

RESOURCES LIST

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

STEADI materials can be downloaded from www.cdc.gov/steadi. Those highlighted in the training include:

Stay Independent (Fall Risk Self Assessment)

<https://www.cdc.gov/steadi/pdf/STEADI-Brochure-StayIndependent-508.pdf>

Fall Risk Checklist

<https://www.cdc.gov/steadi/media/pdfs/STEADI-Form-RiskFactorsCk-508.pdf>

Risk Factors for Falls

<https://www.cdc.gov/steadi/pdf/STEADI-FactSheet-RiskFactors-508.pdf>

Medications Linked to Falls

<https://www.cdc.gov/steadi/media/pdfs/STEADI-FactSheet-MedsLinkedtoFalls-508.pdf>

Postural Hypotension: What It Is and How to Manage It

<https://www.cdc.gov/steadi/pdf/STEADI-Brochure-Postural-Hypotension-508.pdf>

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

<https://www.cdc.gov/steadi/pdf/STEADI-Brochure-CheckForSafety-508.pdf>

Tools to help with medication review:

Joint Commission of Pharmacy Practitioners (JCPP) 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

American Pharmacists Association (APhA) MTM Central

www.pharmacist.com/mtm

SAFE Medication Review Framework

www.cdc.gov/steadi/media/pdfs/STEADI-FactSheet-SAFEMedReview-508.pdf

Agency for Healthcare Research and Quality (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

https://www.cdc.gov/drugoverdose/pdf/nonopioid_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/homeandrecreationalafety/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

www.cdc.gov/dhdsp/pubs/docs/ccl-pharmacy-guide.pdf

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 American Association of Retired Persons (AARP)
- National Council on Aging (NCOA)
- Local health departments