

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.
 - 2023 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