Reduce Residents' Medications to Reduce Falls in Senior Care Communities

Case Study

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snfmetrics.com

Falls Prevention for Older Adults

Certain medications pose an increased risk of falls for older adults, particularly within senior care environments. This includes prescription, over-the-counter medications and even herbal remedies. Regardless if a medication is known to increase fall risk, most clinical leaders and researchers agree too many medications pose an increased risk, period. Utilizing the SNF Metrics medication management reports can be instrumental in reducing the risk of falls, improving health outcomes, and improving operational efficiency.

Key Insights:

- Certain medications and their combinations are recognized as significant contributors to falls among older adults.
- Many over-the-counter medications mixed with other medications can lead to harmful interactions, elevating the risk of falls and other health complications.
- Taking 5 or more medications increases the risk of falls.
- Appropriately and safely reducing resident's medications also reduces an operator's medication spend. One operator new to SNF Metrics suggests they will save over $2 Million throughout 2024.
- Leveraging the SNF Metrics medication review reports on a daily basis can help to safely manage the adverse effects of medications as potential contributors to falls within our senior population.

Average Medications per Resident Detail

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Average Medications per Resident Detail
2/1/2024 - 2/29/2024
Eastwell

Resident	Routine	PRN	Total Average
Adams, Jakeem	20	4	25
Bernard, Breanna	15	6	21
Brown, Hyacinth	21	6	27
Buchanan, Camden	9	2	11
Cameron, Maggy	20	5	26
Christian, Vincent	16	5	21
Clayton, Erica	16	4	20
Compton, Jena	18	6	24
Cooper, Brody	27	7	34
Delaney, Cassady	17	4	21
Dickerson, Lee	26	10	36
Dominguez, Philip	13	6	20
Espinoza, Jena	17	6	23
Espinoza, Seth	30	11	41
Ewing, Moana	22	7	29
Fleming, Hyacinth	21	4	25
Frank, Aquila	27	9	36
Fry, Maya	15	4	18
Fuller, Linus	17	9	26
Galloway, Moana	18	8	25
Garrison, Carl	13	6	19
George, Perry	18	6	24
Glass, Aquila	19	8	27
Harris, Amy	18	5	23
Hatfield, Denise	18	4	22
Hatfield, Jada	15	8	23
Holden, Moana	22	2	24
Huff, Rooney	17	3	20
Huffman, Jacqueline	19	5	24
Hunt, Brock	14	9	23
Juarez, Emily	18	5	23

Mitigating Fall Risks

While falls are an inevitable consequence of aging, they remain a significant worry for clinical staff, residents, families, insurers, and lawyers, posing threats of danger and even fatality. Certain medications, alongside combinations of over the counter and prescribed drugs, can heighten the risk of falls. Taking multiple medicines regardless of type increases the risk of falls as well.

So, what steps can senior care operators take? Aside from seniors getting regular exercise, care providers ensuring a safe living environment and effective medication management, it's imperative that residents and families communicate all medication use to healthcare providers and senior care clinical staff.

Optimizing Medication Management in Nursing Homes: Identifying Risks and Taking Action

In our nursing home settings, staff and physicians may provide or prescribe medications and treatments to a resident without a prior active medication review leaving residents with multiple medications per day. Correlations have been established by various agencies and studies – the higher the number of medications our seniors take, the higher risk of them falling. Even recently-discontinued medications can continue to provide negative impacts and should be monitored. Using the SNF Metrics medication management reports on a daily basis identifies today's high medication residents so that clinical leadership can review and address as needed.
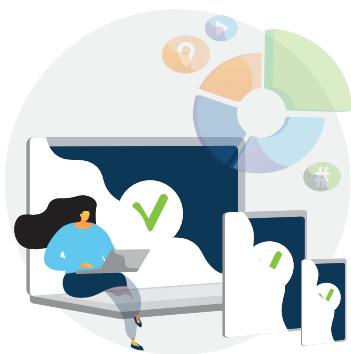
How Does a Daily SNF Metrics Medication Review Contribute to Fall Prevention?

SNF Metrics extracts live data from the EMR related to a resident's most recent medications (active and discontinued) and treatments. A report is generated targeting those residents with the most medications and treatments. Clinical staff and pharmacists can quickly "click and go" to get very specific to review and recommend better, safer treatments. Alerts can be programmed to feed directly into staff and management emails.

As with all SNF Metrics reports, they can be accessed via a cloud-based portal or programmed for regular and secure emailing to qualified staff and consultants.

Using The Daily Medication Management Report Reduces Falls and Medication Costs

Medication Schedules Listing
2/1/2024 - 2/29/2024
Eastwell

Resident: Brown, Hyacinth (2924CB) **Schedule Template:** Routine, Titration

Facility	Resident	Start Date	End Date	Current Status	Description	Schedule Type	Schedule Start	Schedule End
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Docusate Sodium Oral Liquid	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Ascorbic Acid Oral Tablet	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Insulin Glargine-yfgn Subcutaneous Solution	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Omeprazole Oral Capsule Delayed Release 10	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Artificial Tears Ophthalmic Solution	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Atropine Sulfate Ophthalmic Solution 1 %	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Polyethylene Glycol Powder	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Scopolamine Transdermal Patch 72 Hour 1	QXH	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Melatonin Oral Tablet 3 MG	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Heparin Sodium (Porcine) Injection Solution	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Metoprolol Tartrate Oral Tablet 100 MG	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	clonazePAM Oral Tablet 0.5 MG	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	Sertraline HCl Oral Tablet 50 MG	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	hydrALAZINE HCl Oral Tablet 25 MG	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/19/2024		Active	clonazePAM Oral Tablet Disintegrating 0.25	Everyday	1/19/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/20/2024		Active	Chlorhexidine Gluconate Solution 0.12 %	Everyday	1/20/2024	
Eastwell	Brown, Hyacinth (2924CB)	1/28/2024		Active	NovoLIN R Injection Solution	Everyday	1/28/2024	
Eastwell	Brown, Hyacinth (2924CB)	2/10/2024		Active	fentaNYL Transdermal Patch 72 Hour 75	QXH	2/10/2024	

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Clinical Dashboard

The Clinical Dashboard is a part of the SNF Compass product which includes our 4 dashboards in staffing, reimbursement, census and clinical. The Clinical Dashboard is comprised of 25 reports developed by experienced clinical leaders just like you. The dashboard is an ideal clinical management tool for both an individual nursing home or a large SNF operation. Our industry is challenged with reduced staff and increased regulations. Clinical leaders that employ SNF Metrics' user-friendly technology improve staff efficiencies, remain compliant and improve the resident experience.

Conclusion

Falls are the largest risk for our seniors, especially those residing in our nursing homes. Falls are also a top hospital readmission contributor and cost concern for our senior care operators. Implementing a daily resident medication review can decrease falls risks and provide significant savings in unnecessary medication expenses. SNF Metric's Clinical Dashboard provides actionable medication management analytics that are generated instantly and simple to understand.

About SNF Metrics:

We are a technology development practice with absolute attention on improving all aspects of our nursing home partners. Always improving, always amazing our customers – we provide solutions that help staff see opportunities faster and direct them to respond to operational, financial and clinical concerns in minutes. We focus on building proprietary apps that improve our nursing home's workflows and communications in many aspects, especially risk management.

SNF Metrics

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