

Session Details

Session #: 201
Title: Polymedicine in the Elderly
Speaker: Tracy Gutman, MD
Date: Friday, October 9
Time: 9:35-10:50 a.m.
CE Contact Hours: 1.25
Pharmacology Hours: 1.25

Session Description

Polypharmacy or polymedicine refers to the use of multiple medications, typically five or more. It can also refer to the use of inappropriate medications or more medications than clinically indicated. Polymedicine particularly affects older adults due to their multiple chronic medical conditions, multiple prescribers, and the polymedicine cascade (mistaking medication side effects for new medical problems resulting in the addition of even more medications). Consequences of polymedicine include drug-drug interactions, medication nonadherence, increased risk of cognitive impairment, impaired balance, falls, increased risk of morbidity, hospitalization, and mortality. Geriatrics prescribing tools and guidelines can help prevent polymedicine and enable providers to prescribe the safest and most effective medications for geriatric patients.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Explain basic principles of aging and pharmacology.
2. Define polypharmacy / polymedicine and implement best practices to manage complex medication regimens in the elderly.
3. Describe problem drugs in the elderly and drugs to avoid or closely monitor.
4. Define deprescribing and advantages of implementing deprescribing into practice.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.