

Medication Therapy Management Falls Risk Reduction (MTM FRR) program

The Medication Therapy Management Falls Risk Reduction (MTM FRR) program consists of individualized evaluation of a senior's medications provided by Doctor of Pharmacy students under the supervision of UB SPPS faculty. This focused review utilizes medication falls risk tools developed by UB SPPS faculty derived from medical literature investigating the links between medications and falls/fractures. Seniors will invest approximately 30 minutes and will receive a Personal Medication Record (PMR), a Medication Action Plan (MAP) and a Medication Falls Risk Report Card. The report card identifies those drugs that are associated with falls and offers options to reduce that risk. If the Senior would like, we would communicate this information to their doctor.

What is medication therapy management? Also referred to as MTM, is a term used to describe a broad range of health care services provided by pharmacists, the medication experts on the health care team.

- Selecting, initiating, modifying, or administering medication therapy
- Monitoring and evaluating the patient's response to therapy, including safety and effectiveness
- Performing a comprehensive medication review to identify, resolve, and prevent medication-related problems, including adverse drug events
- Documenting the care delivered and communicating essential information to the patient's other primary care providers
- Providing verbal education and training designed to enhance patient understanding and appropriate use of his/her medications
- Providing information, support services, and resources designed to enhance patient adherence with his/her therapeutic regimens
- Coordinating and integrating medication therapy management services within the broader health care management services being provided to the patient

For more information please visit the website: [APhA MTM Central](#)

STAMP Out Program

The *STAMP Out Prescription Drug Misuse & Abuse Program* is a tool to help pharmacists and other health care professionals educate seniors, caregivers, families, and community-based senior services providers about prescription drug misuse and abuse in older adults. STAMP OUT was developed by the American Society of Consultant Pharmacists Foundation.

The important key messages for the program are:

- Using your medicine safely
- Prevention of medication misuse and abuse
- How to clean out your medication cabinet one a year
- Disposing of expired and old medicine properly
- Creating a personal medicine list

For more information please visit the website:
<https://www.ascp.com/articles/stamp-out-prescription-drug-misuse-abuse>

MUST Program

Medication Use Safety Training (MUST) for Seniors™ provides the basics of medication safety to help older adults and those who care for them:

- Understand the importance of sticking with recommended treatment plans
- Avoid medication misuse
- Recognize, report and manage common side effects
- Prevent medication errors and potentially dangerous interactions with other medications, food or alcohol
- Differences between prescription medicines and OTC (over-the-counter non-prescription) medications.
- Common medicine use problems
- Quality communication with healthcare professionals
- Keeping a medication list

For more information please visit the website:
<http://www.mustforseniors.org/> Developed by the National Council on Patient Information and Education.

Comparison of STAMP Out and MUST Programs

Similarities:

- Geared towards Seniors
- Talks about taking medications properly
- The risks involved in taking medications and possible side effects
- Encourages Seniors to keep an updated list of their medications and to speak with their Doctor about medications
- Potential medicine usage problems such as over use or under use

Differences

STAMP Out Program

- Focuses on misuse and abuse of medications
- Recognizing signs of drug abuse
- How to help someone misusing drugs both prescription and OTC
- How to properly dispose of medications
- How drug abuse can occur

MUST Program

- Focuses on medication therapy
- Talks about dietary supplements and herbal remedies
- Difference between prescription and OTC medications
- Drug interactions
- Problems with taking medications





VIAL of Life

The Vial of LIFE (Lifesaving Information for Emergencies) is a smart way to have your medical information on hand just in case of an emergency. The Vial of Life speaks for you when you can't speak or don't feel well. First responders are alerted to the presence of your information by a window decal and can quickly find vital information about your medical care.

How to use the Vial of Life:

1. Fill out the Vial of Life form.
2. Place a decal on front of a empty prescription vial.
3. Place the vial in refrigerator door.
4. Place a decal on the front door so it can easily be seen by anyone responding to an emergency.

For more information, please the website:

www.VialofLIFE.com

Call to set up a program that best suits your organizations needs. We can help decide what is best for you:

You can choose from the following:

STAMP Out Program or the
MUST for Seniors™

And add the following programs:

MTM Falls Risk Clinic and/or the
Vial of Life Project

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Medication education and Safety for SENiors (MISuSE) Program



The Medication education and Safety for SENiors program provides Seniors with useful information on appropriate and safe use of prescription medications, Over-the-Counter (OTC) drugs and herbal products. The goal of this program is to prevent medications from causing harm to seniors who are especially vulnerable to adverse effects. Students from the University at Buffalo School of Pharmacy and Pharmaceutical Sciences (UB SPPS) visit organizations and facilities throughout Western New York where seniors are provided group and/or individual education about their medications. The **STAMP Out Prescription Drug Misuse & Abuse** and the **Medication Use Safety Training (MUST) for Seniors™** programs are presentations that can be tailored to the needs of the audience. The Medication Therapy Management Falls Risk Reduction (MTM FRR) program consists of individualized evaluation of a senior's medications provided by Doctor of Pharmacy students under the supervision of UB SPPS faculty. The **Vial of Life Project** is a tool kit that allows first responders to have access to an updated medication list when called to a senior's home.