

ASSESSING IF YOU ARE AT RISK FOR MEDICATION-RELATED FALLS

Have You Ever Wondered – **Does My Medication Put Me At Risk for Medication-Related Falls? ...**

A few facts about medication use and related falls

- **The Number of Medications You Take & The Connection to Falls**

CONCERN:

As you increase the number of medications that you take, your risk of medication-related falls may increase.

WHAT YOU CAN DO ABOUT THIS:

Ask your health-care provider to review your medication list for medications which you may no longer need or may put you at increase risk for medication-related falls.

- **Certain medications are associated with falls**

CONCERN:

Some medications used for the following conditions may have side effects which may increase your risk for medication related falls:

- **Mental Health Related:**

- Anxiety, restlessness or movement disorders, etc.

- Sedation

-(E.g.: Help falling asleep)

- Depression

-(E.g.: Low mood)

- Thought disorders

-(E.g.: psychosis or dementia [trouble remembering things])

- **Pain**

- **Heart Related:**

- Heart and blood pressure problems

- **Stomach / Bladder/ Regularity Related:**

- Urinary control or over-active bladder

- **Colds and Allergies**

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- Report side effects of medications (Such as falls) to your health-care provider.
- Use the “Medication and Fall Risk Chart” for a listing of medications and some potential side effects which may increase your risk of falls.

MEDICATION & FALLS RISK CHART

USE FOR MEDICATION	EXAMPLES OF MEDICATION	HOW THE MEDICATION MAY INCREASE RISK OF FALLS	WHAT TO REPORT TO HEALTH-CARE PROVIDER
MENTAL HEALTH RELATED			
<ul style="list-style-type: none"> • Anxiety • Restlessness • Seizures • Movement disorders • Sleep/sedation 	<ul style="list-style-type: none"> • Alprazolam (Xanax®) • Chlordiazepoxide (Librium®) • Clonazepam (Klonopin®) • Diazepam (Valium®) • Eszopiclone (Lunesta®) • Lorazepam (Ativan®) • Zolpidem (Ambien®) • Zaleplon (Sonata®) 	<ul style="list-style-type: none"> • Dizziness • Sedation • Confusion 	<ul style="list-style-type: none"> • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Loss of balance • Concentration or memory problem • Excessive drowsiness
<ul style="list-style-type: none"> • Depression or low mood • Anxiety • Pain • Sleep/sedation 	<ul style="list-style-type: none"> • Amitriptyline • Citalopram (Celexa®) • Duloxetine (Cymbalta®) • Dexvenlafaxine (Prestiq®) • Escitalopram (Lexapro®) • Fluoxetine (Prozac®) • Imipramine • Nortriptyline • Mirtazepine (Remeron®) • Paroxetine (Paxil®) • Sertraline (Zoloft®) • Trazodone (Desyrel®) • Venlafaxine (Effexor®) 	<ul style="list-style-type: none"> • Dizziness • Sedation • Confusion • Blood pressure drop when standing up <i>-(Called orthostatic hypotension)</i> 	<ul style="list-style-type: none"> • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Loss of balance • Problems with concentration or memory • Excessive drowsiness

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MENTAL HEALTH RELATED			
<ul style="list-style-type: none"> • Thought disorders • Manic-depression • Behavioral problems with dementia 	<ul style="list-style-type: none"> • Aripiprazole (Abilify®) • Haloperidol (Haldol®) • Olanzapine (Zyprexa®) 	<ul style="list-style-type: none"> • Quetiapine (Seroquel®) • Risperidone (Risperdal®) • Ziprasidone (Geodon®) 	<ul style="list-style-type: none"> • Dizziness • Sedation • Confusion • Blood pressure drop when standing up <i>-(Called orthostatic hypotension)</i> • Gait/movement disturbance
PAIN			
Pain	<ul style="list-style-type: none"> • Celecoxib (Celebrex®) • Hydrocodone (Lortab, Vicodin®) • Hydromorphone (Dilaudid®) • Ibuprofen (Advil, Motrin®) • Morphine 	<ul style="list-style-type: none"> • Oxycodone (Oxycontin®) • Naproxen (Aleve®) • Nabumetone (Relafen®) • Piroxicam (Feldene®) 	<ul style="list-style-type: none"> • Dizziness • Sedation • Confusion • Fluid/body salt imbalance

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HEART RELATED			
<ul style="list-style-type: none"> • High blood pressure • Heart disease • Fluid balance • Kidney problems 	<p><u>Diuretics</u></p> <ul style="list-style-type: none"> • Furosemide (Lasix®) • Hydrochlorothiazide • Spironolactone <p><u>Beta Blockers (BB)</u></p> <ul style="list-style-type: none"> • Atenolol (Tenormin®) • Carvedilol (Coreg®) • Metoprolol (Toprol®) • Propranolol (Inderal®) <p><u>Calcium Channel Blockers (CCB)</u></p> <ul style="list-style-type: none"> • Amlodipine (Norvasc®) • Diltiazem (Cardizem, Dilacor®) • Felodipine (Plendil®) • Nifedipine (Procardia®) • Verapamil <p><u>Ace-inhibitors (ACE-Is)</u></p> <ul style="list-style-type: none"> • Benazepril (Lotensin®) • Captopril (Capoten®) • Enalapril (Vasotec®) • Fosinopril (Monopril®) • Lisinopril (Prinivil, Zestril®) • Ramipril (Altace®) • Quinapril (Accupril®) <p><u>Angiotensin Receptor Blockers (ARBs)</u></p> <ul style="list-style-type: none"> • Ibesartan (Avapro®) • Losartan (Cozaar®) • Valsartan (Diovan®) 	<ul style="list-style-type: none"> • Blood pressure drop when standing up <i>-(Called orthostatic hypotension)</i> • Fluid/body salt imbalance • Dehydration • Heart rate too low • Confusion 	<ul style="list-style-type: none"> • Lightheadedness especially after standing up • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Loss of balance • Concentration or memory problem • Skin not as elastic • Dark urine • Decrease in urine volume

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<ul style="list-style-type: none"> • High blood pressure • Heart disease • Fluid balance • Kidney problems 	<p><u>Nitrates</u></p> <ul style="list-style-type: none"> • Isosorbide (Imdur, Ismo®) • Nitrostat <p><u>Digoxin (Lanoxin®)</u></p>	<ul style="list-style-type: none"> • Blood pressure drop when standing up <i>-(Called orthostatic hypotension)</i> • Fluid/body salt imbalance • Dehydration • Heart rate too low • Confusion 	<ul style="list-style-type: none"> • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Symptoms of light-headedness such as blacking out, stumbling, or staggering • Loss of balance • Concentration or memory problem • Skin not as elastic • Dark urine • Decrease in urine volume
STOMACH / BLADDER / REGULARITY RELATED			
<ul style="list-style-type: none"> • Urinary incontinence <i>-(E.g.: over-active bladder)</i> • Motion sickness • Nausea or vomiting • Muscle tension • Stomach pain, heart burn, or acid stomach 	<p><u>Motion Sickness/Nausea</u></p> <ul style="list-style-type: none"> • Meclizine (Antivert®) • Prochlorperazine (Compazine®) • Promethazine (Phenergan®) • Scopolamine (TransDermScop®) <p><u>Stomach</u></p> <ul style="list-style-type: none"> • Cimetidine (Tagamet®) • Dicyclomine (Bentyl®) • Promethazine (Phenergan®) 	<p><u>Urinary Agents</u></p> <ul style="list-style-type: none"> • Darifenacin (Enablex®) • Oxybutynin (Ditropan®) • Solifenacin (Vesicare®) • Tolterodine (Detrol®) • Trospium (Sanctura®) <p>Muscle relaxants</p> <ul style="list-style-type: none"> • Cyclobenzaprine (Flexeril®) 	<ul style="list-style-type: none"> • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Loss of balance • Problems with concentration or memory • Changes in vision • Excessive drowsiness

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COLD AND ALLERGIES			
<ul style="list-style-type: none"> • Runny nose <i>-(E.g.: cold or allergy symptoms)</i> 	<p><u>Antihistamines</u></p> <ul style="list-style-type: none"> • Diphenhydramine (Benadryl®) • Chlorpheniramine • Cyproheptadine (Periactin®) • Hydroxyzine (Vistaril, Atarax®) 	<ul style="list-style-type: none"> • Dizziness • Blood pressure drop when standing up <i>-(Called orthostatic hypotension)</i> • Sedation • Blurred vision • Racing heart • Confusion • Agitation/disordered thinking 	<ul style="list-style-type: none"> • Symptoms of light-headedness <i>-(E.g.: Blacking out, stumbling, or staggering)</i> • Loss of balance • Problems with concentration or memory • Changes in vision • Excessive drowsiness