### GERI-RXFILES 3<sup>RD</sup> EDITION

# ASSESSING MEDICATIONS IN OLDER ADULTS

Alternatives to explore, when less may be more



2019 www.RxFiles.ca

#### AN ORIENTATION TO THE 3<sup>RD</sup> EDITION GERI-RXFILES: ASSESSING MEDICATIONS IN OLDER ADULTS

#### **Purpose**

The Geri-RxFiles was created to assist health care providers in assessing medication use in older adults. It is also intended to highlight potentially problematic medications in older adults based primarily on the Beers Criteria <sup>2019</sup> and the STOPP <sup>2014</sup> Criteria.

#### The Beers Criteria & STOPP Criteria

The Beers Criteria is a list of potentially inappropriate medications (PIMs) in older adults; these criteria have evolved to include discussion of various clinical factors that need to be included in the equation. A similar list is The STOPP Criteria (STOPP = Screening Tool of Older Persons' potentially inappropriate Prescriptions). Medications from these two lists are highlighted throughout the Geri-RxFiles to allow for easy identification using and to denote the medications found on the two lists. Additional medications not identified within these two lists, but potentially problematic are indicated by RxFiles.

#### Familiarizing Yourself with the Geri-RxFiles

#### **Table of Contents**

The table of contents lists all the topics & their corresponding page #s.

#### Introduction (page 1)

The *Introduction* discusses medication therapy & frailty in older adults, highlighting various considerations for optimal prescribing & deprescribing. Practical ideas are provided to help health care providers optimize medication therapy in the older adult population including how to avoid common pitfalls such as prescribing cascades.

#### **Therapeutic Topics**

Seven systems are covered in the Geri-RxFiles including: cardiology; endocrine & metabolic; gastrointestinal; genitourinary; musculoskeletal & connective tissue; neurology & psychiatry; & finally respiratory. A variety of miscellaneous topics are also covered. The therapeutic topics cover both an approach to assessing & optimizing the disease or condition, as well as highlights medications that may be potentially problematic in older adults. A more detailed description is contained in the section entitled "The Anatomy of a Geri-RxFiles Therapeutic Topic" (located in the column to the right).

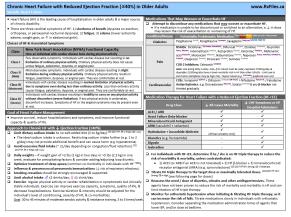
#### **Geri-RxFiles Features & Tools include:**

- Clinical Frailty Score on page 5
- Deprescribing algorithms (from deprescribing.org) on pages: 65, 74, 134, & 146
- Table of medications associated with QT prolongation on page 46
- Outcomes comparison table for diabetes agents on page 64
- Reference list of medications associated with falls & fracture risk on page 100
- Reference list of medications with anticholinergic effects on page 116
- Inhaler tips (choosing the right device & inhaler technique) starting on page 159
- Approaching drug interactions in older adults on page 166
- Medication administration challenges can this be crushed? on page 181

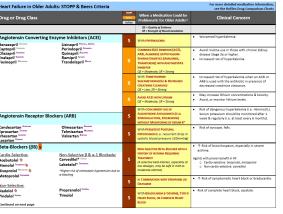
#### **Tapering Information (page 208)**

This symbol indicates that a medication should be tapered upon discontinuation. Within the tapering section you will find the rationale for tapering a medication, common withdrawal symptoms, & a suggested tapering approach. This section is divided by medication classes, except for clonidine.

#### The Anatomy of a Geri-RxFiles Therapeutic Topic



The first section of most therapeutic topics provides a stepwise approach to assessing a disease/condition including exploring potential contributors such as other medical conditions or medications. This section also discusses the non-pharmacological & medications treatments options.



The <u>second section</u> of most therapeutic topics is a table of the potentially problematic medications used in the treatment of the disease/condition. This section indicates if the medication appears on either the <u>Beers</u> or <u>STOPP</u> Criteria, in whom the medications are problematic, & other clinical concerns.

#### **Renal & Hepatic Dose Adjustment**

Medications with the kidney or liver image next to them are eliminated by these organs & may require a dose adjustment in renal/hepatic impairment.

#### Indices & Appendix (starting on page 226)

In these sections you will find what all the acronyms stand for, as well as key terms related to medications including **BRAND** (trade name) or **BRAND** (discontinued trade name), **chemical name**, **TRIALS**, & other key words.

#### The Colours of the Geri-RxFiles

Various colours of highlighting & text are used throughout the Geri-RxFiles to denote various things:

- Important facts to draw your attention to will be highlighted in yellow
- AVOID denotes doses/medications very likely to cause patient harm are bolded & red or CAUTION may be warranted for key points when highlighted in orange
- Lifestyle, non-pharmacological, herbal or natural products are highlighted in green
- Other RxFiles Documents that may be of interest are highlighted in teal with yellow text
- Facts specific to older adults are highlighted in tan in RxFiles charts & other resources

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