



Medication Safety

Christy Khoury-Dennis, Pharm.D.



Today's Topics

1. Pharmacokinetic Changes As We Age
2. Polypharmacy & Deprescribing
3. Medication Therapy Management (MTM)
4. Medication Storage & Disposal



As We Age

- As we age, we frequently experience multiple illnesses that require to see multiple specialists and the concomitant use of multiple medications.
- It is important that prescribers be cognizant of the physiological changes that occur as we age and consider these changes when making drug selections.
- Age-related physiological changes that can impact medications:
 - Absorption
 - Distribution
 - Metabolism
 - Excretion



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Polypharmacy





Polypharmacy & Deprescribing

- Large number of medications (5 plus) that may or may not be necessary used to treat the same medical condition or multiple medical conditions.
- Evaluate medication list twice per year to determine necessity and review changes.
- Recommend review during time change.



Goals of Deprescribing:

- Discontinue medications lacking original indication (poor documentation, lost MR)
- Reduce adverse drug events (reduce ER visits, Dr visits, hospitalizations)
- Avoid therapeutic duplications (medications prescribed within the same drug class)
- Reduce risk for Drug-Drug Interactions
- Improve patient compliance (reducing the burden)
- Reducing unnecessary medication costs
- Reduce the risk for falls
- Improve cognition and independent living
- Improve quality of life



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Medication Therapy Management

- MTM allows a licensed pharmacist to obtain a patient's medical history and complete and current medication list. This list should include all medications- prescription, over-the-counter (OTC), herbals, and supplements.
- The more thorough the information provided, the more beneficial the medication therapy review is.



Medication Therapy Management

- The difference between MTM services and other pharmacy services received at pharmacies during dispensing is that MTM is patient- centered vs. product-centered.
- MTM reviews all prescription medications, over-the-counter medications, herbals, and dietary supplements.



The need for **Medication Therapy Management**

- It is estimated that 1.5 million preventable adverse events occur each year that result in \$177 billion in injury and death.
- MTM has resulted in reductions in physician visits, emergency room visits, hospital days, and overall healthcare costs.



Goals of MTM

- Prevent Adverse Reactions
- Lower Medication Errors (duplicate therapy and/or drug interactions)
- Lower risk of morbidity and mortality (prevent falls)
- Improve reliability of healthcare delivery
- Improve medication usage and compliance
- Enable patients and caregivers to take active roles in medication and healthcare self-management



How Can I Sign Up for an MTM Screening?

- Area Agency on Aging (AAA) has a **FREE** Medication Screening Program available to patients 55 years and older, taking multiple medications.
- We have screening packets here today and are available to sign you up for this program and answer any questions you may have.



How Can I Sign up for an MTM Screening?

To sign up for a FREE Medication Screening, please contact us:

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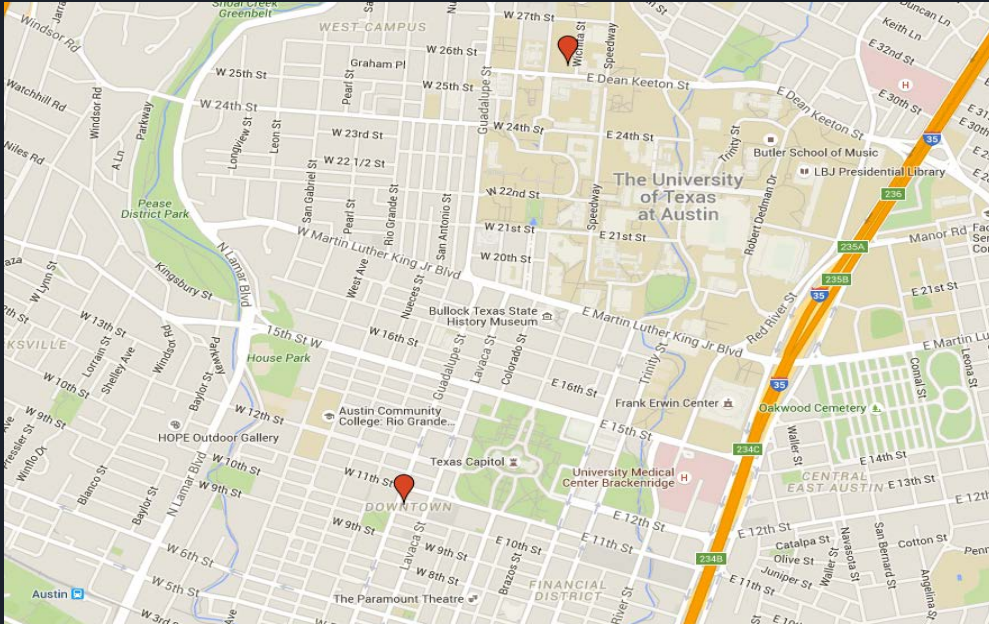
Medication Storage and Disposal

- Medications need to be stored in a safe, dry, and cool environment.
- Keep out of the reach from children, teens, and pets.
- Always read the information pamphlet and ancillary labels on your medications (prescription and over-the-counter) to determine if refrigeration is necessary or protection from light is required. Some medications have their own special caveats.
- Visit link: <http://www.safeguardmymeds.org>

Medication Disposal

There are a few options for proper medication disposal in Austin. You can find this information and more at: www.austintexas.gov/drugs.

1. There are two drop-off kiosks



Travis County Constable Precinct 5

1003 Guadalupe St.,
Austin, TX 78701

Monday – Friday 8:00 a.m. to 5:00 p.m.
(short-term parking is available in the parking lot)

Forty Acres Pharmacy

100 W. Dean Keeton St.,
Austin, TX 78712

Monday – Friday 9:00 a.m. to 5:30 p.m.
(parking available in garage behind pharmacy)



Medication Disposal

2. National Prescription Take-Back Day

- The DEA sponsor this take-back day twice per year (fall & spring). Visit: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html for scheduled dates.

3. Other disposal sites

- Drug Enforcement Administration Public Disposal Locations for Controlled Substances
- AWA RxE- Find a safe drug disposal near you
- Walgreens Safe Medication Disposal Program- lists Walgreens locations with kiosks



Medication Disposal

4. Mail-Back

- Some pharmacies provide prepaid mailers that consumers can purchase to mail in unwanted medications.

5. Home Disposal

- Empty drug containers into a sealable bag or a disposable container with a lid (ie. jars or fabric softener bottles). Mix in with unfavorable substance (ie. coffee grinds or cat litter). Place sealed container drug mixture in regular trash bin. *

Syringe/Sharps Disposal

- When disposing of syringes or sharps, it is best to purchase an FDA approved container or make your own sharps container.





Syringe/Sharps Disposal

- These containers can then be safely disposed of depending on your local residential services.
- Austin allows you to dispose of these containers in regular trash bins. (not recycling). Be sure container is tightly sealed and labeled “syringes”, “needles”, or “sharps”. *
- Please contact your local trash service at 311 for their guidelines.
- Or, visit www.tceq.texas.gov/goto/medwastetreatment



References:

- www.aphafoundation.org
- www.austintexas.gov
- www.healthinaging.org
- www.merckmanuals.com
- www.pharmacist.com
- www.safeguardmymeds.org
- www.tceq.texas.gov
- www.todayseriatricmedicine.com



Thank You!

Questions?



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