



Quality Improvement
Organizations

Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

HQIN

Health Quality Innovation Network

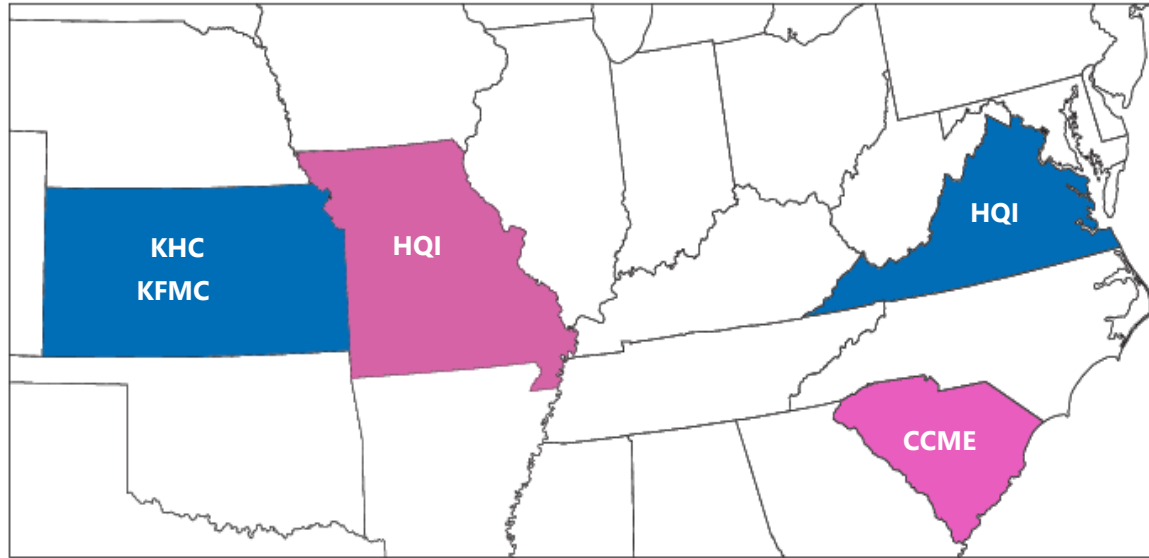


MedsMatter!

Mind Your Meds:

Help Keep Seniors Safe.

Health Quality Innovation Network



Panelists



Pharmacist

Cheryl Anderson, BS, RPh



Pharmacist

Cindy Warriner, BS, RPh, CDE

Why “Mind Your Meds?”

- Incorrectly using prescription and over-the-counter medicines can:
 - Cause serious medical complications
 - Increase health care costs
 - Result in death
- Improper disposal can put others at risk for harm or addiction
- Opioid medications are high risk and older adults are of particular concern







Mind Your Meds

Using Medicines Safely

Medication Log

Name: _____ Date: _____



Medication Name (Capsule, Tablet, or Liquid)	Dose	 Morning	 Mid Morning	 Afternoon	 Mid Afternoon	 Evening	 Bedtime	Reason for Taking	Doctor's Name
Example: Atorvastatin, Tablet	20 mg	-	-	-	-	-	1	high cholesterol	Dr. Jones



I need to get rid of this medication.

Drug Disposal Options

Do you have medicine you want to get rid of?

Do you have a drug take-back option readily available?

Check the [DEA website](#), as well as your local drugstore and police station for possible options.

NO

YES

Is it on the [FDA flush list](#)?

NO

YES

Follow the FDA [instructions for disposing of medicine in the household trash](#).

[Immediately flush your medicine in the toilet.](#)
Scratch out all personal info on the bottle and recycle/throw it away.

Take your medicine to a drug take-back location.

Do this promptly for [FDA flush list](#) drugs!

FDA Drug Disposal Infographic:

<https://www.fda.gov/media/111887/download>

Program Overview

➤ The Mind Your Meds programs share the same 4-part concept:

1. Watch the short educational video presentation
2. Let us know what you think
3. Use what you've learned to assess and clean out your medicine cabinet or make your own medication log and prepare for medical appointments
4. Share with friends

➤ Encourage and instruct your patients to use the program

➤ Share the links and resources with your patients

Program Links

Mind Your Meds: General Medication Safety and Appointment Preparation:

- Link for all four states: [Mind Your Meds](#)

Mind Your Meds: Safe Opioid Use and Disposal:

- Virginia Link:
<https://seniornavigator.org/mindyourmeds>
- Kansas, Missouri and South Carolina Link:
[Mind Your Meds](#)

Promotional Example:

MedsMatter!



Safe disposal of unused opioid medications is an important part of addressing the opioid epidemic.

The Health Quality Innovation Network's (HQIN) medication safety team created a program called ***Mind Your Meds*** that educates you about safe medication use and disposal to empower you to take action based on what you have learned.

The following are **4 easy steps** on how to safely use and dispose of opioids and other pain medications.

1. **Watch a short video** at: www.hqin.org/resource/mind-your-meds
2. **Offer us your feedback** at the same link.
3. **Use what you learn** to safely dispose of unused opioids and other pain medications.
4. **Share this information** with your friends and family.



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YOUR PART....



Next Steps – Review the programs presented today and think of ways to incorporate them into your processes to encourage patients to engage



Extra Credit – Share the programs/links with others and get them to do the same thing!!



GO FOR IT!!!!

Additional Resource Links

From SAMHSA – Naloxone and opioid overdose reversal:

<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/naloxone>

From the CDC – Save a Life from Overdose:

<https://www.cdc.gov/rxawareness/prevent/index.html>

To locate a DEA-registered collector in your area:

<https://apps.dea diversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>

Allied Against Opioid Abuse:

<https://againstopioidabuse.org/act/>

FOR MORE INFORMATION

Call 877.731.4746 or visit www.hqin.org

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