

Geriatric Considerations

Objectives

- Describe the prescribing cascade and how it affects the geriatric population
- Discuss the BEERs criteria and its use
- Discuss the High-Risk Medication Use in the elderly display measure
- Review the START and STOPP Criteria
- Discuss vision loss, hearing loss, neuropathy, and other considerations in the geriatric population
- Define and discuss how to identify Elder Abuse and provide resources

Prescribing Cascade

- Definition
 - Treating side effects with more medication
- Considerations in elderly
 - Comprehensive assessment
 - Reassess necessity for each medication
 - Consider new symptoms to be drug side effects until proven otherwise

Prescribing Cascade

Ogbonna KC, Delafuente JC. The Complicated Patient. In: Angaran DM, Whalen K. eds. *Medication Therapy Management: A Comprehensive Approach* New York, NY: McGraw-Hill;.

BEERs Criteria

- Tool used to assess inappropriate prescribing
- Categories
 - Avoid
 - Independent of diagnosis or condition
 - Drug-disease or drug-syndrome interaction
 - Use with Caution
- Monitor for ADE and efficacy

High Risk Medications (HRM)

- HEDIS Measure
 - Use of High-Risk Medications in the Elderly (HRM): Assesses plan members aged 65 and older who received at least two or more prescription fills for the same HRM
- Centers for Medicare and Medicaid Services (CMS) HRM List
 - Based on Pharmacy Quality Alliance (PQA) HRM list

HRM Formulary Restriction Tactics

- Prior authorization
- Step-therapy
- Preferred drug lists
- Multitier designs
- Prescription limits

JMCP - Assessment of Clinical Pharmacy Interventions to Reduce Outpatient Use of High-Risk Medications in the Elderly

- Background
 - Use of HRM in the elderly (HRME) has been associated with adverse outcomes such as confusion, falls, and increased mortality
- Objective: examine the effect of pharmacist intervention on HRME and drug-disease interactions (Rx-DIS) in an outpatient elderly population

JMCP - Assessment of Clinical Pharmacy

Interventions to Reduce Outpatient Use of High-Risk Medications in the Elderly

- Intervention: Clinical pharmacist prospectively screened patients over the age of 65 for HRME and Rx-DIS interactions, sent electronic alert to physician
- Control: Retrospective chart review with “opportunities for intervention” noted
- Primary endpoint: Incidence of medication change in the intervention group in comparison with control group
 - More medication changes made by physicians in intervention group
 - (25.9% vs. 2%, $p=0.001$, OR = 17.1, CI = 2.2-134.8)

START and STOPP Criteria

- Screening Tool to Alert doctors to Right Treatment (START)
 - 34 prescribing indicators for common conditions observed in geriatric patients
- Screening Tool of Older Person's Prescriptions (STOPP)
 - 80 criteria for potentially inappropriate prescribing
- Place in practice
 - Tools used to optimize patient care

Cognitive Impairment

- CMS requires that a CMR be offered to all eligible members
- If cognitively impaired:
 - Power of Attorney, health care proxy, prescriber, caregiver
- Tools to evaluate cognitive status
 - Brief Interview of Mental Status (BIMS)
 - Brief Screen for Cognitive Impairment (BSCI)

Vision Loss

- Causes
 - Glaucoma
 - Cataracts
 - Age-related macular degeneration
- Drugs and diseases that can worsen
 - Diabetes mellitus
 - Chronic kidney disease
 - Chemotherapy
- Considerations
 - Difficulty reading prescription labels, filling pill boxes
 - <http://www.seniorvision.org/resources/age-related-causes-of-visual-impairment>

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Hearing Loss

- Causes
 - Noise-induced
 - Changes in inner-ear related to aging
- Drugs and diseases that can worsen
 - Hypertension
 - Diabetes mellitus
 - Chemotherapy
 - Large doses of NSAIDS or ASA
 - Loop diuretics
 - Aminoglycosides
- Considerations
 - Difficulty hearing information at doctor visits, at pharmacy, during CMR

Neuropathy

- Causes
 - Uncontrolled diabetes, idiopathic, hereditary factors
- Drugs and diseases that can worsen
 - Diabetes mellitus
 - Alcoholism
 - Chemotherapy
- Considerations
 - Difficulty filling pillboxes
 - Difficulty opening pillboxes and/or prescription bottles
 - Difficulty with every day ADLs

Elder Abuse

- Definition
 - Mistreatment of persons over the age of 60 or 65
- Warning Signs
 - Unexplained skin findings
 - Unusual fractures
 - Pressure ulcers
 - Malnutrition
- Resources
 - Report to authority or organizations