



Taking Your Medicines Safely: A Community Senior Center Education Program

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Medicine in my Home

NATIONAL MEDICARE EDUCATION PROGRAM

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Poisoning in Older Adults

- ◆ Substances involved
 - Prescription medicines
 - Over-the-counter medicines
 - Vitamins
 - Herbals
- ◆ Education Programs
 - Researched-based programs showing the importance of the Poison Centers are needed

Taking Your Medicines Safely Pilot

◆ Purpose:

- Prevent older adults from being poisoned due to accidental misuse and interactions with medicines

◆ Population:

- Ages 65+
- English-speaking

◆ Program:

- Power-point presentation
- Tic Tac Toe game & incentives
- Short questionnaires before and after
- Follow-up phone calls

Taking Your Medicines Safely Pilot

- ◆ Poison Prevention Education Program
- ◆ Developed by American Association of Poison Control Center Educators
- ◆ Funded by Health Resources and Services Administration
- ◆ Original pilot study
 - Enrollment of 145 seniors in 2 areas
 - ◆ West Virginia (Charleston)
 - ◆ Missouri (St. Louis)
 - 139 of 145 participants completed participant assessment
 - ◆ 95 of 139 (68%) completed 4 week follow-up

Taking Your Medicines Safely Pilot

◆ Participants

- Enjoyed program
- Increased medicine safety knowledge
- Improved attitudes
- Changed behaviors

◆ Health Educators

- Program worthwhile
- Program adaptable to other settings

TYMS in Senior Centers

- ◆ Original program (medicine safety module) altered
 - Delivery by senior center personnel not health educators
 - Improved assessment to better measure attitudes and beliefs
 - Addition of poison center module
 - Follow-up phone calls are now mail-in survey

Phases of the medicine safety module

Why Are We Here?

- To learn about older adults and medicines —
 - Most take at least 1 prescription drug
 - Half take 3 or more medications
- To prevent potential poisoning from prescriptions and other remedies
- To gain tips for managing your medicines



Interactions

Interaction

- Combined action of 2 or more things
- Could create an unwanted effect or poisoning



6 Questions



- What is the name of my medicine?
- What is the medicine for?
- What side effects could I have?
- How much do I take and how often?
- What should I do if I miss a dose or double the dose?
- While taking this medicine, what should I avoid?



Medicine Management Tools

Medicine tracking tools

- Journal
- Pill reminder box
- My Medicine List
- Medicine brochure



MEDICAL CONDITIONS/Current		PATIENT'S PROVIDERS	
<input type="checkbox"/> Asthma	<input type="checkbox"/> Lung Disease	Name	Phone
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Kidney Disease	Pharmacy:	
<input type="checkbox"/> Heart Disease	<input type="checkbox"/> MRSA/VRE	Doctor:	
<input type="checkbox"/> High Blood Pressure	Other _____	Emergency Contact:	
VACCINATIONS (Date of Last Immunization) Influenza (flu) _____ Tetanus/diphtheria _____ Pneumococcal _____ Herpes Zoster _____ MMR: _____ Implantable Device: _____		Did you take the wrong medicine? Did you take too much medicine? Call the Poison Center at 1-800-235-1223.	



Tic-Tac-Toe Game

- ◆ *Give an example of an interaction that we discussed today*
- ◆ *State one of six questions that should be discussed with your doctor or pharmacist when starting a new medicine*
- ◆ *Name one way to keep track of your medicine*

Phases - poison information module

Free Call

- One National number
- 1-800-222-1222
- Around the clock advice and treatment by professionals
- Doctors and hospitals also call the Poison Center

Examples of Questions to ask Poison Center

- A child swallows medicine that belongs to someone else
- You take a double dose of your medicine by mistake
- You take someone else's medicine by mistake

Prevent Medicine Poisoning

- Never sell or share medicines
- Follow directions on medicine bottle
- Turn on light
- Wear glasses if needed
- Keep pain and other medications out of sight

Information the Poison Center Needs from You

- Medicine bottle
- Age and weight of person
- Health history (for example, medicines the person may be taking)
- Exact name and strength of medicines
- How much was taken
- When everything happened

Findings – *TYMS in Senior Centers*

- ◆ The percentage increase in knowledge varied from 15.2% to 119.4%.



Findings – *TYMS in Senior Centers*

- ◆ *"Putting your medicines in a pill minder box is a good way to track your medicines."*
 - 37% at pre-assessment to 87% at post-assessment
- ◆ *"What is a drug interaction? When food or drink affect how a drug is absorbed."*
 - 37% at pre-assessment to 70% at post-assessment

Findings – *TYMS in Senior Centers*

- ◆ *"There are problems related to mixing a blood thinner and aspirin"*
 - 60% at pre-assessment to 70% at post-assessment



Findings from Senior Center staff

- ◆ *TYMS* can be delivered effectively by senior center personnel – seniors have gains in knowledge
- ◆ Majority of program leaders found the educational program beneficial for their respective centers
- ◆ Overall program requires improvements
 - Diversity / Cultural Issues
 - Education Level
 - Program Length

Findings from Senior Center staff

- ◆ Modify program to address diversity in education level
 - Do less reading to seniors – give a more 'live action' presentation; if they cannot read, have assistants help them
- ◆ Increase print size of all program materials
- ◆ Overall program should be shortened
 - Note: without evaluation program is 24-30 minutes
 - Game component should be lengthened
- ◆ Develop program in languages other than English
 - Note: program is also in Spanish

Current phase of TYMS

TAKING YOUR MEDICINES SAFELY

Dear Senior Center Staff Member:

Welcome to the *Taking Your Medicines Safely* program. We are trying to assess what would help senior center staff learn about and deliver a program for senior medication-management use. Please review the training (by clicking the [Training](#) button below); you have the option to view the presentation on-line or save it and print it. Once you have looked over the [Training](#) please click on the [Assessment](#) button and complete the assessment. You are free to look over, download, and use all of the [Materials](#) for the *Taking Your Medicines Safely* program by clicking on the [Materials](#) button below. Again, your input on the [Assessment](#) below will help to expand the program for use by more senior center staff.

Thanks for your input!

Once the Training PowerPoint presentation is displayed press F5 to view it as a slideshow.
It may take a little time for the [Training](#) PowerPoint to download.

[Training](#)

[Assessment](#)

[Materials](#)

[Logout](#)

Current phase of TYMS

Taking Your Medicines Safely: A Program Leader's Guide

**Instructions and Presentation for
Program Leader**

Current phase of TYMS

1. How likely are you to download the Taking Your Medicines Safely materials and facilitate the workshop at your community senior center?

☐ Definitely

☐ Maybe

☐ Unlikely

☐ Definitely Not

2. If you checked "Unlikely" or "Definitely Not," please indicate the factors that lead you to that answer (check all that apply)

- ☐ Lack of resources (computer, color printer, paper, etc.) equipment, staffing, facility/space)
- ☐ Lack of personnel
- ☐ Lack of staff interest
- ☐ Lack of interest at senior center / not applicable to our population

List other reasons, if applicable:

3. In your opinion, would senior center staff/directors be motivated to participate in this online "training" and share the program information with their center attendees?

☐ Yes

☐ No

If "NO," what would you change to make the program more appealing?

4. Do you feel that the program would adequately prepare a senior center staff to share the materials with their center attendees?

☐ Yes

☐ No

If "NO," what would you change to make the program more appealing?

Current phase of TYMS

TAKING YOUR MEDICINES SAFELY

Click On A Document Listed Below To Display It And To Save It To Your Computer.

[Promotional Flyer](#)

[Program Agenda](#)

[Program References](#)

[Participant Guide](#)

[Your Medicines and You](#)

[Poison Prevention](#)

[Program Slides](#)

[Herbal Table](#)

[REVIEW QUIZ](#)

[Logout](#)

Conclusions

- ◆ *Taking Your Medicines Safely: A Community Senior Center Education Program* will be a valuable asset to those charged with improving the health and well-being of seniors
 - Increases medicine safety practices
 - Increases knowledge of poison centers
- ◆ Senior center personnel can conduct effective theory-driven health education programs
 - Prevent unintentional medicine misuse
 - Prevent complications from medicine interactions

Next steps

- ◆ Decisions on dissemination of program will be made
- ◆ 1-800-222-1222 or PoisonHelp.hrsa.gov
- ◆ Questions: contact Rebeca Sanchez-Barrett RSanchez-Barrett@hrsa.gov 301-443-0324 or Monique Sheppard sheppard@pire.org 301-755-2728

