

MEDICATION





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Nevada Interprofessional Healthy Aging Network (NIHAN)

project is federally funded by HRSA Geriatric Workforce Enhancement Program (GWEP) to improve health outcomes for older adults by educating a healthcare workforce that maximizes older adult and family engagement and by promoting Age-Friendly Health Systems and Dementia-Friendly Communities to primary care clinics and their communities.

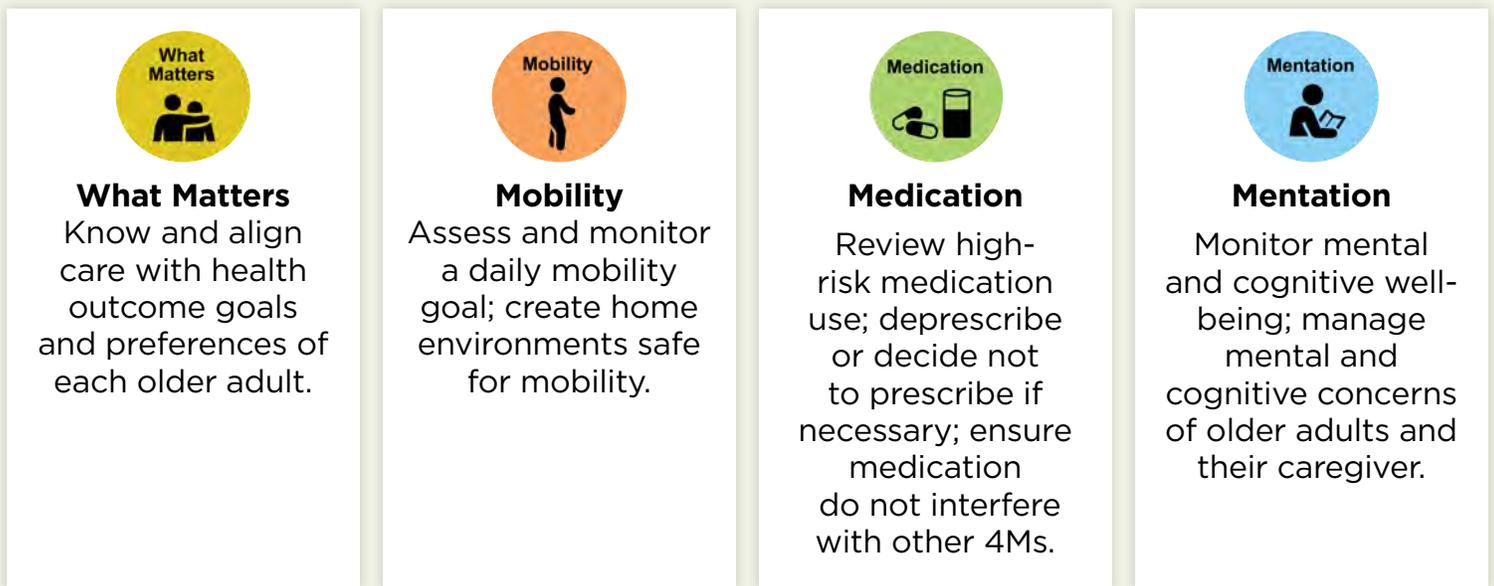
What is the 4Ms of Age-Friendly Care?



- **Age-Friendly Care** is health care that addresses your unique needs and wants.
- It's about **What Matters to You**.
- It can help you enjoy **a better quality of life**.
- It's care that is safe and based on **what research shows are the most important things** to pay attention to as we get older

The 4Ms: What Matters, Medication, Mentation and Mobility.

Element of the 4Ms Framework:



For more information and resources, visit:
<https://www.johnhartford.org/> and <http://www.ihl.org>

NIHAN TIP SHEETS have been *developed by* the *NIHAN Education Committee* for the topics related to the 4Ms such as home health exercise to improve mobility, medications that often prescribed to geriatric patients with usage and side effects, educational information for brain health, memory loss, Alzheimer's symptoms, advance care planning, COVID-19 vaccines and safety tips, and so on. The NIHAN Tip Sheets provide useful resources and guidance for older adults and their caregivers to help older adults health and well-being.

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What are benzodiazepines?

Benzodiazepines are prescription medications used to treat symptoms of:



ANXIETY



PANIC
DISORDER



SLEEP
PROBLEMS

What side effects can I experience with benzodiazepines?

Benzodiazepines may lead to side effects in some patients. These side effects include:

SIDE EFFECTS

- Lightheadedness
- Sleepiness
- Blurred vision
- Confusion
- Not thinking clearly
- Feeling a lack of physical balance

Can I take this medication if I have other medical conditions?

Before using these medications, check with your doctor if you have glaucoma, kidney disease, liver disease, or lung disease. The presence of these medical conditions may affect the use of benzodiazepines.



Should I do anything differently if I am taking a benzodiazepine medication?

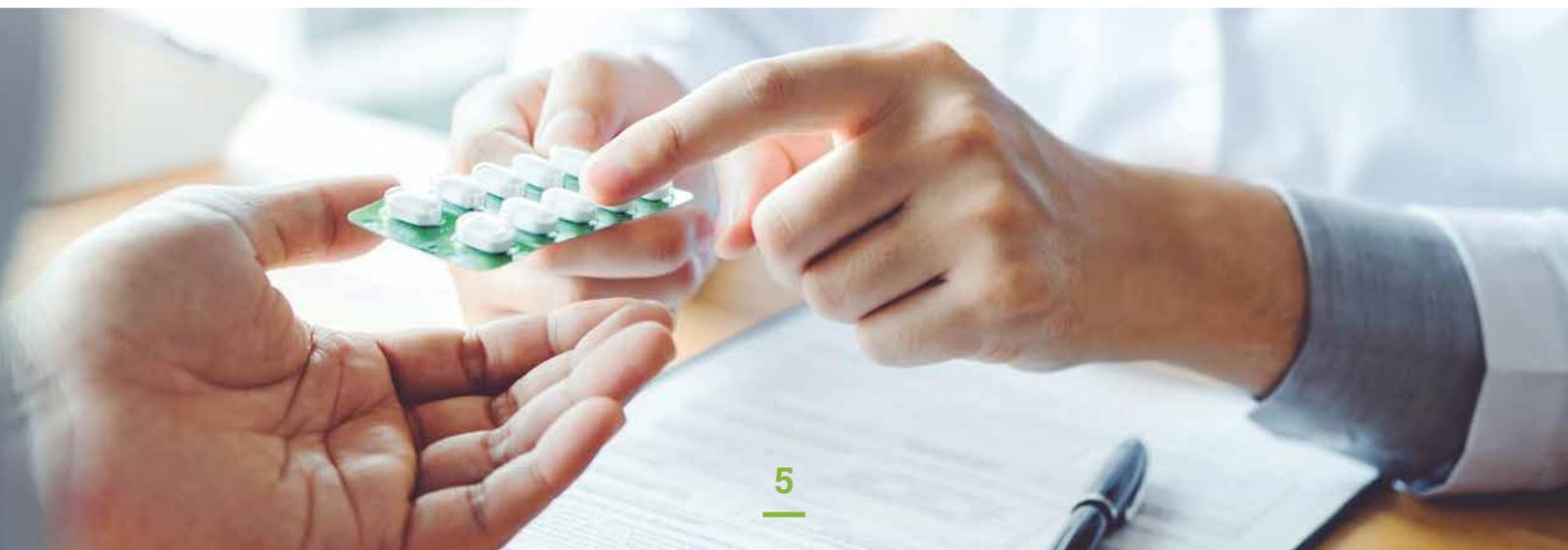
It is important to avoid alcohol while taking benzodiazepines medications. Drinking alcohol will increase your risk of side effects.

Can I continue taking sedatives for a long time?

It is important to understand that benzodiazepines are controlled substances and can be habit-forming with long-term use.

THERE ARE DIFFERENT TYPES OF BENZODIAZEPINES BELOW:

| | |
|-----------------------|-----------------------------|
| Alprazolam (Xanax®) | Chlordiazepoxide (Librium®) |
| Lorazepam (Ativan®) | Clonazepam (Klonopin®) |
| Temazepam (Restoril®) | Diazepam (Valium®) |
| Triazolam (Halcion®) | |



MEDICATION

Diuretics

What are diuretics?

- Prescription medications that help your body get rid of extra water. Sometimes referred to as “water pills”.

Why do I need to take this medication?

- Diuretics are typically used to prevent, treat, or improve symptoms in people who have swelling in their tissues from excess water retention. Thiazide diuretics (e.g. Hydrochlorothiazide) are more commonly used to treat high blood pressure.

What if I miss a dose?

- Take the medication as soon as you remember. If you remember the next day, do not take an extra dose.
- Continue with your normal schedule.

What side effects can I experience with diuretics?

- Side effects include, but are not limited to:

SIDE EFFECTS

- Dehydration
- Dizziness
- Headache
- Muscle cramps

THERE ARE THREE MAIN TYPES OF DIURETICS.

| Thiazide | Loop | Potassium-sparing |
|----------------------------------|----------------------------------|-----------------------------|
| Chlorothiazide (Diuril®) | Furosemide (Lasix®) | Amiloride |
| Chlorthalidone | Torsemide (Demadex®) | Spironolactone (Aldactone®) |
| Hydrochlorothiazide (Microzide®) | Bumetanide (Bume ^x ®) | Eplerenone (Inspra®) |
| Metolazone | | Triamterene (Dyrenium®) |



MEDICATION:

Pain Reducers

What are Nonsteroidal Anti-inflammatory Drugs (NSAIDs)?

NSAIDs are a group of medications **used to relieve mild to moderate pain and to reduce inflammation.** Many of these medications are available without a prescription and sold over the counter.

What are some examples of NSAIDs?

There are different types of NSAIDs. They include:

- Aspirin
- Ibuprofen
- Indomethacin
- Piroxicam
- Diclofenac
- Meloxicam
- Naproxen
- Ketorolac



Nonsteroidal Anti-inflammatory Drugs (NSAIDs)



What is the correct dose for an NSAID?

It depends. The dose of these medications will be different for each person and the specific medication the person is taking. Follow your doctor's orders or the directions on the label.

What side effects can I experience with NSAIDs?

Most people can tolerate NSAIDs without difficulty. However, side effects can occur. Side effects include:

SIDE EFFECTS

- Increased blood pressure
- Upset stomach
- Developing open sores in the stomach (peptic ulcer- disease)
- Bleeding from the stomach (particularly with long-term use and especially at high doses)
- Injury to the Kidneys

Can I take this medication if I have other medical conditions?

Make sure to check with your doctor if you have any other medical conditions, especially kidney disease or a heart condition. Medical conditions may affect the use of these medications.

MEDICATION

Pain Reliever: Opioids

What are opioids?

- In the context of healthcare, opioids are prescription medications used to **help relieve severe pain**. These medications are often referred to as narcotics.

When are these medications used?

- Opioids are often prescribed after a surgery, injury, or when other pain medications have not worked.

How often should I take this medication?

- Take these medications only as directed by your doctor. Do not take them more often and do not take them for a longer time than your doctor prescribed.



What side effects can I experience with opioids?

Opioids may lead to side effects in some patients. These side effects include:

SIDE EFFECTS

- Constipation
- Difficulty breathing
- Nausea
- Vomiting
- Sleepiness and dizziness
- Confusion
- Depression
- Increased sensitivity to pain

Should I do anything differently if I am taking an opioid medication?

It is important to avoid alcohol while taking opioid medications. Drinking alcohol will increase your risk of side effects.

Can I continue taking opioids for a long time?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. If too much of an opioid medication is taken for a long time, it may cause physical dependence. This means a person can experience withdrawal symptoms when the medication is stopped.

DIFFERENT TYPES OF PRESCRIPTION OPIOIDS INCLUDE:

| | |
|------------------------|---------------------------|
| Morphine | Hydromorphone (Dilaudid®) |
| Hydrocodone (Vicodin®) | Tramadol (Ultram®) |
| Oxycodone (Oxycontin®) | |

What are sedatives?

- Sedatives are prescription medications used for people that have **trouble sleeping**.

What are some examples of sedative medications?

- There are different types of sedative medications. Some common examples include:
 - Zolpidem (Ambien®) • Eszopiclone (Lunesta®)
 - Zaleplon (Sonata®)

What side effects can I experience with sedatives?

- Sedatives may lead to side effects in some patients. These side effects include:

SIDE EFFECTS

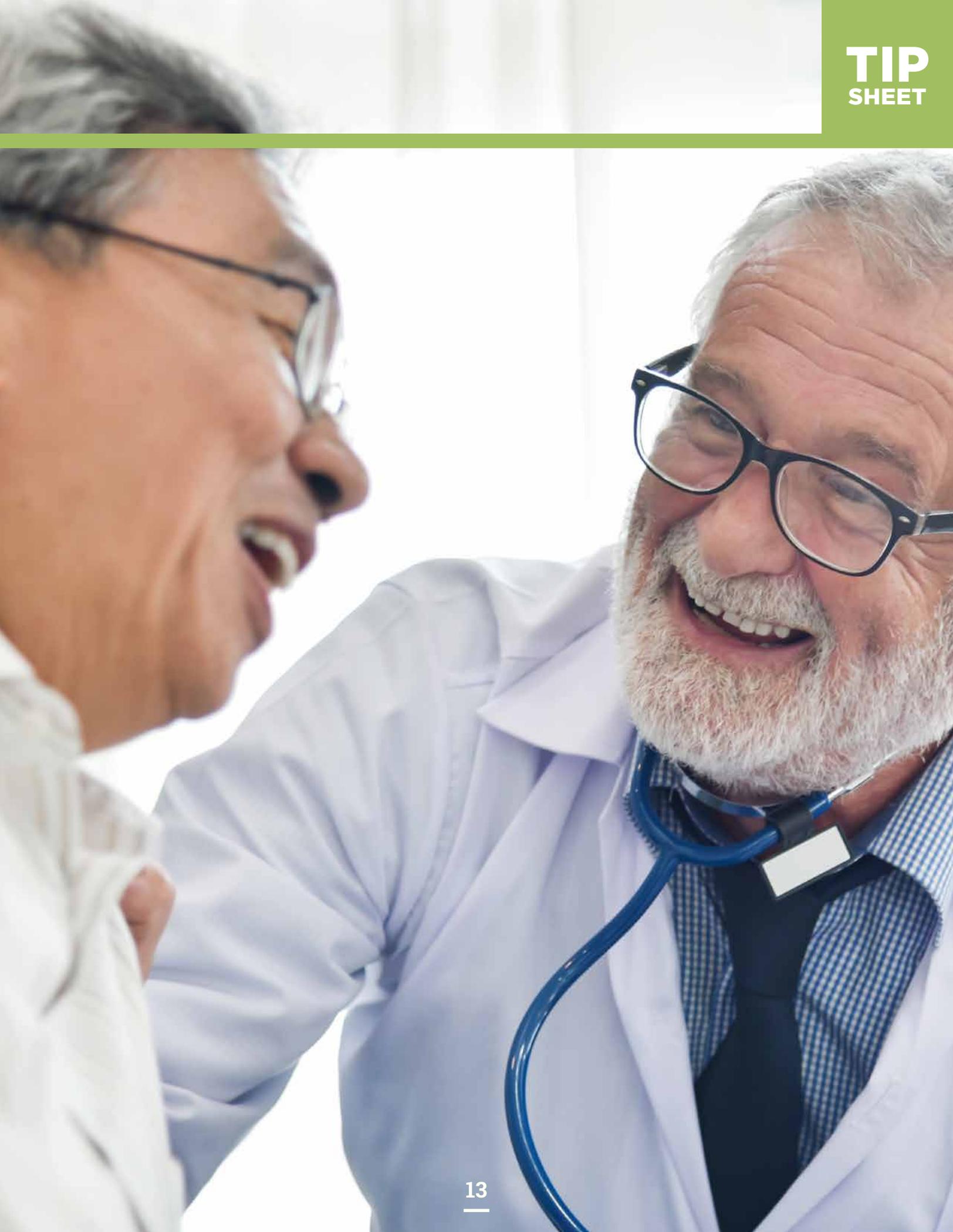
- Hallucinations
- Dizziness
- Confusion
- Feeling a lack of physical balance
- Change in balance
- Memory problems
- Feeling weak
- Confusion
- Depression
- Increased sensitivity to pain

Is there anything I should do differently if I am taking a sedative medication?

- It is important to avoid alcohol while taking any of these sedative medications. Do not take this medication if you drank alcohol that evening or before bed.

Can I continue taking sedatives for a long time?

- It is important to understand that sedatives can be habit-forming with long-term use.



Blood Thinner: Warfarin

What is warfarin?

Warfarin is a prescription medication that **slows the body's ability to make a blood clot**. It is a type of "blood thinner."

Why do I need to take this medication?

Warfarin can help prevent harmful clots from developing inside your blood vessels if you have certain medical conditions. If you've already developed a clot, warfarin prevents the clot from becoming larger.

How often should I take this medication?

Normally, warfarin is taken once a day. It should be taken as your doctor prescribes. For many people, the evening is the best time to take this medication.

Do I need to be monitored while taking warfarin?

Yes. Taking too little warfarin can increase your risk of forming a clot and taking too much warfarin can increase your risk of bleeding. Monitoring usually includes a blood test called an International Normalized Ratio (INR), which measures warfarin's effect.





Blood Thinner: Warfarin

How often do I need to be monitored?

When first starting warfarin, monitoring may occur one or more times a week until the dose is stable. After the dose is stable, monitoring usually occurs once a month.

Certain changes may increase the need for monitoring. For example, changes in medications, medical conditions, and even diet can affect how your body handles warfarin. With such changes, more frequent monitoring may be needed until the INR test shows stability again.

What if I miss a dose?

Take the medication as soon as you remember. If you remember the next day, do not take an extra dose. Continue with your normal schedule and then contact your doctor.

Are there side effects I should watch for to report to my doctor?

If these symptoms occur, it's important to report them immediately to your doctor:

SIDE EFFECTS

- Bleeding from the nose or gums
- Bruising more easily
- Severe headache
- Blood in the urine
- Bloody or dark stools
- Vomiting blood

Does warfarin interact with any of my other medications?

A number of medications, vitamins, and herbal products can interact with warfarin. Always tell your doctor before starting or stopping any drug when you are on warfarin.



MEDICATION

Blood Thinner: Warfarin

Can food interact with warfarin?

Yes. Green leafy vegetables are rich in Vitamin K, which is needed to make blood clots. Changes in the amount of Vitamin K in your diet can alter how warfarin works in your body. Taking warfarin should not interfere with a healthy diet. However, it's important to be consistent. Before making any dietary changes, talk with your doctor.

How can I find warfarin tablet strength?

Warfarin tablets have unique color that indicates their strength, or how many milligrams (mg) are in each tablet. Check your tablets each time you get them from the pharmacy to be sure you have the right strength.

| Dosage Strength | Tablet Color | Dosage Strength | Tablet Color |
|-----------------|--------------|-----------------|--------------------|
| 1 mg | pink | 5 mg | peach |
| 2 mg | lavender | 6 mg | teal or blue-green |
| 2.5 mg | green | 7.5 mg | yellow |
| 3 mg | tan | 10 mg | white |
| 4 mg | blue | | |





CREATING AGE-FRIENDLY HEALTH SYSTEM & DEMENTIA-FRIENDLY COMMUNITY IN NEVADA



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