

Complete Professional Medication Management

Older adults take more medication now than ever before. Statistics show that adults over 65 years old consume more than 30 percent of all medications prescribed and the average person over 65 takes between 2 and 7 prescription medications daily.



With aging, many body processes are altered and often slow down, affecting the way medications are absorbed, distributed, metabolized and excreted. These elements combine to create a *greater risk* of drug interactions, drug/food interactions, and side effects. Some medications will not work or have dangerous side effects when taken with other medications. Cognitive difficulties interfere with the ability to remember when, how and if to take medications. *Almost 40 percent* of all adverse drug reactions reported each year involve people over 60 years old. LifeStyle Options, Inc. has designed a full spectrum of services to meet these needs.

I. Professional Medication Management

LifeStyle Options, Inc. Professional Medication Management is the highest level of medication management. Our Professional Medication Management service takes complete responsibility for oversight of an individual's medications. Professional Medication Management is designed for individuals with multiple medications and/or cognitive or physical challenges that prevent good medication compliance. How does it work?

- A Registered Professional Nurse (RN) conducts a thorough assessment and obtains all necessary information.
- The RN notifies the individual's physician(s) of the service and verifies the medication regimen.
- A licensed pharmacist reviews the medication regimen for interactions and side effects.
- A Plan of Care is developed and approved by the physician(s).
- Medications are set up weekly in appropriate containers.
- The RN handles all refills, changes and medication updates.