

## RESOURCES LIST

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

STEADI materials can be downloaded from [www.cdc.gov/steadi](http://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/pdf/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/pdf/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](http://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](http://www.pharmacist.com/sites/default/files/files/core_elements_of_an_mtm_practice.pdf)

### American Pharmacists Association (APhA) MTM Central

[www.pharmacist.com/mtm](http://www.pharmacist.com/mtm)

### SAFE Medication Review Framework

<https://www.cdc.gov/steadi/pdf/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](http://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](http://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](http://www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf)

### Nonopioid Treatments for Chronic Pain

[https://www.cdc.gov/drugoverdose/pdf/nonopioid\\_treatments-a.pdf](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](http://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](http://www.onlinelibrary.wiley.com/doi/10.1111/jgs.13807/full)

### Deprescribing Algorithms

[www.deprescribing.org/](http://www.deprescribing.org/)

### Resources to Improve Sleep

[www.cdc.gov/sleep/about\\_sleep/index.html](http://www.cdc.gov/sleep/about_sleep/index.html)

### Adverse Drug Events: Diabetes Agents

[www.health.gov/hcq/training-prevent-ade.asp](http://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/homeandrecrreationalafety/falls/compendium.html](http://www.cdc.gov/homeandrecrreationalafety/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](http://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](http://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](http://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](http://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