



Less Is More

A Project to Reduce Unnecessary Medications in Long Term Care (LTC)

Unnecessary medications, specifically antipsychotics, are often over-prescribed. Research demonstrates the ill effects of medication overuse in general. The overuse of antipsychotic medications, for example, has been proven to decrease physical mobility and quality of life, while increasing confusion, hospitalizations, falls with fractures, and, in some cases, death. Optimizing medication use in general creates a strong, balanced foundation for maintaining overall well-being, while providing the supportive framework necessary to effectively sustain specific improvements, such as antipsychotic reduction, over time. Through person-directed approaches to care, providers can more effectively assess the risks, burdens, benefits, and prognosis for the resident, all of which drive decisions about medication use. In this three-year project we will work with 16 longterm care facilities to optimize medication systems and medication use with a focus on reducing antipsychotics and the use of unnecessary medications. The main intervention will be an Institute for Healthcare Improvement (IHI) Breakthrough Series Collaborative. The curriculum will consist of The Eden Alternative's *Less Is More: Well-being Before the Med Cart* program. The IHI Collaborative will include four 3-hour Learning Sessions and one 3-hour Outcomes Congress delivered by The Eden Alternative® staff and nationally-recognized experts. These five meetings will be held once every 4 months in several locations throughout Oklahoma. Participating nursing homes will establish Performance Improvement Plans and will work on these between each collaborative session. The collaborative period will be followed by onsite and virtual support from OFMQ and the University of Oklahoma College of Pharmacy staff to ensure sustainability. There is no cost for project participation, and all project materials are free. Participating facilities should expect to see an improvement in outcomes for the measures of focus.

Experience You Can Count On

OFMQ is a non-profit healthcare consulting services organization committed to advancing the quality of healthcare and improving lives for Oklahomans. We are experts in the areas of quality improvement, health information technology, data analytics and health care review. OFMQ has been a recognized leader and Trusted Advisor working with nearly 300 Oklahoma Nursing Homes for over fifteen years to help with improving the quality of care for residents. The Eden Alternative® is an organization dedicated to creating quality of life for Elders and their care partners through changing culture and emphasizing person-directed principles and practices that support the unique needs of different living environments. The Oklahoma University College of Pharmacy has been training pharmacy professionals since 1896 and has worked closely on medication safety projects with OFMQ for over 9 years. Together, we have the experience you can count on, to help you reach your longterm care goals.

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