

# POISON PREVENTION FOR THE OLDER ADULT

## FACTS:

More than 14% of all deaths reported to Poison Centers each year are in persons over 60 years of age.

More than 35% of these reported deaths are from unintentional exposures to medications or household chemicals.

Over 30% of hospital admissions of the elderly are because of problems related to medication.

Over 62% of all adverse medication reactions are potentially preventable.

### How Caregivers Can Help Prevent Medication Poisonings:

Keep a current list of the person's medication. Review with the physician at each doctor's visit.

When a new medication is prescribed, ask: "what is it for?", "what are the side effects?", "does this replace a medication currently being taken?"

Tell the person's physician about all medications being taken, this includes over-the-counter medications, like those purchased at a pharmacy or grocery store. In addition, it is important to let the

physician know of any nutritional supplements (*herbal/home remedies and/or vitamins*) that are being used.

Try to use one, instead of multiple pharmacies.

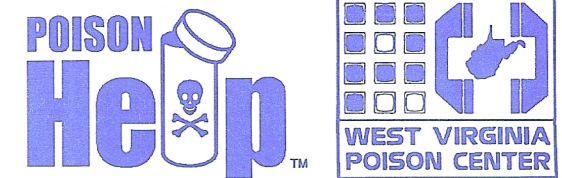
This way the pharmacist can check for drug interactions when the prescription is filled.

A change in behavior can be the result of some medications. Report any changes to the physician as soon as possible.

Chart when medications are given, to prevent giving the same dose twice.

**IN A POISON EMERGENCY,** or for more information, 365 days a year, 24 hours a day, call: 1.800.222.1222

The services of the West Virginia Poison Center are provided free of charge to all citizens of West Virginia via toll-free telephone lines, 365 days a year, 24 hours a day.



1-800-222-1222

Visit our website...

<http://www.wvpoisoncenter.org>

