

# Did you know...?

Medicines such as psychotropics, anticholinergics, antihistamines, medications to control blood pressure and even some over-the-counter medicines can affect balance and how steady a person is on his or her feet.

## Medication Management

Medication management can reduce interactions and side effects that may lead to falls. Develop a resident plan for potential side effects. Implement other strategies, including non-pharmacological options to manage conditions, address resident barriers and reduce fall risk.

1. Stop medications when possible.
  - Carefully weigh benefit versus risk for all medications.
  - 2019 American Geriatrics Society Beers Criteria® are designed to reduce older adults' drug-related problems including exposure to potentially inappropriate medications, drug-disease interactions and medications that warrant extra caution in the older adult population.
2. Switch to safer alternatives.
  - Explore non-pharmacologic options to manage medical conditions.
3. Reduce medications to the lowest effective dose.
  - Gradual dose reductions of antipsychotics and benzodiazepines, sedatives/hypnotics.
  - Monitor for behavior changes and side effects such as drowsiness, dizziness, changes in blood pressure and impaired balance and gait.
4. Postural hypotension precautions when indicated.
  - Rise from lying position slowly
  - Sit on edge of bed before standing
  - Perform ankle pumps
  - Rise to standing slowly with support

## Simple Strategies for Fall Management