

Quadruple Gain: Effective Strategies for Improving Medication Management in the Post Pandemic Environment

Why De-prescribe

In a world where abundance is sought after and often rewarded, it's no wonder we may lose sight of the fact that LESS is sometimes actually more. Such can be the case in elder care. In prescribing medication(s) to treat one ailment, we run the risk of potentially creating others.

The solution is better outcomes! Prescribing only what a participant truly needs, and de-prescribing medications when appropriate. On-going de-prescribing considerations should be part of any good medication management program, COVID-19 has brought to light another important benefit of de-prescribing — limiting disease transmission by reducing contact in medication administration.

Considerations for De-prescribing

- Goals of participant care
- Limiting the potential for adverse medication events
- Reducing pill burden
- Reducing nursing time needed for medication management
- Improving participant experience
- Improving clinical and financial outcomes



How to De-prescribe

- 1. Establish a Process**
 - Identify participant priorities and opportunities to minimize transmission
- 2. Identify Medication Focal Points**
 - Medications with the potential to be discontinued or re-formulated
 - Medications with specific or highly involved monitoring parameters
 - Re-alignment of medication administration times
- 3. Create Awareness & Collaboration**
 - Actively involve participants, caregivers and providers in the process
- 4. Establish Rigorous Monitoring Protocols**
 - Participant monitoring and follow-up are essential for safe de-prescribing
- 5. Continually Evaluate Opportunities to De-prescribe**
 - De-prescribing is a progressive process



De-prescribing Improves Outcomes

Clinical Benefits

- Reduce risk for adverse effects, medication interactions, falls and resulting hospitalizations
- Improve participant adherence
- Improve fiscal responsibility

Enhanced Participant Experience

- Reduce medication intake and pill burden
- Minimize exposure to potentially harmful pathogens
- Improve quality of life



Meds2Home
Delivered by Grane Rx

Pharmacy-Centered Hub to Reduce Transmission

Transitioning from a center-based medication system to a pharmacy-based meds-to-home one has proven highly effective in reducing potential spread of COVID-19 and other deadly diseases. **Grane Rx's Meds2Home** program provides contactless home delivery of participant medications while providing a host of other benefits.

Benefits of Meds2Home (M2H)

- Safe & reliable home delivery of medications
- Reduced center labor and oversight
- M2H packaging significantly reduces transmission opportunities
- Peace of mind for participants & caregivers
- Reallocation of nursing time
- Shifts cost burden & liabilities

De-prescribing is an important part of any medication management program, elevating participant well-being, reducing disease transmission and optimizing PACE center operations.

Resources

- American Society of Consultant Pharmacists: Field Guide to Reduce Medication Burden During COVID-19
- University of Maryland School of Pharmacy Optimizing Medication Management During the COVID-19 Pandemic: An Implementation Guide for Post-Acute and Long-Term Care

Schedule a Consultation

Please contact us at: 412-449-0682
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