

Appropriate Prescribing for Older Adults

Objectives

- Define polypharmacy
- Discuss how to recognize polypharmacy and how to prevent it
- Explain the pharmacokinetic changes that occur in older adults
- Summarize special considerations and criteria that are relevant for prescribing for older adults

Content Outline

1. Appropriate Prescribing for Older Adults
 - A. Polypharmacy
 1. Prevalence
 2. Recognition
 3. Prevention
 - B. Deprescribing
 - C. Special considerations for prescribing medications in older adults
 1. Drug interactions
 2. High risk drugs
2. Pharmacokinetic Changes in Older Adults
 - A. Absorption
 - B. Distribution
 - C. Metabolism
 - D. Elimination

Reading Material Resources

Module WB2303: Appropriate Prescribing for Older Adults is based on the resources listed below. A copy of each resource is included with the module.

Polypharmacy, 2021 Ferri Clinical Advisory, Ferri, Fred, 2021, 1130e 2-3

Chapter 7, Appropriate Prescribing, Ham's Primary Care Geriatrics, Hughes, et al., 2022, 59-66

Practical advice for prescribing in old age, Locherty, et al., Medicine 49:1, 2020, 17-20