

Medications that Increase Fall Risk Workshop Guide

Starter Activity

For the quiz below rate your knowledge on a scale from **1 (unfamiliar)** to **5 (very comfortable)** for each topic that will be covered in the workshop by circling a number in the LEFT column of the chart below.

We will return to these responses later in the workshop.

Before the Workshop	How well do you know each topic?	After the Workshop
1 2 3 4 5	Sleeping Aids	1 2 3 4 5
1 2 3 4 5	Antidepressants	1 2 3 4 5
1 2 3 4 5	Antipsychotic Medication	1 2 3 4 5
1 2 3 4 5	Opioid Pain Medication	1 2 3 4 5
1 2 3 4 5	Cardiac Medication	1 2 3 4 5

Sleeping Aids

Fill-in-the-blanks below with the appropriate keywords.

- Sleeping aids are used to help _____ the body and fall asleep by reducing _____
 - this medication is used in individuals who have a variety of sleep issues
- There are a variety of sleeping aids available, both _____ and over the counter options

- Sleeping aids have some common side-effects to be aware of:
 - drowsiness
 - _____
 - upset stomach
 - _____
- Serious side-effects include:
 - mental/mood changes (confusion, memory problems)
- Sleeping aids have been associated with an _____ risk of hip fractures during the first few weeks of starting these drugs
- Side-effects like drowsiness, dizziness and blurred vision can all affect your _____ and increase your risk of a fall
 - Additionally, more serious side-effects, like _____ or memory problems, can also lead to an increased risk of a fall

Antidepressants

Fill-in-the-blanks below with the appropriate keywords.

- Antidepressants medications are most commonly used to help relieve the distress of _____ or _____
- They can take up to several weeks to be fully effective
- The side-effects of antidepressants depend on the type of medication taken
- Some common side-effects include:
 - anxiety (e.g. jitteriness)
 - _____
 - drowsiness
 - _____

- Side-effects like drowsiness, dizziness and blurred vision can all affect your _____ and _____ your risk of a fall and a potential fracture

Antipsychotics

Fill-in-the-blanks below with the appropriate keywords.

- Antipsychotic medications can reduce _____ of psychosis, such as delusions and hallucinations
- They can help clear _____ in a person with acute psychosis within hours or days
- Antipsychotics can also be used for sleep, depression, or bipolar disorder
- The side-effects of antipsychotics depend on the type of medication being taken
- There are _____ categories:
 - atypical antipsychotics
 - typical antipsychotics
- Possible side-effects of typical antipsychotics include:
 - drowsiness
 - agitation
 - dry mouth
 - _____
 - dizziness
 - weight gain
 - muscle stiffness or _____ at high doses

- Side-effects like muscle stiffness, spasms, blurred vision, drowsiness and dizziness can all affect your balance and _____ your risk of a fall and a potential fracture

Opioid Pain Medication

Fill-in-the-blanks below with the appropriate keywords.

- Opioid pain medications are used to primarily treat _____
- At high doses, or if misused, they can create a sense of euphoria
- They are commonly used to treat short-term and long-term pain
- Prescribed medications include:
 - Codeine (e.g. in Tylenol No. 3)
 - hydromorphone
 - fentanyl
 - morphine
 - oxycodone
- Possible short-term side-effects of opioid pain medications include:
 - drowsiness
 - constipation
 - nausea and vomiting
 - euphoria
 - difficulty breathing, which can lead to or worsen sleep apnea
 - _____ and confusion
- Side-effects like _____, drowsiness and dizziness can all affect your _____ and increase your risk of a fall and a potential fracture

Cardiac Medication

Fill-in-the-blanks below with the appropriate keywords.

Beta-Blockers

- Beta-blockers lower your _____ and _____
 - used to treat heart attacks, angina, high blood pressure, heart failure and arrhythmia
- Some common side-effects include:
 - _____, _____, feeling faint
 - drowsiness or fatigue
 - wheezing, trouble breathing
 - depression
 - nightmares

Diuretics

- Diuretics are used to treat high blood pressure and heart failure
 - increase the amount of urine produced which excretes excess _____ and _____, which makes it easier for your heart to pump
- Some common side-effects include:
 - _____
 - dizziness, feeling faint
 - upset stomach

ACE-Inhibitors/ARB

- ACE-Inhibitors/ARB block your body's response to a chemical that increases your blood pressure
- Side effects:
 - cough
 - dizziness

Calcium Channel Blockers

- Calcium Channel Blockers open up your blood _____ (vasodilator) and lowers your blood pressure
- Side effects:
 - _____ retention in your legs or ankles
 - dizziness
 - headaches

Nitrates (Nitroglycerin)

- Nitrates can be used to prevent _____ (angina), limit the number of angina attacks, relieve the pain of a current attack, treat the symptoms of heart failure
 - works by widening your blood vessels (_____), making it easier for blood to flow and let more oxygen-rich blood reach your heart, reducing the workload of your heart
- Some common side-effects include:
 - headaches
 - _____
 - _____
 - low blood pressure (hypotension)
 - irregular heart rhythms (arrhythmia)

Antiarrhythmics

- Antiarrhythmics medications prevent and treat _____ heartbeats (arrhythmias)
- Some common side-effects include:
 - dizziness
 - _____
 - seizures
 - sun sensitivity
- Side-effects like feeling faint, blurred vision, drowsiness and dizziness can all affect your _____ and _____ your risk of a fall and a potential fracture

Cool-down Activity

Review your quiz from the starter activity at the beginning of the workshop.

Complete the RIGHT SIDE of the chart to identify how comfortable you are with each topic and how much you might have learned during the workshop.

With the person next to you, discuss:

- What did you learn in the workshop?
- What did you find surprising about the workshop?
- What do you want to learn more about?
- What will you do next with this new knowledge?