	Higher risk of prolonged hypoglycemia in older adults	Avoid	High	Strong
Meperidine (Demerol)	May have higher risk of neurotoxicity, including delirium, than other opioids in older adults	Avoid	Moderate	Strong

Summary

Medication misuse is an issue for older adults in Ohio

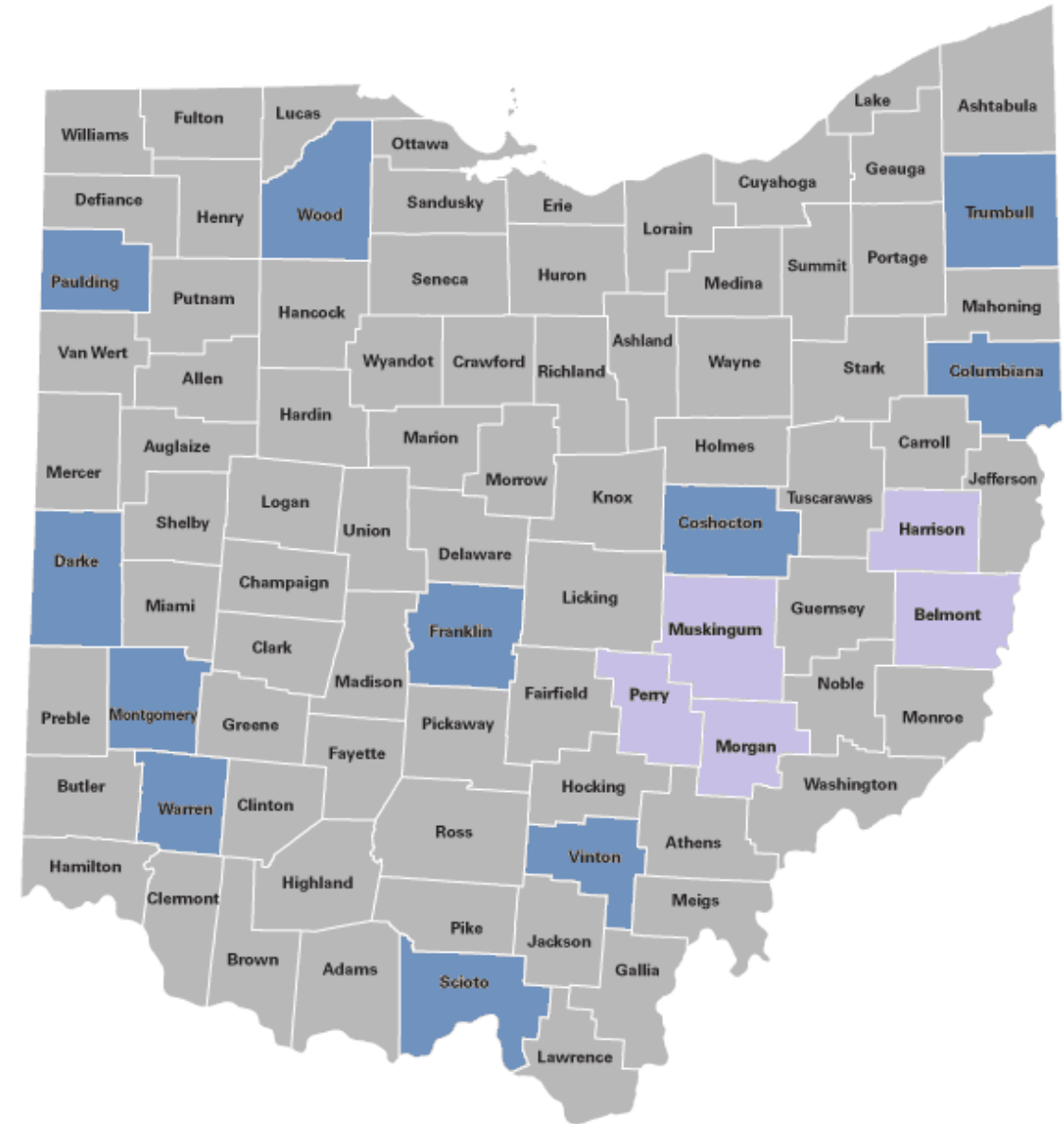
Generation Rx Older Adult Toolkit is an educational resource to help promote safe medication use

Health professionals can have an impact by:

- Promoting safe storage and disposal of prescription medications
- Encouraging our patients to become informed about the medication they take
- Helping our patients keep an updated, complete list of all their medications
- Screening for PIMs as well as FRIDs

A project happening right now!

- State-funded project to train and support the use of the Older Adult Toolkit through the Ohio State University Extension Network



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