

Reducing inappropriate use of antipsychotics among long-term care residents

AN INITIATIVE IS TAKING PLACE IN OUR LONG-TERM CARE CENTRE TO REDUCE THE INAPPROPRIATE USE OF ANTIPSYCHOTIC MEDICATIONS

Objective: To determine whether residents in long-term care really need to take antipsychotics to improve their quality of life.

WHAT IS AN ANTIPSYCHOTIC?

An antipsychotic is a medication that is used to manage symptoms of psychosis. Psychosis is an event where a person:

- imagines things that do not exist (the person thinks they are being followed, believes that others are plotting against them, believes a person or a group wants to harm them, etc.);
- has hallucinations (hears voices, sees things that are not there, etc.).

Antipsychotics are sometimes prescribed to seniors who have behavioural symptoms of dementia related to Alzheimer's disease or to other types

of dementia, especially when their behaviour may present a danger to themselves or to others.

We now know that antipsychotic medications are not very effective in managing certain types of behavioural symptoms of dementia and that they increase the risk of:

- drowsiness/somnolence
- falls
- tremors at rest
- pneumonia
- cerebrovascular accident (CVA)
- muscle rigidity
- heart failure

AS A FAMILY MEMBER, YOU HAVE AN IMPORTANT ROLE TO PLAY!

Just like healthcare professionals, you want your loved one living in long-term care to receive the best care. We invite you to work with us so that we can get to know your loved one better, offer more personalized care and improve your loved one's well-being.

Is your loved one eligible to participate in this initiative aimed at reducing the inappropriate use of antipsychotics?

For information, contact:



OPTIMIZING PRACTICES, USE, CARE AND SERVICES - ANTIPSYCHOTICS

APPROPRIATE USE OF ANTIPSYCHOTICS - A TEAM EFFORT!

Here are the steps to reducing the inappropriate use of antipsychotics in this long-term care centre:

1. The physician, pharmacist, and nurse will identify residents who may benefit from a reduction of antipsychotic medications. As a family member, you will be the first to be consulted.
2. The pharmacist will review your loved one's medications.
3. The antipsychotic medications will gradually be reduced.
4. Every week, team members will share observations of your loved one's behaviour with you and with each other.
5. Team members will discuss alternative approaches to care and interventions (e.g.: recreational therapy, music therapy, etc.) to meet your loved one's needs. You will be included in these discussions.
6. Data will be gathered to measure the success of the initiative in Québec.

REDUCING ANTIPSYCHOTIC USE

We now know that **ONLY 5 to 15%** of **seniors living in long-term care** should take antipsychotics.



In **QUÉBEC**, between **40 and 60%** of **long-term care residents aged 65 years old and older** take antipsychotic medications without ever being diagnosed with psychosis.



New-Brunswick reduced or discontinued antipsychotic medication use among **43% of seniors living in a long-term care home.**

To find out which long-term care centres are involved in Québec or to follow this initiative, visit:
santeestrie.qc.ca/reduire-les-antipsychotiques