

Palliative Pearls – Taper BP meds for falling, frail elders

Study shows burden may outweigh benefit for managing hypertension in elders with a history of falls.

Antihypertensive medications were associated with increased risk of serious fall injury, particularly among those with previous falls. The potential harms vs. benefits of BP meds should be weighed in deciding to continue treatment in older adults with multiple chronic illnesses.

We use standing blood pressures as a guide to taper antihypertensives in seriously ill elders with falls, leaving rate limiting medications as the last to go.

<http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1832197>

For more information contact Dr. Leslie Estep or Dr. Anita Meyer at Hospice of the Northwest, 360-814-5550, or lestep@hospicenw.org or ameyer@hospicenw.org

If you would prefer not to receive monthly Palliative Pearls, please email pputney@hospicenw.org