SAFE Medication Review Framework

Use this framework to conduct a medication review to help prevent older adult falls.

**SCREEN**
for medications that may increase fall risk.

**ASSESS**
the patient to best manage health conditions.

**FORMULATE**
the patient’s medication action plan.

**EDUCATE**
the patient and caregiver about medication changes and fall prevention strategies.

A Team-based Approach

Adapted from existing medication therapy management tools developed and used by pharmacists, this review framework uses the SAFE process: Screen, Assess, Formulate, and Educate.

Consider working with pharmacists, who are trained specifically in medication review and management.

Pharmacists are a valuable resource available to your healthcare team.
SCREEN for medications that may increase fall risk.
• Obtain and reconcile the medication list\(^1\)
• Group medications based on medical conditions
• Identify medications that may increase fall risk or have potential interactions
• Consider adjusting medications based on age, kidney, and liver function
• Use labs, health and prescription history, and prescription monitoring data

ASSESS the patient to best manage health conditions.
Discuss the following:
• Treatment goals
• Current medication regimen
• Side effects experienced
• Non-pharmacologic options
• Patient values and preferences
• Barriers to care\(^2\)

FORMULATE the patient’s medication action plan.
• STOP medications when possible\(^3\)
• SWITCH to safer alternatives
• REDUCE medications to the lowest effective dose
• Simplify the dosing regimen
• Develop a monitoring plan for medication side effects
• Explore non-pharmacologic options to manage medical conditions
• Incorporate patient preferences and solutions to identified barriers

EDUCATE the patient and caregiver about medication changes and fall prevention strategies. Discuss the following:
• Steps for implementing an action plan
• Reasons for medication changes
• Importance of referrals to specialists
• Other approaches to reduce fall risk

CDC’s STEADI tools and resources can help you screen, assess, and intervene to reduce your patient’s fall risk.
For more information, visit www.cdc.gov/steadi

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\(^1\) Include information about prescription drugs, over-the-counter medications, supplements, allergies, alcohol use, and recreational drug use.
\(^2\) Examples include low health literacy, physical or cognitive impairment, and socioeconomic barriers that may affect medication adherence.
\(^3\) In some instances, gradual dose reduction (tapering) may be advisable.