

# Medications Linked to Falls

Preventing falls in long-term and residential care is a multidisciplinary, multifactorial process in which pharmacists can play a key role. Their unique expertise and perspective ensure that nuanced pharmacological causes are included for consideration and addressed appropriately to help lower risk.

Wholistic evaluation of drug regimens – including vitamins, supplements, and over-the-counter products – allow pharmacists to identify and prevent medication-related issues, help identify alternative treatments that may be better suited for seniors, optimize outcomes, and facilitate deprescribing.

Knowing which medications may be linked to increased incidence of risk of falls can help caregivers identify which residents may be at risk and allow them to take preventative action.

Medications Linked to Falls	
<p><b>Analgesics</b></p> <ul style="list-style-type: none"> <li>• Opioids</li> <li>• Central analgesics</li> <li>• NSAIDs</li> </ul>	<p><b>Cardiovascular agents</b></p> <ul style="list-style-type: none"> <li>• Beta-blockers</li> <li>• Alpha-blockers</li> <li>• Calcium channel blockers</li> <li>• Antiarrhythmics</li> <li>• Diuretics</li> <li>• Diuretic combinations</li> <li>• Central alpha2-agonists</li> <li>• Peripheral Adrenergic antagonists</li> <li>• Direct arterial Vasodilators</li> <li>• Inotropic agents</li> </ul>
<p><b>Anticholinergics</b></p> <ul style="list-style-type: none"> <li>• Antimuscarinics</li> <li>• Antispasmodics</li> <li>• Skeletal muscle relaxants</li> </ul>	
<p><b>Anticonvulsants</b></p>	<p><b>Psychoactive medications</b></p> <ul style="list-style-type: none"> <li>• Anticonvulsants</li> <li>• Antidepressants</li> <li>• Antipsychotics</li> <li>• Benzodiazepines</li> <li>• Opioids</li> <li>• Sedatives-hypnotics</li> </ul>
<p><b>Antidiabetic agents</b></p> <ul style="list-style-type: none"> <li>• Insulin</li> <li>• Sulfonylureas</li> <li>• Meglitinides</li> </ul>	

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