

# MEDICAL EDUCATION

## SPEAKERS NETWORK

ESTD  DATE

### TRENDING MEDICAL EDUCATION TOPIC

## Geriatric Polypharmacy

#### What is the problem?

Polypharmacy, defined as the regular use of multiple medications, is common in older adults and younger at-risk populations. In addition, the term polypharmacy suggests that more medication is being used than is clinically indicated. It is estimated that about one-third of U.S. adults in their 60s and 70s are using five or more prescription drugs. Polypharmacy can increase the risk of adverse medical outcomes, including falls, cognitive impairment, and harmful drug interactions. It is important to provide clinicians with the knowledge necessary to ensure that geriatric patients are effectively treated while reducing unnecessary polypharmacy.

#### How do we know this is a problem?

<https://www.nia.nih.gov/news/dangers-polypharmacy-and-case-deprescribing-older-adults>  
<https://www.cdc.gov/nchs/products/databriefs/db347.htm>

#### Proposed Learning Objectives:

At the conclusion of this activity, the learners will be able to:

- Examine medication demographics of the elderly
- Discuss pharmacokinetic and pharmacodynamics changes that occur in the elderly
- Analyze both economic and quality of life effects of polypharmacy
- Describe techniques in how to decrease polypharmacy in the elderly

If your medical staff needs an update on geriatric polypharmacy, consider contacting our office to book a speaker at 877-505-4777 or [info@speakersnetwork.com](mailto:info@speakersnetwork.com).