

PSYCHOTROPICS

Antidepressants

Citalopram	(<i>Celexa</i> ®)	Amitriptyline	(<i>Elavil</i> ®)
Fluoxetine	(<i>Prozac</i> ®)	Bupropion	(<i>Wellbutrin</i> ®)
Fluvoxamine	(<i>Luvox</i> ®)	Clomipramine	(<i>Anafranil</i> ®)
Paroxetine	(<i>Paxil</i> ®)	Desipramine	(<i>Norpramin</i> ®)
Sertraline	(<i>Zoloft</i> ®)	Doxepin	(<i>Sinequan</i> ®)
Venlafaxine	(<i>Effexor</i> ®)	Imipramine	(<i>Tofranil</i> ®)
		Mirtazapine	(<i>Remeron</i> ®)
		Moclobemide	(<i>Manerix</i> ®)
		Nortriptyline	(<i>Aventyl</i> ®)
		Trazodone	(<i>Desyrel</i> ®)

Benzodiazepines (Long Acting)

Chlordiazepoxide	(<i>Librium</i> ®)	Diazepam	(<i>Valium</i> ®)
Clonazepam	(<i>Rivotril</i> ®)	Flurazepam	(<i>Dalmane</i> ®)

Benzodiazepines (Intermediate Acting)

Alprazolam	(<i>Xanax</i> ®)	Oxazepam	(<i>Serax</i> ®)
Lorazepam	(<i>Ativan</i> ®)	Temazepam	(<i>Restoril</i> ®)
Nitrazepam	(<i>Mogadon</i> ®)		

Benzodiazepines (Short Acting)

Triazolam	(<i>Halcion</i> ®)	Midazolam	(<i>Versed</i> ®)
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Anticonvulsants

Carbamazepine	(<i>Tegreto</i> ®)	Phenytoin	(<i>Dilantin</i> ®)
Gabapentin	(<i>Neurontin</i> ®)	Topiramate	(<i>Topamax</i> ®)
Lamotrigine	(<i>Lamictal</i> ®)	Valproate	(<i>Depakene</i> ®)
Phenobarbital		Vigabatrin	(<i>Sabri</i> ®)

PSYCHOTROPICS

Alzheimer's Drugs

Donepezil	(<i>Aricept</i> ®)	Rivastigmine	(<i>Exelon</i> ®)
Galantamine	(<i>Reminyl</i> ®)		

Antipsychotics (Atypical)

Clozapine	(<i>Clozaril</i> ®)	Quetiapine	(<i>Seroquel</i> ®)
Olanzapine	(<i>Zyprexa</i> ®)		

Antipsychotics (Neuroleptics)

Chlorpromazine	(<i>Largactil</i> ®)	Perphenazine	(<i>Trilafon</i> ®)
Haloperidol	(<i>Haldol</i> ®)	Prochlorperazine	(<i>Stemetil</i> ®)
Hydroxyzine	(<i>Atarax</i> ®)	Risperidone	(<i>Risperdal</i> ®)
Lithium		Thioridazine	(<i>Mellaril</i> ®)
Loxapine	(<i>Loxapac</i> ®)	Trifluoperazine	(<i>Stelazine</i> ®)
Methotrimeprazine	(<i>Nozinan</i> ®)		

Antihistamines/Antinauseants

Dimenhydrinate	(<i>Gravol</i> ®)	Prochlorperazine	(<i>Stemetil</i> ®)
Diphenhydramine	(<i>Benadryl</i> ®)	Promethazine	(<i>Phenergan</i> ®)
Meclizine	(<i>Bonamine</i> ®)	Scopolamine patch	
Metoclopramide	(<i>Maxeran</i> ®)		(<i>Transderm</i> ®-V)

ANTIPARKINSONIAN AGENTS

Amantadine	(<i>Symmetrel</i> ®)
Bromocriptine	(<i>Parlodel</i> ®)
Entacapone	(<i>Comtan</i> ®)
Levodopa/Benserazide	(<i>Prolopa</i> ®)
Levodopa/Carbidopa	(<i>Sinemet</i> ®)
Pergolide	(<i>Permax</i> ®)
Pramipexole	(<i>Mirapex</i> ®)
Selegiline	(<i>Eldepryl</i> ®)

NOTE: Risk of postural hypotension increases when the patient is also receiving antihypertensives.

ANTIHYPERTENSIVES

Angiotensin II Receptor Antagonists

Candesartan	(<i>Atacand</i> ®)	Losartan	(<i>Cozaar</i> ®)
Eprosartan	(<i>Teveter</i> ®)	Telmisartan	(<i>Micardis</i> ®)
Irbesartan	(<i>Avapro</i> ®)	Valsartan	(<i>Diovan</i> ®)

ACE Inhibitors

Benazepril	(<i>Lotensin</i> ®)	Lisinopril	(<i>Prinivil</i> ®, <i>Zestril</i> ®)
Captopril	(<i>Capoten</i> ®)		
Perindopril	(<i>Coversyl</i> ®)	Quinapril	(<i>Accupril</i> ®)
Cilazapril	(<i>Inhibace</i> ®)	Fosinopril	(<i>Monopril</i> ®)
Enalapril	(<i>Vasotec</i> ®)		
Ramipril	(<i>Altace</i> ®)		

Beta Blockers

Acebutolol	(<i>Sectra</i> ®)	Metoprolol	(<i>Lopressor</i> ®)
Atenolol	(<i>Tenormin</i> ®)	Propranolol	(<i>Inderal</i> ®)
Bisoprolol	(<i>Monacor</i> ®)	Sotalol	(<i>Sotacor</i> ®)
Carvedilol	(<i>Coreg</i> ®)	Timolol	(<i>Blocadren</i> ®)
Labetalol	(<i>Trandate</i> ®)		

Calcium Channel Blockers

Amlodipine	(<i>Norvasc</i> ®)	Nifedipine	(<i>Adalat</i> ®)
Diltiazem	(<i>Cardizem</i> ®)	Felodipine	(<i>Plendil</i> ®)
Verapamil	(<i>Isoptin</i> ®)		

Vasodilators

Isosorbide	(<i>Isordil</i> ®)	Nitroglycerin	(<i>Nitro-Dur</i> ®)
Hydralazine	(<i>Apresoline</i> ®)	Terazosin	(<i>Hytrin</i> ®)

Diuretics

Amiloride/HCTZ	(<i>Moduret</i> ®)	Hydrochlorothiazide	
Furosemide	(<i>Lasix</i> ®)	Triamterene/HCTZ	

NOTE: Some patients may take various combinations of the anti-hypertensive drugs mentioned above.

NARCOTICS

Acetaminophen-Codeine-Caffeine	(<i>Tylenol</i> ® #1/2/3)
Codeine	
Fentanyl	(<i>Sublimaze</i> ®, <i>Duragesic</i> ®)
Hydromorphone	(<i>Dilaudid</i> ®, <i>Hydromorph Contin</i> ®)
Meperidine	(<i>Demerol</i> ®)
Morphine	(<i>MOS</i> ®, <i>MS Contin</i> ®, <i>M-Eslon</i> ®)
Oxycodone	(<i>Percocet</i> ®/ <i>Percodan</i> ®, <i>OxyContin</i> ®)
Pentazocine	(<i>Talwin</i> ®)

NOTE: May be administered with dimenhydrinate (*Gravol*®) or prochlorperazine (*Stemetil*®) which may increase side effects of drowsiness and dizziness.

OVER THE COUNTER

Over the counter medications bought without a doctors prescription may contain the medications identified in this resource. Medications with **line-extensions** (*Tylenol-Cold*) contain more than one substance. It is important to check the labels and ask the pharmacist.

Allergy medicines	Cough preparations
Antinauseants	Muscle relaxants
Cold remedies	Painkillers
	Sleeping pills

Some herbal and alternative remedies may increase the risk of falls.

ALCOHOL

Liquid medications may contain ethanol. Alcohol is the most commonly used substance by seniors. Avoiding alcohol when taking medication is the best practice. Besides leading to falls, these drugs can lead to the inability to use equipment safely and impaired driving which is a criminal offence. There is also some evidence of elderly illicit drug use: Cocaine, LSD, Marijuana and some Opiates (Heroin)

DISCLAIMER: Virtually all drugs can at sometime cause central nervous system effects which could cause a fall. The above list is to be used as a tool to assist in determining the potential cause of a fall, but is in no way to be considered all-inclusive.



We invite you to encourage your clients to reduce their risk of falls and medication mishaps by using the Niagara *Rx&D Medication Record Booklet* Program. You may tell them the following steps and ask to see their Medication Record Booklet at each visit.

- Obtain** a free Medication Record Booklet from your pharmacist
- Ask** the pharmacist to provide you with an up-to-date drug profile, which can be placed directly in the Medication Record Booklet
- Discuss** with the pharmacist any over the counter drugs that you are taking and include them in the Medication Record Booklet
- Write** in your identifying information in the space provided
- Check** off any allergies or health problems in the boxes provided
- Carry** it with you at all times
- Show** it every time you see the doctor or receive any health care
- Present** your Medication Record Booklet to the pharmacist for an up-to-date profile, each time you purchase additional prescriptions or over the counter drugs, herbs and vitamins

Original concept from Baycrest Centre for Geriatric Care Fall Risk Assessment November 1996 and revised for Niagara Health System Falls Prevention Program by Welland County General Hospital site Pharmacy July 2002. Adapted with permission by Niagara Region Public Health Department, Injury & Substance Abuse Prevention Program 905-688-3762 or 1-800-263-7248
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FALL RISK ASSESSMENT TOOL For Health Professionals

Frequently Used Medications Associated with Increased Risk of Falls

