## **Guide for Nurses & Doctors**

## Benchmarking analysis now appearing in RMMR reports

- ✓ Provides the GP and health team with a quick 'snapshot' of the resident's medication regimen and an objective score related to the following key Quality Use of Medicines (QUM) indicators:
  - Anticholinergic Cognitive Burden (ACB) Scale
  - > Psychotropic burden score
  - Polypharmacy burden score
- ✓ The key QUM indicators/scores for the resident are benchmarked against:
  - The average for the resident's facility/RACF
  - The average for that facility's organisation/GROUP
  - ➤ The average for Choice Aged Care's client base of ~25,000 active resident profiles.



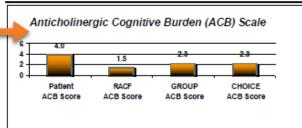
Anticholinergic Cognitive Burden (ACB) Scale: Each drug has a ACB Scale score, ranging from 0 to 3. The resident's score is their cumulative total. Higher scores = a higher risk of anticholinergic related side effects.

Psychotropic burden score = The number of psychotropics (antipsychotics, benzodiazepines & antidepressants) a resident receives. Psychotropic use in aged care has been the subject of a recent Senate Enquiry.

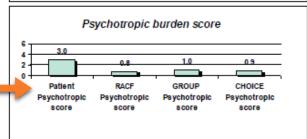
Polypharmacy burden score = The number of regular therapeutic agents a resident receives. Evidence suggests a direct correlation between polypharmacy and medication related problems.

Therapeutic class breakdown = A depiction of the resident's therapeutic priorities as shown by the proportion of different pharmacotherapeutic classes.

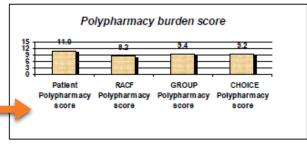
## Resident QUM Indicators & Benchmarking



ANTICHOLINERGIC Cognitive Burden Scale = 4
Older people with dementia may be particularly
susceptible to cognitive impairment associated with
anticholinergic medicines. This impairment may be
misattributed to the disease process itself.



PSYCHOTROPIC burden score = 3 When psychotropics are needed, they should initially be considered as a Irial for a specified period. Discontinue treatment if there is no improvement in the target symptoms.



POLYPHARMACY burden score = 11
Taking 5 or more medicines makes adverse events more
likely. Polypharmacy is associated with a range of
problems in older people.

## Therapeutic class breakdown

