

## Don't Prescribe a Medication for Older Home Health Care Patients Without Conducting a Drug Regimen Review

Older adults typically use more prescription and over-the-counter medications than other populations, increasing the risk of side effects and inappropriate prescribing. Polypharmacy can lead to reduced medication adherence, adverse drug reactions, and a higher risk of cognitive impairment, falls, and functional decline. A comprehensive medication review is essential for identifying high-risk medications, potential drug interactions, and drugs being used beyond their intended purpose, facilitating deprescribing when necessary. Moreover, these reviews help detect unnecessary medications, identify cases of underutilization, and ultimately reduce the overall medication burden. Conducting an annual medication review is a crucial measure of quality prescribing practices in vulnerable elderly patients.

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