

Falls injuries

Medication

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Fractured Neck of Femur

- Australia
 - 1996 = 15,000 #s
 - 2006 = 21,000 #s
- Baby Boomers
- Longer lives (frequently in 90s)
- HRT use greatly reduced
- Steroid use
- Calcium and VitD factors

Falls injury

- Only 2% of falls in the elderly result in hip fractures.
- Quadriceps strength and body sway are as important as BMD in predicting #
 - (Dubbo epidemiological study)
- Syncope
- Gait and balance
- Cognition, confusion, blurred vision

Calcium

- 1000mg available calcium intake per day
- Vit D
 - 1,000iu per day
 - (ostelin 1000iu)
 - Cod liver oil tabs (400iu)

Bisphosphonates

- (t-score < -2.5)
- Fosamax = alendronate
- Actonel = risedronate
- Didrocal = etidronate

- Protos = strontium ralenate

- HRT
- Evista = raloxifene hcl

Medication ppt bone loss

- Steroids (even inhaled)
- Proton pump inhibitors
- Depot provera
- Early menopause
- Alcohol
- Smoking

Postural Hypotension (check BP after 2 min standing)

- ACE inhibitors (Tritace Renitec)
- ARB (Karvea Micardis)
- B Blockers (Betaloc Tenormin)
- Antiparkinson medication (Madopar Sinemet)
- Diuretics (Lasix or "Plus")
- Nitrates (Transiderm Imdur)
- Tricyclic antidepressants (Endep Doxepin)
- Conventional antipsychotics (Serenace Largactil)

Sedation

- Benzodiazepines (Temazepam)
- Zolipidem Tartrate (Stilnox)
- Anticonvulsants (Tegretol)
- Narcotics (Codeine, Digesic)
- TCA
- Other antidepressant (Avanza, Serzone)

Anticholinergics

- (opposite to Cholinesterase inhibitors)
- Cause exacerbation of dementia
- May cause delirium
- Cause gait and balance disturbance
- Can be long acting (may take 10 days to recover)
- Largactil (Largactil)
- Ditropan (Oxybutynin)
- Phenergan (Promethazine)
- TCA
- Stemetil

Syncope

- Hypotension
- Arrhythmia (verapamil sotalol)
- Seizures
- Hypoglycaemia (eg insulin Daonil but not metformin)
- CVA (Aspirin, Assasantin, Plavix, Cholesterol management)
- Electrolyte disturbance (diuretics)

Diuretics

- Electrolytes
- Nocturia

Agitation / acute confusion

- Withdrawal, (eg from SSRI, or alcohol)
- Anaesthetic drugs PPT delirium
- Analgesics, anti parkinson drugs

Warfarin

- Especially in AF , reduces recurrent CVA, micro infarcts etc
- But if poorly controlled fall can induce fatal subdural bleed etc
- If compliance with medication, diet and testing is poor then reconsider

Alcohol

- Gait and cognition disturbance
- Vit B1 Thiamine deficiency
- Alcohol withdrawal
- Sedation
- Agitation

Guide

- Minimum number of medications
 - (stopping medications is often more important than starting them)
- Smallest dose
- Simple dose regimens
- Explanation (avoid brand changes)
- Written information and medication card
- Webster packs
- Frequent medication review
 - Avoid anticholinergic and benzodiazapines,
- Home medicine review