

CMP PROJECT SPOTLIGHT

Civil Money Penalty Reinvestment Program

CMP Project Aims to Reduce Polypharmacy in Nursing Homes

An innovative, two-year project, led by Purdue University Associate Professor of Nursing, Dr. Kathleen Abrahamson, called “**Safer Medication Administration Regimens and Treatments**” (**SMART**), is helping to reduce polypharmacy at more than 30 nursing homes across Indiana using Civil Money Penalty (CMP) funds. Polypharmacy, the concurrent use of multiple medications by a single person, is a significant problem in nursing homes. Approximately 40 percent of U.S. nursing home residents take nine or more medications daily, according to a national nursing home study in the American Journal of Geriatric Pharmacotherapy. Inappropriate polypharmacy can cause heart failure and increase the risk of falls, cognitive decline, high blood pressure, and other adverse events.

The goals of SMART are to reduce the average number of medications per resident; reduce use of antipsychotic, anxiolytic and hypnotic medications; and reduce overall medication costs within participating nursing homes. To date, 46 nursing homes have participated in the SMART program.

Academic Detailing Reduces Unnecessary Medication

An important component of the project is “academic detailing,” which is providing research evidence to clinicians. SMART team physicians meet directly with prescribing professionals in nursing homes to provide evidence-based guidance on reducing the use of certain medications. Based on the evidence provided, SMART physicians worked with nursing homes to help them establish specific goals, such as reducing opioid prescriptions and the use of proton pump inhibitors. Dr. Abrahamson and her team are developing a publication to provide final results of the SMART program.

Project Details

Focus: Reducing polypharmacy

Project Duration: 2016-18

Project Funding: \$600,000

Funded Entity: Purdue University, Indiana

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By the Numbers

\$1.3 billion

Cost of inappropriate medications in 2012

40 percent

Percentage of U.S. nursing home residents taking nine or more medications daily

50 percent

Amount by which psychotropic drug use dropped at one facility (from 30 percent to 15 percent) during the SMART program



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