

FALLS

Medications

Linked to Falls



Although many medication classes have been linked to falls, the evidence is strongest for a few drug categories. Medication management can reduce interactions and side effects that may lead to falls.

Medication management means:

- Eliminating medications if there is no active indication
- Reducing doses of necessary medications (e.g., antihypertensives) to the lowest effective dose
- Avoiding prescribing medications for an older person where the risk from side effects outweighs the benefit (e.g., skeletal muscle relaxants)

The MOST important intervention is to reduce or eliminate:

- Psychoactive drugs, especially any benzodiazepines
- Any medications that have anticholinergic side effects
- Sedating OTCs, specifically Tylenol PM (which contains Benadryl) and Benadryl

For more information about geriatric medication management, go to the American Society of Consultant Pharmacists website at: www.ascp.com



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