

## Use of High-Risk Medications in the Elderly

### High-Risk Medications

Description	Prescription
Anticholinergics (excludes TCAs), first-generation antihistamines	<ul style="list-style-type: none"> <li>• Brompheniramine</li> <li>• Carbinoxamine</li> <li>• Chlorpheniramine</li> <li>• Clemastine</li> <li>• Cyproheptadine</li> <li>• Dexbrompheniramine</li> <li>• Dexchlorpheniramine</li> <li>• Diphenhydramine (oral)</li> <li>• Doxylamine</li> <li>• Hydroxyzine</li> <li>• Promethazine</li> <li>• Triprolidine</li> </ul>
Anticholinergics (excludes TCAs), anti-Parkinson agents	<ul style="list-style-type: none"> <li>• Benztropine (oral)</li> <li>• Trihexyphenidyl</li> </ul>
Antithrombotics	<ul style="list-style-type: none"> <li>• Dipyridamole, oral short-acting (does not apply to the extended-release combination with aspirin)</li> <li>• Ticlopidine</li> </ul>
Cardiovascular, alpha agonists, central	<ul style="list-style-type: none"> <li>• Guanabenz</li> <li>• Guanfacine</li> <li>• Methyldopa</li> </ul>
Cardiovascular, other	<ul style="list-style-type: none"> <li>• Disopyramide</li> <li>• Nifedipine, immediate release</li> </ul>
Central nervous system, tertiary TCAs	<ul style="list-style-type: none"> <li>• Amitriptyline</li> <li>• Clomipramine</li> <li>• Imipramine</li> <li>• Trimipramine</li> </ul>
Central nervous system, barbiturates	<ul style="list-style-type: none"> <li>• Amobarbital</li> <li>• Butabarbital</li> <li>• Butalbital</li> <li>• Mephobarbital</li> <li>• Pentobarbital</li> <li>• Phenobarbital</li> <li>• Secobarbital</li> </ul>
Central nervous system, vasodilators	<ul style="list-style-type: none"> <li>• Ergot mesylates</li> <li>• Isoxsuprine</li> </ul>
Central nervous system, other	<ul style="list-style-type: none"> <li>• Thioridazine</li> <li>• Chloral Hydrate</li> <li>• Meprobamate</li> </ul>
Endocrine system, estrogens with or without progestins; include only oral and topical patch products	<ul style="list-style-type: none"> <li>• Conjugated estrogen</li> <li>• Esterified estrogen</li> <li>• Estradiol</li> <li>• Estropipate</li> </ul>
Endocrine system, sulfonylureas, long-duration	<ul style="list-style-type: none"> <li>• Chlorpropamide</li> <li>• Glyburide</li> </ul>
Endocrine system, other	<ul style="list-style-type: none"> <li>• Desiccated thyroid</li> <li>• Megestrol</li> </ul>
Gastrointestinal system, other	<ul style="list-style-type: none"> <li>• Trimethobenzamide</li> </ul>
Pain medications, skeletal muscle relaxants	<ul style="list-style-type: none"> <li>• Carisoprodol</li> <li>• Chlorzoxazone</li> <li>• Cyclobenzaprine</li> <li>• Metaxalone</li> <li>• Methocarbamol</li> <li>• Orphenadrine</li> </ul>
Pain medications, other	<ul style="list-style-type: none"> <li>• Indomethacin</li> <li>• Ketorolac, includes parenteral</li> <li>• Meperidine</li> <li>• Pentazocine</li> </ul>

### High-Risk Medications with Days Supply Criteria

Description	Prescription	Days Supply Criteria
Anti-infectives, other	<ul style="list-style-type: none"> <li>• Nitrofurantoin</li> <li>• Nitrofurantoin macrocrystals</li> <li>• Nitrofurantoin macrocrystals-monohydrate</li> </ul>	>90 days
Nonbenzodiazepine hypnotics	<ul style="list-style-type: none"> <li>• Eszopiclone</li> <li>• Zolpidem</li> </ul>	>90 days

### High-Risk Medications with Average Daily Dose Criteria

Description	Prescription	Average Daily Dose Criteria
Alpha agonists, central	<ul style="list-style-type: none"> <li>• Reserpine</li> </ul>	>0.1 mg/day
Cardiovascular, other	<ul style="list-style-type: none"> <li>• Digoxin</li> </ul>	>0.125 mg/day
Tertiary TCAs (as single agent or as part of combination products)	<ul style="list-style-type: none"> <li>• Doxepin</li> </ul>	>6 mg/day

The American Geriatrics Society 2015 Beers Criteria Update Expert Panel (2015). American Geriatrics Society 2015 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. Journal of the American Geriatrics Society. DOI: 10.1111/jgs.13702. <http://onlinelibrary.wiley.com/doi/10.1111/jgs.13702/full>. Accessed March 08, 2016.

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