

The video starts with the video's title on the screen, "STAND STEADI: Medication and Aging". The HHS CDC logo is in the bottom right corner of the screen.

Text on Screen: "Considerations for Medications When Addressing a Patient's Fall Risk"

A subject matter expert begins speaking. She appears on screen, and her title is at the bottom of the screen: "Korey Kennelty, PharmD, MS, PhD, BCGP; Associate Professor and Geriatric Pharmacist, University of Iowa"

Korey Kennelty: "Healthcare providers should be addressing a patient's medications whenever they're assessing a patient's fall risk. We know that many prescription medications, over-the-counter medications do have side effects that can increase the risk of a fall for an older adult, and we also know that as we age, our body changes. For instance, we know that our distribution, metabolism, and excretion of medications will change. It's something that, when we're 20 years old, it's not the same as when we're 80 years old. And then also, if we have multiple medications, we should always be looking to lower dose or even discontinuing a medication that is not working as we intended it to be. For instance, I work at a geriatric assessment clinic, and many of my patients have or are on 15 or 20 medications, and we're always looking every time they come into their clinic appointment of what medications we can deprescribe or find the lowest effective dose for their medications."

While Korey Kennelty is speaking, text appears on screen: "Things to consider: Assess medications for increased fall risk; Side effects may change as we age; Taking 5+ medications may introduce additional safety risks". After, a couple images appear on screen. First is a stock photo of a pharmacist holding a medication and talking to an older adult couple in a pharmacy setting. The second is a stock photo of a healthcare provider holding a medication and talking with an older adult patient.

Text on screen: "Deprescribing"

Korey Kennelty: "Deprescribing is the process of discontinuing or reducing the dose of a medication because the medication isn't working as we intended or there are too many side effects for our patients."

Text on screen: "Effective and Safe Ways to Deprescribe Medicines in Older Adults"

Korey Kennelty: "There are a few ways to safely deprescribe a medication in our patients to help reduce their fall risk, such as tapering medication dosage to reduce potential withdrawal effects, considering potential alternative medications that do not have the same side effects, or even introducing nonpharmacological interventions to manage the underlying condition."

While Korey Kennelty is speaking, text appears on screen: "Deprescribing strategies: Taper medication dosages; Consider alternative medications; Introduce non-pharmacological interventions".

Korey Kennelty: “So, there are certain situations when we want to immediately stop a medication versus slowly tapering a medication. One I can think of is maybe an anticholinergic medication such as oxybutynin. For instance, we had a patient who was experiencing dizziness, confusion, some constipation. She recently had a fall, so it was something that we were able to discontinue immediately. And then there are patients who might need a little bit longer to taper their medications. I'm thinking of benzodiazepines just because of the withdrawal effects with these medications.”

Text on screen: “Providing Assistance to Pharmacists and Doctors”

Korey Kennelty: “We're always trying to find a way to better our process of deprescribing. For instance, we're working with the CDC at the University of Iowa to develop medication action plans. These medication action plans are helping our providers and our patients with their tapering schedules, as well as it provides a communication tool between the pharmacist and the provider.”

Text on screen: “Deprescribing Resources Available for Older Adult Providers”

Korey Kennelty: “Unfortunately, there are not many standardized tools or resources to help assist pharmacists and providers on deprescribing. However, the CDC is partnering with us at the University of Iowa to help develop patient empowerment tools on several key medication groups, as well as tip sheets for helping managing side effects, as well as withdrawal symptoms.”

Text on screen: “STAND STEADI”. The HHS CDC logo and the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo are in the bottom right corner.

Text on screen: “For information about STEADI and older adult fall prevention, visit [www.cdc.gov/STEADI](http://www.cdc.gov/STEADI)”. The HHS CDC logo and the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo are in the bottom right corner.