

# Addressing Anticholinergic Burden In Assisted Living Residents Through Scoring and Deprescribing

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## Problem Statement

**Anticholinergic (ACH) burden** results when there is concurrent use of multiple medications with anticholinergic properties.

Internal evidence from an assisted living facility supports that:

- at least **50%** of the residents there have dementia
- at least **25%** of the residents have behavioral symptoms that often require pharmacological intervention with ACH psychotropic medication
- approximately **75%** of the residents take at least one ACH medication daily

## Purpose and Goals

The **purpose** of this quality improvement (QI) initiative was to implement and evaluate the effectiveness of an anticholinergic burden quantifying tool for use by prescribers and medication administration staff

### Goals:

#### Process:

- 100% of prescribers will use the ACB Scale prior to prescribing medication to all residents
- 100% of Certified Medicine Aides will use the ACB Scale to identify medications with anticholinergic properties and notify the provider

#### Outcome:

- 100% of medications prescribed will be assessed for anticholinergic effects using the ACB Scale

## Methods

**Setting:** Two residential units of a small residential assisted living facility in Maryland

**Population:** Adults aged 65 and older

**Intervention:** Use of the **Anticholinergic Cognitive Burden (ACB) Scale** for identification of medications with anticholinergic properties

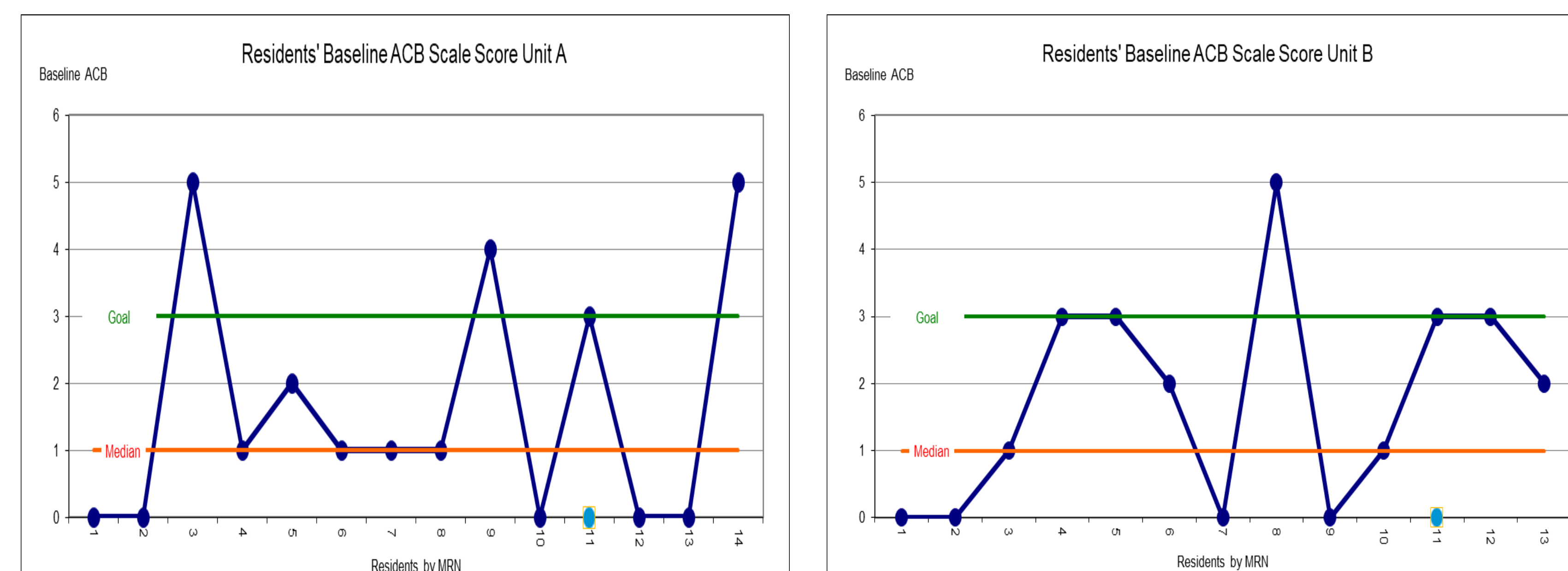
**Implementation Strategies:** Offer incentives (snacks), education sessions for staff and the prescribing NP's, Weekly communication

### Measures:

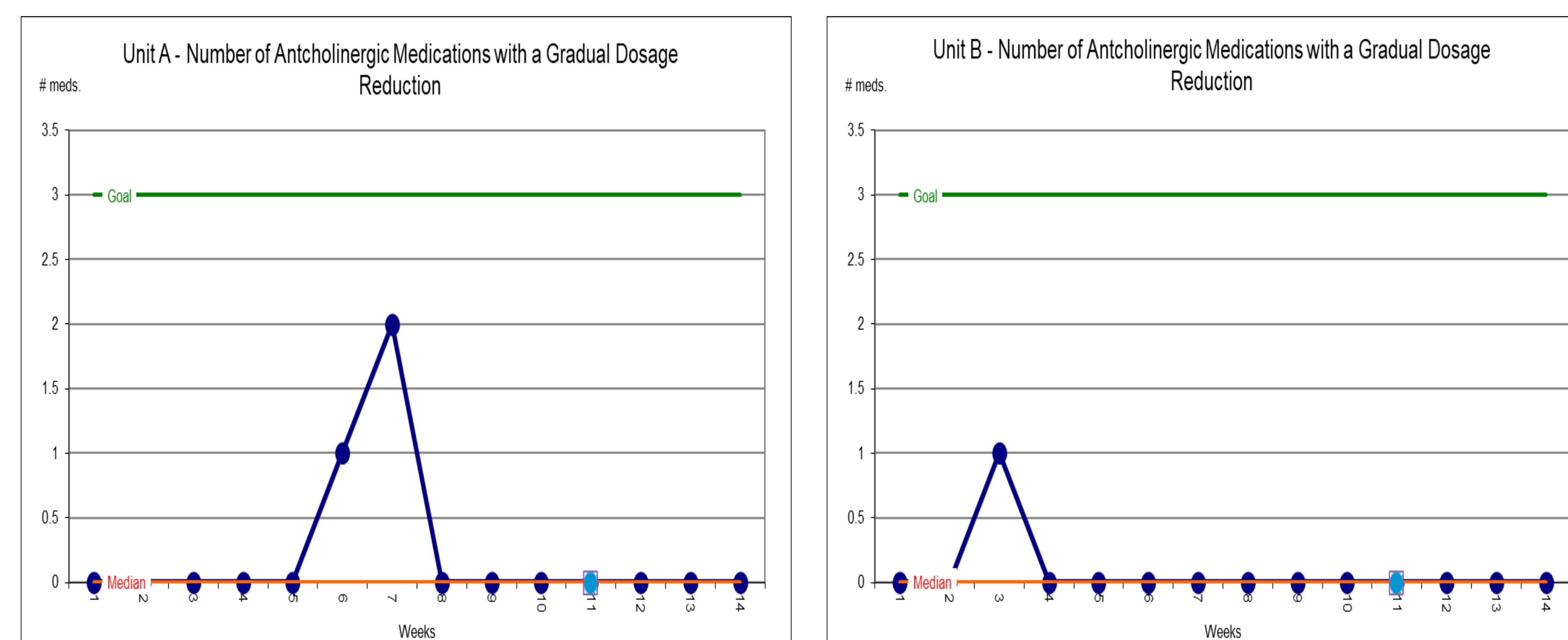
Completed information sessions, staff and NP compliance using tool, number of medications with gradual dosage reduction or deprescribed

## Results and Figures

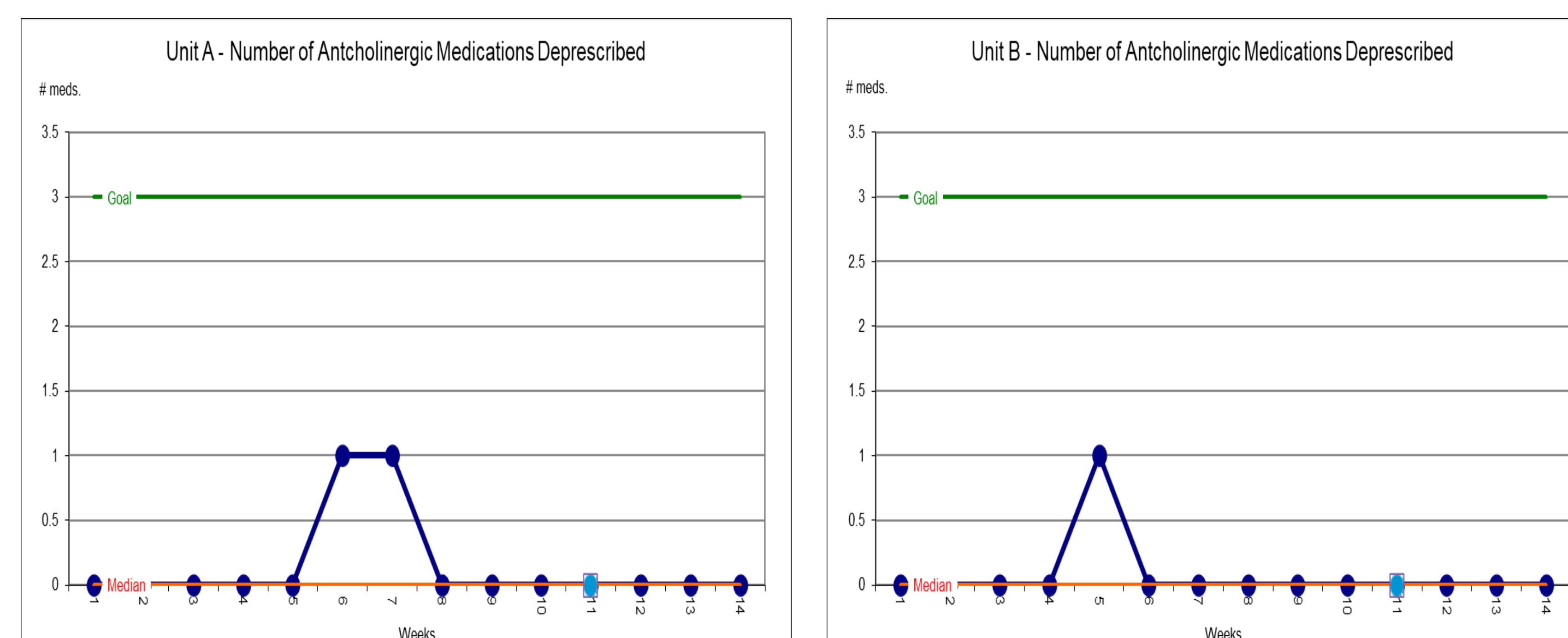
### Anticholinergic Burden Score at baseline



### Gradual Dosage Reductions

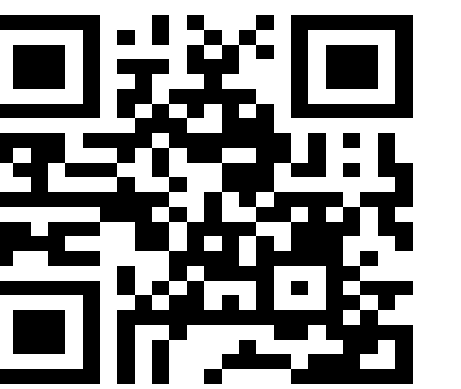


### ACH Medications Deprescribed



## Discussion

Scan QR code to view the Anticholinergic Cognitive Burden Scale



- The process goal of 100% of NP providers will use the ACB Scale when writing orders was met
- The outcome goal of 100% medications assessed via the ACB Scale tool was met
- There is consistent evidence in the literature to support use of the ACB Scale as a beneficial tool to aid providers in decreasing and/or preventing ACH burden among older adults

### Limitations:

- Short amount of time for QI project implementation
- It may not be feasible to decrease dosages or deprescribe ACH medications due to patient's diagnoses or behavioral intervention

## Conclusions

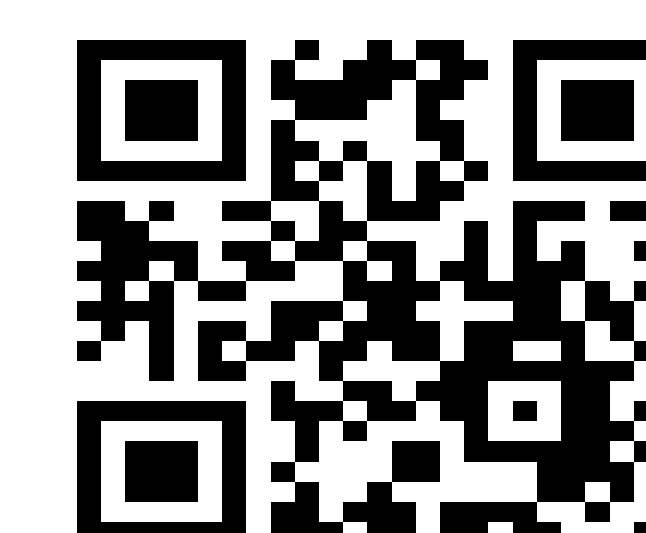
### Sustainability:

- A designated champion was taught how to maintain use of the ACB Scale educating newly hired staff and providers of the process during orientation for project sustainability
- The use of the ACB scale tool is applicable to the 65 and older adult population in any long-term residential setting

### Implications for Practice:

- Increased awareness for providers and medication administration staff; an ideal method for promoting safety for residents of assisted living facilities through identification of medications with anticholinergic properties

## References



Scan QR code for full reference list

## Acknowledgements

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