

Date

Re: *New Policy, Person-Centered Medication Administration*

Dear (prescriber name):

On behalf of (facility name), we are contacting you to let you know of a new program we are planning to roll out that will benefit our residents. This program, entitled Person-Centered Medication Administration (PCMA), is part of a larger initiative to improve quality of life of our residents by enhancing their ability to experience a restful night's sleep.

The cornerstone of PCMA is to avoid waking up residents to take medication or for other interventions. We are also making an effort not to do vital signs and other unnecessary tasks that awaken the residents when they are asleep. Sleep is extremely important to our residents' wellbeing and we want to be supportive of the most restful and uninterrupted sleep possible.

To achieve this, we will be requesting for some residents, your cooperation in changing orders for medications and treatments (including nebulizers) that are dosed q4h (every four hours) or q6h (every six hours) around the clock—to regimens that do not require doses between bedtime and early morning.

For example, for a patient who has come over from the hospital with nebulizers every six hours around the clock, that resident is awakened at midnight and 0600 to receive a nebulizer. This is very disruptive to sleep. We would probably request a change to a qid (four times daily) regimen at 0900

We understand that there may be some cases where it is not medically feasible or advisable to change the timing of medications or treatments because of a particular resident's situation. We will always follow your orders, so rest assured that when those situations occur, we will continue the original order. Orders will not be modified without prescriber approval. We are merely requesting your consideration in at least trying alternative timing of dosing for some medications.

Your collaboration in considering alternative dosing schedules for the benefit of our mutual residents is much appreciated.

Sincerely yours,

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Medical Director

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Director of Nursing

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Administrator