

Know Your Drugs & Know Your Rights

Questions to ask your care provider
and a list of drugs often used
as chemical restraints

Medications can be helpful if they are treating an illness. It is important to be aware of whether a drug is being used for treatment or as a restraint. You should be told about any drug before it is given to you so you can decide if you consent or want to refuse it.

Questions to ask your healthcare provider about medications that have been prescribed for you or a loved one:

- 1 Why was this drug ordered? What symptoms or behavior prompted it?
- 2 Could an illness be causing these symptoms?
- 3 Is this medication specifically for the cause/symptoms?
- 4 What are our non-drug options?
- 5 What was done to treat or eliminate the cause/symptoms before resorting to this medication? Was enough time given to figuring out the causes?
- 6 Is the drug one of those with a black box warning¹?
- 7 What are the side effects/risks of the medication?
- 8 Why do you believe the benefits outweigh those risks?
- 9 What possible interactions will it have with other drugs?
- 10 What is your plan for monitoring the use of the drug and weaning off/stopping it?

Avoiding Drugs As Chemical Restraints

Changing the Culture of Care

A CONSUMER EDUCATION CAMPAIGN

The National Consumer Voice for Quality Long-Term Care & AARP Foundation

If you need help or have questions about your long-term care,
contact your Long-Term Care Ombudsman Program at:

https://theconsumervoice.org/get_help

Everyone deserves good, person-centered care. Unfortunately, there are times when certain medications may be improperly used to stop or change behaviors or for the staff's convenience instead of being used to treat a medical condition. Medications, like the antipsychotic drugs listed on this card, can be dangerous for older people with dementia, and increase the chance of death. When used this way, these medications are considered a "chemical restraint," and can be harmful.

Commonly Used Antipsychotic Drugs

If you or your loved one's doctor prescribes any of these drugs, you need to ask the questions listed on the other side!

| NAME | GENERIC NAME |
|-----------------------|---|
| Risperdal | Risperidone |
| Zyprexa | Olanzapine |
| Seroquel | Quetiapine Fumarate |
| Geodon | Ziprasidone Hydrochloride Ziprasidone Mesylate |
| Abilify | Aripiprazole |
| Invega | Paliperidone Paliperidone Palmitate |
| Haldol | Haloperidol Decanoate Haloperidol Lactate Haloperidol |
| Moban | Molindone Hydrochloride |
| Navane | Thithixene |
| Orap | Pimozide |
| Symbyax | Fluoxetine Hydrochloride Olanzapine |
| Clozaril | Clozapine |
| Fazaclo | Clozapine |
| Depakote | Divalproex sodium |
| Ativan | Lorazepam |
| Paxil | Paroxetine |
| Nuedexta ² | Dextromethorphan-Quinidine |

¹ A black box warning appears on the label of a prescription medication to alert consumers and healthcare providers about safety concerns, such as serious adverse effects or life-threatening risks. A black box warning is the most serious medication warning required by the U.S. Food and Drug Administration (FDA).

² Nuedexta is not an antipsychotic but is often used for conditions that are also treated with antipsychotics.