

Evidence-Based Health Promotion for Older Adults:
Competencies, Content, and Curricula
Interactive Session: Medication Management - Resources

I. Overview

According to the National Council on Aging (NCOA), older adults are the greatest consumers of prescription and over-the-counter medications per day in the nation. Specifically, individuals age 65 and over account for 34% of prescription medications, 50% of over-the-counter medications, and more than 80% take at least one medication per day. Older adults who live at home take an average of four medications per day, as opposed to the average nine medications taken daily by adults in skilled nursing facilities.

II. Assessment

- A. Maddigan, S. L., Farris, K. B., Keating, N., Wiens, C. A., & Johnson, J. A. (2003). Predictors of older adults' capacity for medication management in a self-medication program: A retrospective chart review. *Journal of Aging and Health, 15*, 332-352. PDF. <http://jah.sagepub.com/cgi/reprint/15/2/332>
- B. Orwig, D., Brandt, N., & Gruber-Baldini, A. L. (2006). Medication management assessment for older adults in the community. *The Gerontologist, 46*(5), 661-668. PDF. <http://gerontologist.gerontologyjournals.org/cgi/reprint/46/5/661>
- C. Think it Through: A Guide to Managing the Benefits and Risks of Medicines. PDF. <http://www.fda.gov/cder/consumerinfo/thinkBrochureLow.pdf>
- D. 2008 Clinical Skills Competition Coordinator Handbook. PDF. http://www.ashp.org/s_ashp/docs/files/students/2008_CSC_Handbook.pdf

III. Evidence-Based Programs

- A. American Society on Aging and the Center for Disease Control and Prevention: Medication Management: Optimal Medication Use. (PDF). http://nj.gov/health/senior/documents/healthsease_directory.pdf
- B. Medications Management Improvement System (MMIS): Replication Report. (Resources needed to implement and replicate the MMIS). PDF. http://www.healthyagingprograms.org/resources/ReplicationReport_MMIS.pdf

IV. Toolkits

- A. Medications Management in Home Health Care Toolkit (Resources professionals need to implement the Medication Management Improvement System in the home): http://www.homemedics.org/landing_pages/21,3.html
- B. Vial of Life Project (Record system for tracking medications): <http://www.vialoflife.org>
- C. Emory University, Division of Geriatric Medicine and Gerontology: Computer Based Learning Module 5: Medication Use. (Modules, Case Studies, Post Test and Answers.) Accessed from: <http://medicine.emory.edu/ger/reynoldsprogram/index.html>

V. Articles

- A. Beers, M. H. (1997). Explicit criteria for determining potentially inappropriate medication use by the elderly: An update. *Archives of Internal Medicine*, 157(14), 1531-1536. <http://archinte.ama-assn.org/cgi/content/abstract/157/14/1531>
- B. Budnitz, D. S., Shehab, N., Kegler, S. R., & Richards, C. L. (2007). Medication use leading to emergency department visits for adverse drug events in older adults. *Annals of Internal Medicine*, 147(11), 755-765. <http://annals.highwire.org/cgi/content/full/147/11/755>
- C. Edelberg, H. K., Shallenberger, E., Hausdorff, J. M., & Wei, J. Y. (2000). One-year follow-up of medication management capacity in highly functioning older adults. *Journal of Gerontology*, 55A(10), M550-M553. PDF. <http://biomed.gerontologyjournals.org/cgi/reprint/55/10/M550>
- D. Fick, D. M., Cooper, J. W., Wade, W. E., Waller, J. L., Maclean, J. R., & Beers, M. H. (2003). Updating the Beers criteria for potentially inappropriate medication use in older adults. *Archives of Internal Medicine*, 163, 2716-2725. <http://archinte.ama-assn.org/cgi/content/full/163/22/2716>
- E. Institute of Medicine. Preventing Medication Errors: Quality Chasm Series. Washington, DC: National Academies Press; 2007.
- F. Kuwajerwala, N. K., & Reddy, R. C. "Perioperative Medication Management." *WebMD eMedicine*. August 19, 2008. <http://emedicine.com/med/fulltopic/topic3168.htm#top>
- G. Miller, S. (2008). Evaluating medication regimens in the elderly. *The Consultant Pharmacist*, 23(7), 538-547. <http://www.ascp.com/> (must be a member to access)
- H. Roses, A. D. (2000). Pharmacogenetics and the practice of medicine. *Nature*, 405, 857-865. PDF. <http://www.genetics.gsk.com/docs/RosesNature.pdf>
- I. Tangalos, E. G., & Zarowitz, B. J. (2006). Medication management in the elderly. *Annals of Long Term Care*, 14(8), 27-31. PDF. <http://www.annalsoflongtermcare.com/altc/attachments/6049.pdf>

VI. Web Resources

- A. American Medical Directors Association for Long-Term Care (Clinical tools for professionals and consumers): <http://www.amda.com>
- B. American Society of Consultant Pharmacists (Handouts and referral service to senior care pharmacists): <http://www.ascp.com>
 - i. Seniors At Risk: www.ascp.com/publications/seniorsatrisk/upload/AtRisk.pdf
- C. National Council on Aging, Center for Healthy Aging: <http://www.healthyagingprograms.com/content.asp?sectionid=70>
- D. NIH – National Institute for Drug Abuse (NIDA) (Definition, prevalence, and correlates of medication mismanagement): <http://www.drugabuse.gov/whatsnew/meetings/bbsr/prescription.html>
- E. Partners in Care Foundation – Community Based Medication Management (Evidence-based intervention to aid professionals in identifying and resolving medication issues among frail elders in the community): http://www.picf.org/landing_pages/23,3.html

- F. Portal of Geriatric Online Education (Free database, username and password required): www.pogoe.org
- G. Senior Care Pharmacy Facts (Statistics and correlates of seniors' prescription drug intake): <http://www.ascp.com/consumers/what/seniorcarepharmacyfacts.cfm>
- H. U.S. Food and Drug Administration – Medicines and Older Adults (Cautions, tips, and frequently asked questions for consumers):
<http://www.fda.gov/opacom/lowlit/medold.html>