

### F756 Drug Regimen Review



§483.45 (c) "The drug regimen of each resident must be reviewed at least once a month by a licensed pharmacist. The pharmacist must report any irregularities to the attending physician and the facility's medical director and director of nursing, and these reports must be acted upon."

**Opioid Stewardship Implication:** As a high-risk drug class, a thorough review of opioid medications is an important part of the monthly DRR in order to identify any irregularities with indication, necessity for the drug, dosing, titration or adverse consequences.



#### What's Required

The Drug (Medication) Regimen Review (DRR/MRR) is a thorough evaluation of resident medications in order to improve outcomes and minimize adverse outcomes or risks.

Policies and procedures must be developed and maintained for the monthly MRR that include:

- Time frames for MRR process
- Step-wise process for handling irregularities that requires urgent action to protect the resident

Irregularities found in the medication regimen review related to opioids could include:

- Unnecessary opioid medication(s)
- Opioids being used without adequate indication or monitoring
- Excessive dose or duplicate therapy
- Adverse events or consequences related to the opioid use
- Interactions between opioid and another substance (such as a medication, herbal product, or food)

The MRR requires collaboration between the pharmacist, prescriber, other health care professionals, and the resident and/or their representative to:

- Develop, implement, monitor, and revise, if needed, interventions to prevent or manage each resident's pain;
- Establish goals for treatment; AND
- Work together to reconcile any discrepancies identified during the medication regimen review process



#### Steps to Facility Compliance

- Develop, implement, and educate staff on policies and procedures for monthly medication regimen reviews
- Ensure time frames are put in place for MRR process
- Create step-wise approach for responding to irregularities identified in the MRR, including urgent/time-sensitive recommendations



#### How PharMerica Can Help

- Provide opioid medication recommendations when appropriate, collaborating with facility staff/caregivers to ensure optimal drug selection and dosing
- Attend behavioral meetings, participating in collaborative discussion with facility care team
- Provide staff education for pain management regimen and side effect monitoring
- Remain cognizant of warning signs of opioid side effects (e.g., constipation, nausea, sleepiness, depression) during routine MRRs and nursing note reviews, and report and provide corrective action plans when appropriate