



Medication Top Tips

Read the Medication top tips below to see how you can help reduce an individual's risk of falling. See the enclosed sheet 'Equipment and Technology' to learn how this can help manage an individual's medication.

1. Be aware that taking 4 or more medications per day can contribute to falls risk, due to side effects impacting on balance.
2. Have a medication review. Over time, some medications may no longer be needed and can be safely discontinued. Speak to your GP or pharmacist for advice.
3. Certain medications are known to cause an increased risk of falls. Check www.hcpastopfalls.info for the full list of individual and combinations of medications that are high risk.
4. Know the side effects of your medication. It is important to know how a medication may make you feel. Some common side effects include; sleepiness, blurred vision, low blood sugar, confusion, dizziness, dehydration and deafness.

Visit www.hcpastopfalls.info to find links to the Herts Valleys, East and North Hertfordshire CCG Medical Teams.

