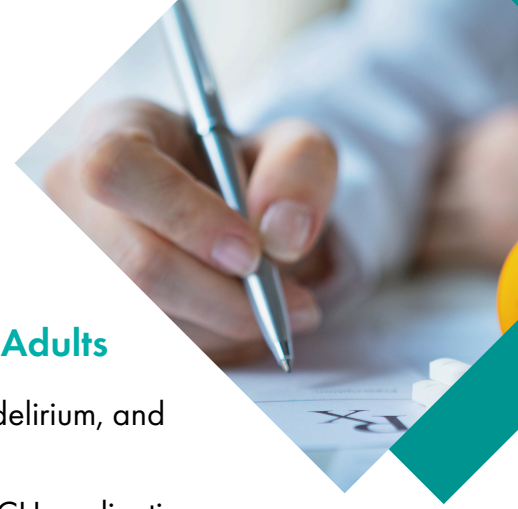




POLY ACH ALTERNATIVES REFERENCE

Use of Multiple Anticholinergic (ACH) Medications in Older Adults

- **Risk of use:** ACH medications increase the risk of cognitive decline, delirium, and falls or fractures
- **Description:** Older adults with concurrent use of 2 or more unique ACH medications
- **Measure calculation:** Lower rate is better
- **Numerator:** Concurrent use of 2 or more ACH medications, each with 2 or more fills
- **Denominator:** All patients ≥ 65 years old with 2 or more fills for the same ACH medication
- **Exclusion:** Hospice

If your patient is on one of these medications, please consider an alternative, or ensure that they are not prescribed two of these medications concurrently:

Anticholinergic medication class	Anticholinergic drugs	Alternatives (where clinically appropriate)
First-Generation Antihistamines	Brompheniramine Chlorpheniramine Cyproheptadine Dimenhydrinate Diphenhydramine (oral) Doxylamine Hydroxyzine Meclizine Triprolidine	Second-generation antihistamine: Levocetirizine Cetirizine Desloratadine Steroid Nasal Spray: Fluticasone Flunisolide Mometasone
Antiemetics	Prochlorperazine Promethazine	Ondansetron
Skeletal Muscle Relaxants	Cyclobenzaprine Orphenadrine	Acetaminophen Ibuprofen Naproxen Celecoxib

Continued →

Antidepressants	Amitriptyline Amoxapine Clomipramine Desipramine Doxepin (> 6 mg/day) Imipramine Nortriptyline Paroxetine	Selective Serotonin Reuptake Inhibitors (SSRIs) <u>except Paroxetine</u> Serotonin and Norepinephrine Reuptake Inhibitors (SNRIs) Duloxetine Bupropion Mirtazapine Trazodone <u>SSRIs, SNRIs and TCAs are not recommended in patients with a history of falls or fractures</u>
Antipsychotics	Chlorpromazine Clozapine Olanzapine Perphenazine	Low-dose Nonanticholinergic Antipsychotics: Aripiprazole Risperidone Ziprasidone
Antiparkinsonian Agents	Benztropine Trihexyphenidyl	Pramipexole immediate-release Ropinirole immediate-release
Antimuscarinics	Darifenacin Fesoterodine Flavoxate Oxybutynin Solifenacin Tolterodine Trospium	Mirabegron (Myrbetriq)
Antispasmodics	Atropine* Clidinium-chlordiazepoxide Dicyclomine Homatropine* Hyoscyamine Scopolamine* *Excludes ophthalmic	For constipation: Lactulose Oral Solution For diarrhea: Loperamide

Questions? Call our Pharmacy Department at



(305) 422-9300 , Option #4

Monday - Friday, 8AM - 6PM

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