



# SAFE Medication Review Framework

## A Team-based Approach

Use this framework to conduct a medication review to help prevent older adult falls.

Adapted from existing medication therapy management tools developed and used by pharmacists, this review framework uses the **SAFE** process: **Screen, Assess, Formulate, and Educate.**

Consider working with pharmacists, who are trained specifically in medication review and are a valuable resource available to your healthcare team.

**S**

**Screen** for medications that may increase fall risk.

**A**

**Assess** the patient to best manage health conditions.

**F**

**Formulate** the patient's medication action plan.

**E**

**Educate** the patient and caregiver about medication changes and fall prevention strategies.



## Screen for medications that may increase fall risk.

- Obtain and reconcile the medication list<sup>1</sup>
- Group medications based on medical conditions
- Identify medications that may increase fall risk or have potential interactions
- Consider adjusting medications based on age, kidney, and liver function
- Use labs, health and prescription history, and prescription monitoring data

SA

## Assess the patient to best manage health conditions.

### Discuss the following:

- Treatment goals
- Current medication regimen
- Side effects experienced
- Non-pharmacologic options
- Patient values and preferences
- Barriers to care<sup>2</sup>

FE

## Formulate the patient's medication action plan.

- **Stop** medications when possible<sup>3</sup>
- **Switch** to safer alternatives
- **Reduce** medications to the lowest effective dose
- Simplify the dosing regimen
- Develop a monitoring plan for medication side effects
- Explore non-pharmacologic options to manage medical conditions
- Incorporate patient preferences and solutions to identified barriers

## Educate the patient and caregiver about medication changes and fall prevention strategies. Discuss the following:

- Reasons for medication changes
- Steps for implementing action plan
- Other approaches to reduce fall risk
- Importance of referrals to specialists

1 Include information about prescription drugs, over-the-counter medications, supplements, allergies, alcohol use, and recreational drug use.

2 Examples include low health literacy, physical or cognitive impairment, and socioeconomic barriers that may affect medication adherence.

3 In some instances, gradual dose reduction (tapering) may be advisable.

**Additional resources available at [www.cdc.gov/steady/patient.html](http://www.cdc.gov/steady/patient.html).**