

Interdisciplinary Team Meeting: A simulated geriatric care team meeting for discharge planning with the Cooper Family ⁽²⁰²¹⁾

Team Member Input on Ms. Cooper

Pharmacist

Reviews Mrs. Cooper's medication list and comments

- Altace (ramipril: ACE inhibitor) 10 mg once a day for hypertension
- Hydrochlorothiazide (diuretic) 25 mg once a day for hypertension
- Adalat CC (nifedipine: calcium channel blocker) 30 mg once a day for hypertension
- Aricept (donepezil: cholinesterase inhibitor) 10 mg once a day for mental function
- Lunesta (eszopiclone: hypnotic) 1 mg at bedtime for sleep
- Fosamax (alendrantate: bisphosphonate inhibits bone resorption) 70 mg once a week for osteoporosis
- Glucosamine (500mg) Chondrontin (400mg) twice a day for joint discomfort
- Caltrate 600+D (calcium citrate + vitamin D3) once a day dietary supplement
- Hydrocodone/acetaminophen (narcotic analgesic/analgesic) 5mg/325mg, one tablet every 4 hours as needed for pain

You have applied the updated **Beers Criteria** to the list and find no potentially inappropriate medications. Mrs. Cooper will need assistance with her medications due to her declining cognition.

New York, NY, March 1, 2012 – A wide range of medications—some relatively new and others long available—can cause serious side effects and other adverse events in people 65 and older if not prescribed with care, according to the new *American Geriatrics Society Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults*. More than 40% of people aged 65 and older take five or more medications according to a 2008 study published in the *Journal of the American Medical Association (JAMA)* and each year more than a third of them will suffer a drug side effect or other adverse drug event (ADE).