Thinner Blood, Thicker Plots: The 4Ms of Anticoagulation in Older Adults

Current Topics in Pharmacy
Activity Announcement

Anticoagulants are high risk medications. The use of anticoagulation in older adults is associated with non-adherence due to possible forgetfulness, falls that can cause bleeding, increase risk for bleeding and bruising, polypharmacy, and increased pill burden, as well as drug-drug interactions. With the growing literature related to anticoagulation and antiplatelet therapies, practitioners may not be aware of the responsibility they have in determining whether anticoagulation or duration of therapy is appropriate in their older adult patients due to lack of knowledge and framing the medication within the 4 Ms Age Friendly Framework.

This activity was originally recorded on 1/28/2026.

Learning Objectives
At the conclusion of this educational activity, the participant should be able to:
- List the 4 Ms considerations when determining the appropriateness of anticoagulation therapy in an older adult through active learning.
- Explain the importance of anticoagulation caution in older adults in the format of the 4 Ms.

Speaker
Donyae Brown, PharmD
PGY-1 Pharmacy Resident
University of Maryland Baltimore Washington Medical Center

Dr. Brown, speaker for this activity, has no financial relationships to disclose. None of the planners for this activity have any financial relationships to disclose.

CE Credits: 0.5 Contact Hours
Universal Activity Number: 0025-0000-26-006-L01-P
Target Audience: Pharmacists
Activity Type: Knowledge
Activity Launch Date: 1/28/2026
Activity Expiration Date: 1/28/2027
Fee: $15.00

Criteria for Successful Completion
Learners must complete all activity components including viewing the audiovisual presentation and completing the activity evaluation. A link to the activity evaluation will be available upon successful completion of all other course segments. Statements of CE Credit will be available electronically via CPE Monitor within sixty (60) days of completion of the activity.

Use of Trade Names: The trade names of the drugs and delivery systems in this module are for the purpose of product identification only. This activity does not imply endorsement for any commercial products discussed.

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Technology Requirements

Supported Internet Browsers	Windows • Internet Explorer version 11 and above • Chrome 43 and above • FireFox 4.0 (or later) MacOS • Safari 13 and above • Chrome 43 and above
Minimum Memory	8 GB (or more)
Minimum Storage	6 GB (or more)
Minimum Processor	PC: 2 GHz or faster Intel processor MacOS: Multi-core Intel processor
Minimum Internet Speeds	High speed internet connection
Other	Participants must be able to play audio (either through speakers or headphones) as well as ability to open PDF files and view and edit Word, and PPT documents.

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