

MEDICATIONS IN THE COMMUNITY

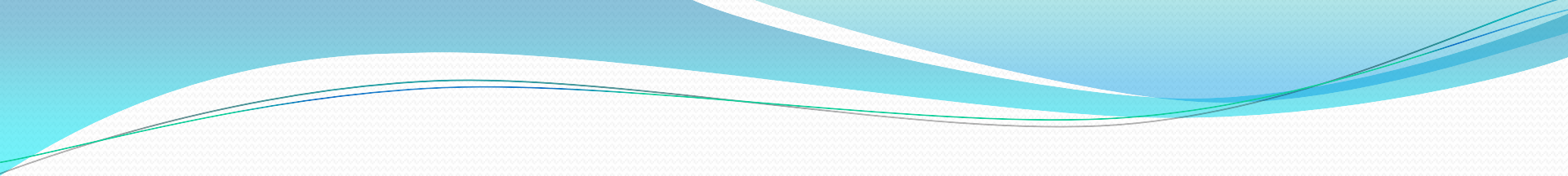
Seniors Resource Team

Geriatric Psychiatry

We are a team of health care professionals who provide service to individuals over the age of 65 who live in Lanark County in private homes, retirement homes, long term care or hospital.

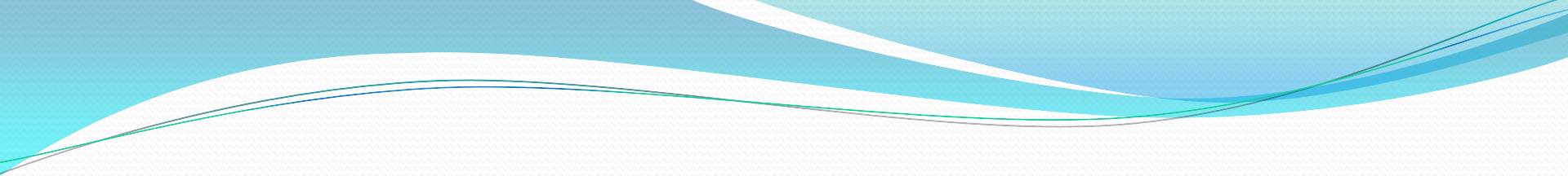
The team includes:

- ❖ 4 registered nurses
- ❖ Occupational therapy
- ❖ Psychology
- ❖ Social work
- ❖ Psychiatry



Issues we deal with include
depression; dementia and
delirium. (the 3 Ds)

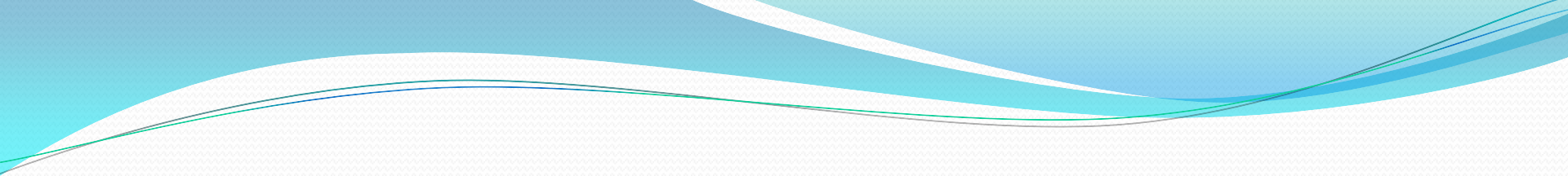
To be seen by our team a
referral is *required from the
family physician.*



Referrals are made when the family physician has a concern about any of the Three Ds. The referral is often generated when family prompt the g.p. with concern for their family member as they are becoming forgetful, are experiencing a change in function, (having difficulty driving, managing finances, managing the household), or possibly depressed.

When the referral is received, a visit with nursing is arranged. At this meeting the background story is obtained, including family history, personal history and a detailed history of the change in cognition or depression is discussed.

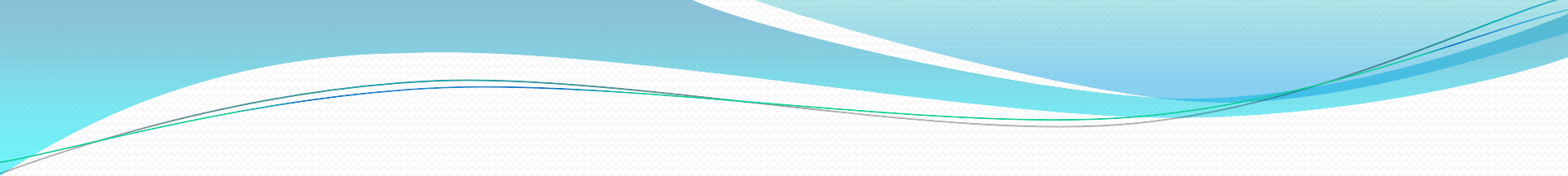
AND.... We get a detailed history of medications used, including over the counter preparations



With a look at the medications, a variety of scenarios is seen...

And this is what we might hope to see! Or possibly a blister pack prefilled at the pharmacy...



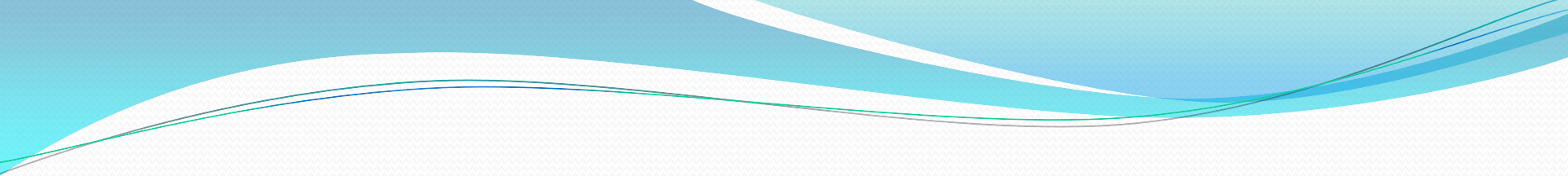


The reality sometimes looks more like this list....



1. Clonazepam 0.5mg daily at 1800
2. Mirtazapine 45mg daily at bed time
3. Effexor XR 37.5mg daily
4. Hydromorphone 1mg three times daily
5. Tylenol 325mg 2tabs at bedtime
6. Pramipexole 0.25mg three times daily
7. Vitamin B12 1000mg daily
8. Baclofen 10mg 2 tabs three times daily
9. Dantrium 25mg 2 capsules twice daily
10. Synthroid 0.075mg on Tuesday, Thursday, Sat & Sun
11. Synthroid 0.088 mg on Monday, Wednesday & Friday
12. Pantoprazole 40mg daily
13. Actonel DR 35mg weekly
14. Irbesartan-HCTZ 150/12.5mg daily
15. Furosemide 20mg daily
16. Atorvastatin 20mg at supper
17. Lactulose 45mg twice daily
18. Docusate sodium 100mg 2 capsules at bedtime
19. Senokot 2 tabs at bedtime
20. Ca Carbonate 1 tab twice daily
21. Cholecalciferol 1000 U daily

THE END!!



Or this.....

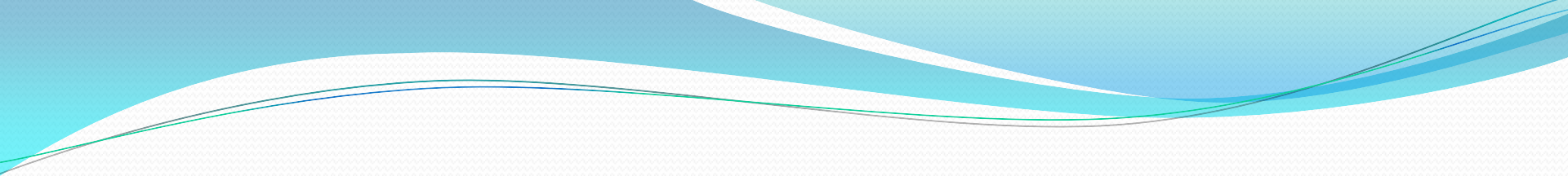






Other pitfalls...

1. Medicine for the dog or cat...these sometimes have the same name as human medicine, and come in the identical vials
2. Saving medicine...just in case someone else might 'need' it
3. Saving medicine...just in case I might need it later
4. Opening capsules to use a smaller dose

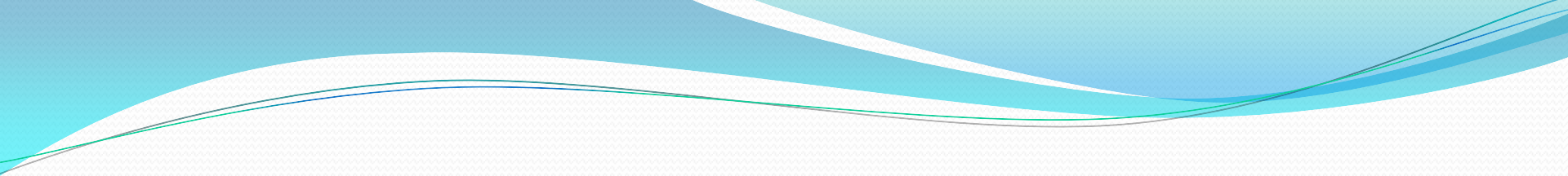
- 
5. Some medicine is quite time specific (the scenario of someone with Parkinson's Disease who depends on timed delivery to prevent exacerbation of symptoms)
 6. Keeping medicines in various locations in the home could lead to trouble.

SUGGESTIONS...

- Blister pack
- Dosette
- Assisted Living Program
- Teach family
- Talk to your pharmacist or health care provider

WHY

Medication errors lead to increased dependence on others, admission to long term care, hospital and further decline in health status....



Questions?