



National Assisted Living Week

National Assisted Living Week Celebrates "Filling Life with Love"

The National Center for Assisted Living (NCAL) announced the theme, "Filling Life with Love," for their 2008 National Assisted Living Week (NALW), to be held September



7 to 13, 2008. The week celebrates the involvement of families, providers, volunteers, and individuals from local communities who foster a caring spirit for residents of assisted living (AL). The week also spotlights the crucial role AL facilities play in helping seniors live as independently as possible while enjoying a meaningful quality of life. For more information, see www.nalw.org.

NALW Planning Guide and Product Catalog

NCAL has also released the planning guide/product catalog for the 14th annual National Assisted Living Week (NALW). The guide contains ideas for activities, such as "Adopt a Soldier," "Replenishing Our Planet," or "Music Speaks to the Heart." Blankets, tote bags, and t-shirts are just some of the products available with the 2008 NALW logo. The planning guide/product catalog is free and available at www.nalw.org. You can also request a copy (while supplies last) by sending an e-mail with your name, the name of the residence, and address to myates@ncal.org.

Using EHR Improves Health of Elderly

Electronic health records (EHRs) can help improve the care of patients with chronic illnesses and reduce the use of medications that are linked to increased risk of falls in elderly patients, according to new Geisinger Health System research. Geisinger pharmacists and geriatricians recently reviewed the medication records of several hundred elderly patients using the health system's \$90-million EHR. Recommendations for individualized, tailored medication regimens were e-mailed to patients' physicians. The result was decreased use of psychoactive medications among elderly patients. Researchers also reviewed the EHRs of 20,000 patients with diabetes to develop a series of 9 best practice guidelines for diabetes management. Automatic reminders are generated by the EHR system to remind patients to get blood tests and vaccinations and

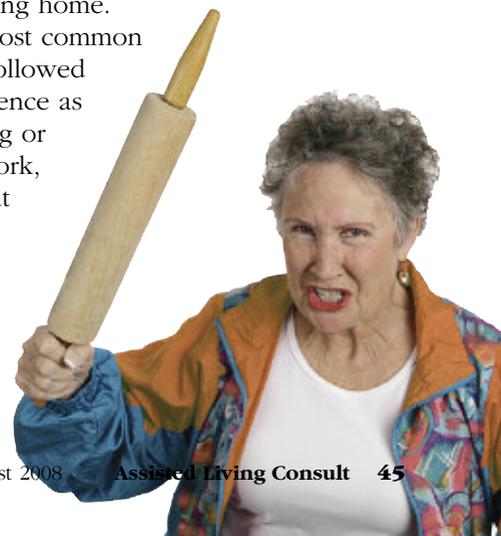
to prompt physicians to review lab test results. Because of these efforts, improvements were made in the care of patients with diabetes, including lowered blood sugar and cholesterol levels, better vaccination compliance, and decreased rates of tobacco use. For more information, see the *Journal of General Internal Medicine*, April issue, at www.springerlink.com/content/d167h3634x61510r/?p=4846f78a2d67419485e7abad9eb4532&pi=5.

ASCP Pharmacy Manual for AL

The American Society of Consultant Pharmacists (ASCP) has released the *ASCP Pharmacy Policy and Procedure Manual for Assisted Living*. The guide covers all aspects of pharmacy services that are essential to ensuring quality of care to AL residents. Included is a fully searchable CD with modifiable policies and procedures to meet the specific needs of individual AL communities and state laws and regulations. The manual delineates functions and responsibilities of individuals involved with the medication-use process including medication ordering, receipt, and delivery; medication administration; and medication packaging, storage, and disposal. It's designed to help promote safety and efficiency in medication management. The manual, product #A97147, can be ordered from MED-PASS or ASCP at www.ascp.com/store/A97147.cfm.

Aggression Among Nursing-Home Residents More Common than Widely Believed

Research by Cornell University faculty suggests that aggression and violence among residents may be more prevalent than previously thought. Research findings, published in the June 2007 issue of the *Journal of the American Geriatrics Society*, indicate 35 different types of physical and verbal abuse between residents at a large urban nursing home. Screaming was the most common form of aggression, followed by such physical violence as pushing and punching or fighting. In related work, the authors found that 2.4% of residents reported personally experiencing physical aggression from another resident and 7.3% reported



experiencing verbal aggression over just a 2-week period. Most respondents rated the events as moderately or extremely disruptive to daily activities. Victims are more often men and those who have behavioral problems or are cognitively impaired. Study authors state that staff have few solutions available to them other than the use of psychotropic medications and isolation, both of which are detrimental to the health of residents. The full-text is available at <http://www3.interscience.wiley.com/journal/117995864/abstract?CRETRY=1&SRETRY=0>.

State-by-State Changes to AL Regulations

According to NCAL's *Assisted Living State Regulatory Review 2008*, more than 20 states made regulatory or legislative changes in 2007 that impact AL residents and facilities, 12 states made major changes to their AL regulations in 2007, and 3 states implemented new levels of licensure in part to accommodate increased resident acuity. In 2007, Pennsylvania and the District of Columbia established new "assisted living" licensure to complement existing licensure categories, while Wyoming added new rules allowing secure dementia units under a tiered licensing system. Other areas of change included staff training requirements (DC, KY, OH, OR, WY), medication management rules (MO, NJ, OH), reporting/record keeping requirements (AL, KY, NE, OK), staffing requirements (NJ, OH, OK), and infection control measures (AL, KY). A full list of changes is available from NCAL at www.ncal.org/about/state_review.cfm.

Some Drugs Increase the Risk of Falls

Researchers at the University of North Carolina at Chapel Hill have created a list of prescription drugs that increase the risk of falls among people aged 65 and older who take 4 or more medications on a regular basis. Based on an ongoing study of a fall-prevention program, researchers developed the list and published some study findings in the June issue of the *American Journal of Geriatric Pharmacotherapy*. The medications on the list cover a wide range of common prescription antidepressants, seizure medications, painkillers, and more. The study researchers urge physicians to look for medications that cause a less-sedating effect in older patients and pharmacists to be alert for patients 65 and older who take 4 or more drugs. To download a list of the prescription medications that increase the risk of falls for patients 65 and older, see <http://uncnews.unc.edu/images/stories/news/health/2008/druglist.pdf>.



ALC

Some Drugs That Increase Fall Risk

Alprazolam (Xanax)	Protriptyline (Vivactil)
Amitriptyline (Elavil)	Quazepam (Doral)
Amobarbital (Amytal)	Ethosuximide (Zarontin)
Amoxapine (Asendin)	Felbamate (Felbatol)
Aripiprazole (Abilify)	Fentanyl (Duragesic)
Baclofen (Lioresal)	Fluoxetine (Prozac)
Bupropion (Wellbutrin, Wellbutrin SR)	Fluphenazine (Permitil, Prolixin)
Buspiron (Buspar)	Flurazepam (Dalmane)
Butabarbital	Fluvoxamine (Luvox)
Carbamazepine (Tegretol, Tegretol XR, Carbatrol)	Gabapentin (Neurontin)
Chloral hydrate	Halazepam (Paxipam)
Chlorazepate (Tranxene)	Haloperidol (Haldol)
Chlordiazepoxide (Librium, Limbitrol, Librax)	Hydrocodone (Vicodin)
Chlorpromazine (Thorazine)	Hydromorphone (Dilaudid)
Citalopram (Celexa)	Imipramine (Tofranil)
Clidinium-chlordiazepoxide (Librax)	Isocarboxazid (Marplan)
Clomipramine (Anafranil)	Levetiracetam (Keppra)
Clonazepam (Klonopin)	Levorphanol (Levo-Dromoran)
Clozapine (Clozaril)	Lorazepam (Ativan)
Codeine (Tylenol with Codeine)	Loxapine (Loxitane, Loxitane C)
Desipramine (Norpramin)	Maprotiline (Ludiomil)
Diazepam (Valium)	Mephobarbital
Digoxin (Lanoxin)	Meprobamate (Miltown, Equanil)
Disopyramide (Norpace)	Mesoridazine (Serentil)
Divalproex sodium (Depakote, Depakote ER)	Methadone (Dolophine)
Doxepin (Sinequan, Zonalon, Prudoxin)	Methsuximide (Celontin)
Duloxetine (Cymbalta)	Mirtazapine (Remeron)
Escitalopram (Lexapro)	Molindone (Moban)
Estazolam (Prosom)	Morphine (MS Contin)
Olanzapine (Zyprexa, Zyprexa Zydis)	Nefazodone (Serzone)
Oxazepam (Serax)	Quetiapine (Seroquel)
Oxcarbazepine (Trileptal)	Risperidone (Risperdal)
Oxycodone (Percocet)	Secobarbital (Seconal)
Oxymorphone (Numorphan)	Sertraline (Zoloft)
Paraldehyde (Paral)	Temazepam (Restoril)
Paroxetine (Paxil)	Thioridazine (Mellaril)
Pentobarbital (Nembutal)	Thiothixene (Navane)
Perphenazine (Trilafon)	Tiagabine (Gabatril)
Phenelzine (Nardil)	Topiramate (Topamax)
Phenobarbital	Tranlycypromine (Parnate)
Phenytoin (Dilantin)	Trazodone (Desyrel)
Pimozide (Orap)	Triazolam (Halcion)
Pregabalin (Lyrica)	Trifluoroperazine (Stelazine)
Primidone (Mysoline)	Trimipramine (Surmontil)
Propoxyphene (Darvon, Darvocet)	Venlafaxine (Effexor, Effexor XR)
	Ziprasidone (Geodon)
	Zolpidem (Ambien)
	Zonisamide (Zonegran)