FHCA Webinar Series:
Decreasing Hospital Readmissions Through Deprescribing
(Webinar Date: October 11, 2019)

Q&A

Q 1: It was mentioned that deprescribing some BZRA's can be life threatening, can't it be a high risk to try and taper off?

A 1: Benzodiazepine can only be life threatening if it is not tapered. Tapering is a safe and effective way to help residents that have been on benzodiazepines for a long period of time. Remember also, this is being done under a physician's care.

Q 2: Have you met any resistance from the doctors to change the orders or stop medications?

A 2: I have definitely met resistance from both primary care MDs as well as psych. CMS has mandated us to attempt gradual dose reductions on all psychotropic medications. When requesting reductions it’s always good to help MD/psych understand that we need to at least make an attempt and if the resident decompensates it can always be restarted. Most importantly is having your nursing staff on board with your goals and not allowing them to call physicians to start psychotropic medications unless a supervisor or DON, approves. Just a suggestion.