**GENERAL GUIDANCE FOR MEDICATION REDUCTION IN PALTC FACILITIES**

1. All QID or TID dosing to BID or QD after reviewing the medications of the individuals.

2. Discontinue as many PRN’s as appropriate (you actually want calls for change in condition)

3. Discontinue all Vitamins/ MVI and med pass unless really required. Review if iron therapies have been effective or if no longer needed

4. Review Diabetes and DC insulin sliding Scale and finger sticks limit to once or twice/day

5. Review all inhalers and nebulizers- minimize number of inhalers and use patient centered approach to eliminate nebulizer if possible. If nebulizer is the only therapy that can be used then maximize efforts to avoid aerosols contamination and spread (see below).

6. Review chronic medication therapies (DMII, CHF, COPD, HTN, Dementia) and review the efficacy of medications and minimize medications as best as possible.

7. Review psychotropics and perform GDR as appropriate -maybe no rush unless clearly no need

8. Eliminate Proton Pump Inhibitors as much as possible due to high risk of osteoporosis and decrease absorption of iron

9. Minimize blood pressure / vital sign checks(except for what you are doing for your resident twice a day surveillance) for patients who have been on anti-hypertension therapy for long term as part of efforts to limit traffic into rooms as well as equipment that gets transferred room to room

10. Follow up and review on the changes and check with the staff if this is effective in terms of nursing medication dispense time and improving quality of life of the residents.

**NEBULIZERS:**

1. Switch to inhaler with or without spacer
2. Do not share nebulizer with any other resident
3. Nursing staff will need to follow droplet precautions which includes eye protection because of the aerosol risk upon dispensing and initiating
4. Best if staff can keep a 6-foot distance from the patient when they turn on and off the machine due to resident’s co-morbidities like dementia or immobility
5. Disinfect the equipment once the machine and equipment is utilized