

RESOURCES LIST

STEADI: The Pharmacist's Role in Older Adult Fall Prevention

STEADI materials can be downloaded from www.cdc.gov/steadi, and those highlighted in training include:

Stay Independent (Fall Risk Self Assessment)

www.cdc.gov/steadi/pdf/stay_independent_brochure-a.pdf

Fall Risk Checklist

www.cdc.gov/steadi/pdf/fall_risk_checklist-a.pdf

Risk Factors for Falls

www.cdc.gov/steadi/pdf/risk_factors_for_falls-a.pdf

Medications Linked to Falls

www.cdc.gov/steadi/pdf/steadi_medication_linked_to_falls_rev7-a.pdf

Postural Hypotension: What It Is and How to Manage It

www.cdc.gov/steadi/pdf/postural_hypotension-a.pdf

Check for Safety: A Home Fall Prevention Checklist for Older Adults

www.cdc.gov/steadi/pdf/steadi_checkforsafety_brochure-a.pdf

Tools to help with medication review:

JCPP's Pharmacists' Patient Care Process

www.pharmacist.com/sites/default/files/files/PatientCareProcess.pdf

Core Elements of a Medication Therapy Management (MTM) Service Model

www.pharmacist.com/sites/default/files/files/core_elements_of_an_mtm_practice.pdf

APhA MTM Central

www.pharmacist.com/mtm

SAFE Medication Review Framework

www.cdc.gov/steadi/pdf/steadi_safemethod-a.pdf

AHRQ Medication Reconciliation Toolkit

www.ahrq.gov/professionals/quality-patient-safety/patient-safety-resources/resources/match/matchap7.html

American Geriatrics Society 2015 Updated Beers Criteria

www.ncbi.nlm.nih.gov/pubmed/26446832

Resources to minimize high risk medications in older adults:

Checklist for Prescribing Opioids for Chronic Pain

www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf

Nonopioid Treatments for Chronic Pain

www.cdc.gov/drugoverdose/pdf/alternative_treatments-a.pdf

Pocket Guide: Tapering Opioids for Chronic Pain

www.cdc.gov/drugoverdose/pdf/clinical_pocket_guide_tapering-a.pdf

Alternative Medications for High-Risk Medications in the Elderly

www.onlinelibrary.wiley.com/doi/10.1111/jgs.13807/full

Deprescribing Algorithms

www.deprescribing.org/

Resources to improve sleep

www.cdc.gov/sleep/about_sleep/index.html

Adverse Drug Events: Diabetes Agents

www.health.gov/hcq/training-prevent-ade.asp

Tools to help implement fall prevention services:

CDC Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults, 3rd Edition.

www.cdc.gov/homeandrecreationsafety/falls/compendium.html

Collaborative Practice Agreements and Pharmacists' Patient Care Services: A Resource for Pharmacists

www.cdc.gov/dhdsp/pubs/docs/Translational_Tools_Pharmacists.pdf

Billing for MTM Services: Tips for Pharmacists

www.pharmacist.com/sites/default/files/files/mtm_billing_tips.pdf

Creating Community-Clinical Linkages Between Community Pharmacists and Physicians

Coming Soon

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

www.nia.nih.gov/health/publication/exercise-physical-activity/introduction

Organizations that may have information on community fall prevention programs, evidence-based exercise classes, and referral agencies for home visits include:

- Senior centers
- Senior service providers
- Local YMCAs
- Community centers
- Local Area Agencies on Aging (AAA)
- Aging and disability resource centers
- State and local chapters of AARP
- National Council on Aging (NCOA)
- Local health departments