The Indiana SMART Campaign: Safer Medication Administration Regimens and Treatment

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Our Team

How to Reduce Inappropriate Medication Use
1. Collaborate with interdisciplinary team members to review and discuss medications
2. Include medication reduction in routine care planning meetings
3. Involve residents and families in discussions regarding need for and effectiveness of current medications
4. Track and identify areas for improvement through ongoing evaluation of facility data
5. Monitor and communicate the time and cost savings of reducing inappropriate medication use

How can we help reduce polypharmacy at this facility?
- Monitor outcomes of medication change
- Improve medication administration processes
- Improve communication processes
- Guide discussions about polypharmacy in QI, care plan, in-service, and daily staff meetings

The SMART Campaign: Cleaning Out the Med Cart for Better Care

Are there medications in this facility that are potentially:
- Overused?
- Ineffective?
- High-risk?
- Overly complex?

in collaboration with
Polypharmacy

The concurrent use of five or more prescribed medications.

At the age of 75

50% of older adults' remaining life expectancy will be spent taking 5 or more medications.

Long-term care residents are at risk for the prescribing cascade when multiple drugs are added, often to treat side effects of existing drugs.

Effects of inappropriate polypharmacy in a long-term care setting:

**Quality of care**
- Increased potential for drug-drug interactions
- Increased adverse drug events and hospitalization risk
- Decreased functional ability, nutritional status, and cognitive capacity
- Accelerated functional decline and increased fall-risk

**Cost**
- Polypharmacy mismanagement among older adults costs $1.3 billion per year
- The cost of administering a new medication can range from $7-31 per resident per month
- Staff time dispensing each medication can range from 45 seconds to 3 minutes

Interventions aimed at reducing polypharmacy can improve residents' quality of life while saving time & money.

Most common medications prescribed among nursing home residents taking 5+prescriptions:

- Laxatives 48%
- Antidepressants 46%
- Non-narcotic analgesics 44%
- G.I. agents for acid/peptic disorders 43%
- Antipyretics 41%