

1. After reviewing the medications on the Beers List, choose three medications that surprised you they were on the list and discuss why?

Aspirin (for primary prevention of cardiovascular disease) I was surprised aspirin is on the list to avoid for older adults. We usually hear it helps prevent heart attacks, but for older adults, it can increase bleeding risk. Paroxetine (an SSRI antidepressant) I didn't expect an antidepressant like paroxetine to be risky. But it has strong anticholinergic effects, which can cause confusion, dry mouth, and falls in older adults. Rivaroxaban (a blood thinner) It surprised me that rivaroxaban is listed to avoid long-term in older adults with atrial fibrillation or blood clots because of the bleeding risk. I thought newer blood thinners were always safer, but some still have high risks.

2. Are there any medications that are not on the list that you think should be added? If so which medications and why?

I think diphenhydramine (Benadryl) should always be clearly listed to avoid in older adults, even though it's mentioned under anticholinergics. Many older adults use it for sleep or allergies without knowing it can cause confusion and falls.

3. When reviewing the section listing the medications that have been removed from the list on page 24, do any of the medications surprise you? If so, which one(s) and why?

Ranitidine (Zantac) I was surprised it was removed, but it makes sense because it was taken off the U.S. market. I still see people talking about it, so I didn't realize it's unavailable now. Meperidine (Demerol) I thought this pain medicine would stay listed because of how dangerous it is for older adults, especially causing confusion. But they removed it because opioids in general cover this concern now

4. Think back to the patients you cared for over the past year on clinical. What medications have you administered that are on the Beers list?

Lorazepam (Ativan) for anxiety or sleep
Oxybutynin for bladder issues

5. Have you noticed any of the patients experiencing side effects associated with the medications you administered that were on the Beers list? If so, what were they?

Older patient got very sleepy or confused after lorazepam