

# St. John Medical Center's medication review for falls

St. John Medical Center in Tulsa, OK, has developed a medication review for falls sheet that includes a one-page documentation chart of patients' potential medication risks for falls.

Here are some items included in the chart:

- Patient name
- Date of birth
- Room
- Number of routine medications
- Psychotropics
  - Sedative-hypnotics, especially benzodiazepines (BSDs)
  - Neuroleptics (antipsychotics)
  - Tricyclic antidepressants (TCAs)
  - Selective serotonin reuptake inhibitors (SSRIs)
- Cardiovascular medications
  - Digoxin
  - Antihypertensives, especially diuretics
  - Class 1A antiarrhythmics
- Other medications
  - Anticholinergics — sedating antihistamines, TCAs, antipsychotics, and some antiemetics
  - Anticonvulsants
  - Opioid analgesics (within first 48 hours of initiation or dosage increase)
- Other risk factors to consider
  - Elderly patients who are 65 years or older have altered pharmacokinetics and may be more sensitive to medications
  - Renal function impairment may result in medication accumulation and increased risk of adverse reactions
  - Patients taking 4 or more prescription drugs, regardless of pharmacologic classification, are at an increased risk for falls
  - Anticoagulants/antiplatelets may directly increase the risk of injury from falls due to an increased bleeding risk
  - Patients with untreated osteoporosis, urinary incontinence, delirium, and/or pain have an increased risk of injury from falls.

The form is signed and dated by the pharmacist.

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