

# Geriatric Considerations

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# 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

# 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