SAFE
Medication Review Framework

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

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.

A Team-based Approach

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 management.

Pharmacists are a valuable resource available to your healthcare team.

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI Stopping Elderly Accidents, Deaths & Injuries

2017

SCREEN for medications that may increase fall risk.

- Obtain and reconcile the medication list[1]
- 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

S

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[2]

A

FORMULATE the patient's medication action plan.

- **STOP** medications when possible[3]
- **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

F

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

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

E

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk.
For more information, visit www.cdc.gov/steadi

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.