



SAFE MEDICATION PRACTICES FOR BETTER HEALTH

Brought to you by:



THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY



The Generation Rx: Safe Medication Practices for Better Health toolkit is designed to offer helpful information about appropriate medication use for an older adult audience. Medications help us live longer and healthier lives. They can also produce harmful effects when not used properly. These resources are designed to inspire safe medication practices for life.

Safe Medication Practices for Better Health focuses on three main themes:

- 1. Be your own health advocate** – you are the most important part of your healthcare team. Take the time to become an expert!
- 2. Learn safe medication practices** – only take medicines as directed by your healthcare professionals, store them securely, and safely dispose of them when no longer needed.
- 3. Know the risks of medication misuse** – drug misuse affects us all – find out how you can help.

What Information is in the Facilitator's Guide?

This facilitator's guide contains information to successfully present Safe Medication Practices for Better Health resources to a primarily older adult audience. In this guide, you will find:

- **Facilitator's Guide:** This document guides the presenter through a program with helpful information to ensure a successful event.
- **Introductory Letter:** This letter for facilitators can be shared with leaders of the organization you've selected for your program. This letter will assist you in introducing the purpose of your educational program and the importance of presenting this information. An editable file can be found online in the "Getting Started" section.
- **Presentation (30 minutes):** The slideshow presentation discusses various aspects of appropriate medication use. Talking points for the presenter are provided.
- **Presentation Handout:** This document includes the key information provided in the slideshow presentation.
- **Promotional Handout:** This resource can be used as a brief summary of the main toolkit messages. It makes a great handout for a brief encounter like you might have at an educational booth or health fair table.
- **Promotional Flyer:** This 8"x11" sheet can be used to advertise your educational event and can be customized.
- **Video (3 minutes):** The video is a brief overview of safe medication practices for older adults. It can be used in a presentation or on its own.
- **Trivia Game (30 minutes):** This game focuses on the main points of the slideshow presentation and can easily be accompanied with the video for a more interactive event.
- **Medication Record:** This printable document helps attendees prepare a complete record of their medications to take with them when speaking with their medical professionals.
- **Digital Signage:** These digital images can be posted on digital signs, television, or social media platforms to reinforce safe medication-taking practices.

Getting Started

Welcome to Generation Rx: Safe Medication Practices for Better Health. These resources were created to help you offer programming to older adults on how to safely and effectively manage their prescription medications.

Who is my audience?

Safe Medication Practices for Better Health was designed for adults 65 and older to address appropriate medication use for this population. You can choose from a menu of resources to tailor the presentation for your specific audience.

Who can present these resources?

Our resources were created for anyone to present the information – you do not need to be a pharmacist to do so. Medical professionals or community group organizers may find these resources beneficial for their patients or members.

What types of educational materials are available?

Safe Medication for Better Health has a menu of resources from which to choose. Pick what you want to see based on your audience and the amount of time you have.

Four types of educational resources are provided:

1. Activities (for use in live programming)
2. Video (for sharing through digital platforms or for use in live programming)
3. Visual Aids (for posting in high traffic areas)
4. Digital Content (for sharing on digital media platforms)



Getting Started (Cont.)

Can these resources be customized for my audience?

Absolutely! While we recommend using the slideshow, each additional component can be used alone or in combination with other resources. The general presentation is designed to take about 30 minutes with another five minutes for questions. The various activities to complement, or use instead of, the presentation could take anywhere from 30-60 minutes each. The materials could also be used to plan two separate events: a general presentation and a follow-up session to do one or more of the activities, depending on the group's interest.

I know where and when I'll be presenting my program. Now what do I do?

When planning, choose activities which you feel most comfortable leading. Below you will find sample programs that incorporate a variety of approaches. These are only suggestions, so use your own experience to tailor the program to meet the needs of your participants.

35 Minute Program	
30 Minutes	"Safe Medication Practices for Better Health" Presentation
5 Minutes	Question/Answer Session
40 Minute Program	
5 Minutes	"Safe Medication Practices for Better Health" Video
30 Minutes	"Safe Medication Practices for Better Health" Trivia Game
5 Minutes	Question/Answer Session
60 Minute Program	
30 Minutes	"Safe Medication Practices for Better Health" Presentation
30 Minutes	"Safe Medication Practices for Better Health" Trivia Game

Getting Started (Cont.)

For a live program, where should I present?

There are a number of venues that would be great places to host your program:

- Senior Centers
- Local Extension Agencies
- Independent Living Facilities
- Retirement Communities
- Local Health Organizations
- Community Libraries
- Faith-Based Organizations

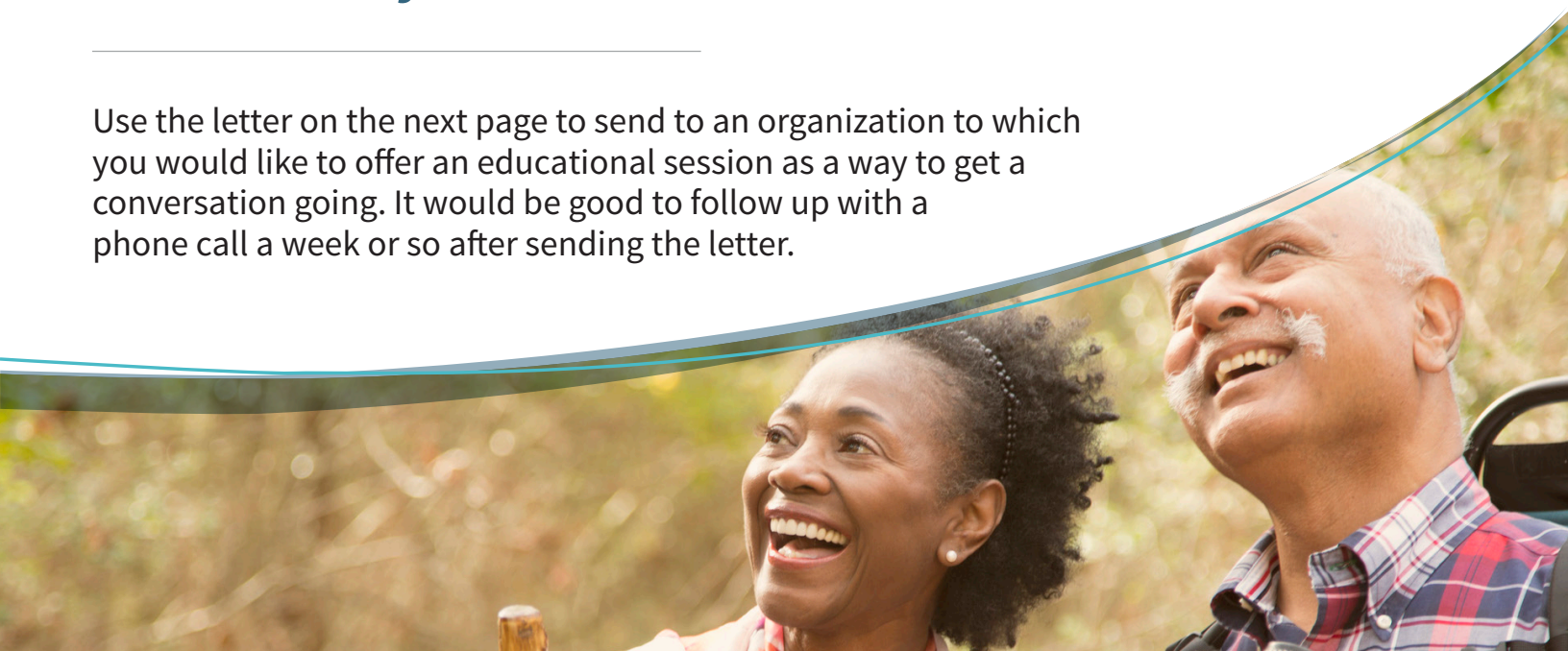
These are just suggestions. Anywhere older adults congregate would be a great place to give a presentation!

How do I make arrangements for a live program?

A great place to start would be to connect with your local senior center's director. Other area resources such as a County Office on Aging, Area Agency on Aging, or your Extension Agency would also be good connections.

Introductory Letter

Use the letter on the next page to send to an organization to which you would like to offer an educational session as a way to get a conversation going. It would be good to follow up with a phone call a week or so after sending the letter.



Introductory Letter (Cont.)

Dear (insert leader's name),

Greetings! My name is (insert name) and I am a (insert affiliation and title), as well as an advocate for Generation Rx—a nation-wide educational initiative to promote safe medication practices in an effort to prevent the misuse of prescription drugs. Generation Rx is offered through a partnership between the Cardinal Health Foundation and The Ohio State University College of Pharmacy. As an ambassador for this initiative, I am writing to request permission to present an educational program to the older adults in your organization on how to use their prescription medications safely.

Why is it important to teach older adults how to safely use medications? It's true that prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm—especially when misused. The misuse of prescription medications is one of our country's most pressing public health problems, with adverse drug events being a significant issue for older adults. This educational programming will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country. The educational program includes engaging activities that focus on teaching older adults safe medication practices. I also plan to provide an opportunity for the audience to participate in a Q&A session.

Will you help me by providing an opportunity to have an interactive educational session with those in your organization/facility? I've included my contact information below. Please contact me at your earliest convenience to further discuss this opportunity. For more information on Generation Rx, please visit GenerationRx.org.

Contact Information: **(insert contact information)**

I look forward to hearing from you!

Thank you in advance for your time and support.

Best,

(insert signature)

Frequently Asked Questions

Following the completion of your program, we encourage you to give participants the opportunity to ask questions. Below is a list of frequently asked questions by program participants, with suggested responses. Consider printing this document and bringing it with you to the program to consult as a reference during the Q&A session.

If someone asks me a specific question about a medication that I cannot answer, what should I do?

The best resource for medication-specific questions would be to refer the participant to their community pharmacist. Their pharmacist can ask further questions of the individual to provide the best information about a medication or the person's combination of medications. A good database to help with medication questions is Medline Plus www.nlm.nih.gov/medlineplus/druginformation.html. This site provides useful information about medications, including prescription, non-prescription and herbal supplements in an easy to understand format.



Where can I find more information relating to drug misuse?

GenerationRx.org is an excellent resource for more information related to prescription drug misuse. Below is a sample of the information you can find in the “Learn” section at GenerationRx.org, including links to additional websites related to these issues:

- Drug storage and disposal guidelines
- Online courses or games
- Common signs and symptoms to facilitate recognizing misuse
- Resources to locate treatment centers for substance use disorders
- Steps for how to take action in a drug overdose situation
- Instructions for how to use and access naloxone as a rescue agent in an opioid overdose in high traffic areas

Frequently Asked Questions (Cont.)

Where can I find resources for educating others?

The “Take Action” section at GenerationRx.org contains free, ready-to-use, age-appropriate resources to educate individuals of all ages in your community (including children, teens, college students, working professionals, patients, and older adults).

Another valuable resource put together by the Substance Abuse and Mental Health Services Administration (SAMHSA) is a Toolkit titled “Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health.” The purpose of the materials is to provide health and social services providers resources to help prevent substance abuse and mental health problems in older adults. This publication may be downloaded or ordered at www.store.samhsa.gov, or call SAMHSA at **1-877-SAMHSA-7 (1-877-726-4727)** (English and Español).

If I suspect a friend or family member is misusing prescription drugs, how should I intervene? What should I do?

Generation Rx focuses on educational strategies to prevent prescription drug misuse. To find intervention resources, we encourage you to consult your specific community's resources. Below is a general resource from the Mayo Clinic to help guide you to basic steps an individual can use to devise a plan to help someone with a suspected substance misuse problem: <http://www.mayoclinic.org/diseases-conditions/mental-illness/indepth/intervention/art-20047451>

How do I find help for a substance use disorder?

If you think you or someone you know might have a problem, use community resources to find help. These resources include Area Agencies on Aging, County Offices on Aging, as well as health center resources.

Note to facilitator: for each of these categories of resources, we encourage you to share community specific resources with older adults.

In addition, talk with your healthcare provider. They may be able to guide you to medical specialists, treatment facilities, or medication-assisted treatment providers for help. The U.S. Substance Abuse and Mental Health Services Administration also provides a Behavioral Health Treatment Services Locator for persons searching for facilities treating substance misuse and addiction problems.

Visit www.findtreatment.samhsa.gov, or call the hotline at 1.800.662.HELP to find help near you.