



## Optimizing Medications in Older Adults

Last reviewed December 2019

### Better Prescribing in the Elderly

<http://www.canadiangeriatrics.ca/wp-content/uploads/2016/11/Better-Prescribing-in-the-Elderly.pdf>

This article presents the importance of potentially inappropriate medications (PIMs) in the elderly. Guidance on deprescribing is provided. (OPEN ACCESS)

### Safer Prescribing in Elderly Patients

<http://www.canadiangeriatrics.ca/wp-content/uploads/2016/04/Safer-Prescribing-in-Elderly-Patients.pdf>

This publication uses a case study approach to introduce pharmacokinetic changes with aging, pharmacodynamic drug changes associated with aging, the impact of multiple medications, considerations for UTI and risk of falls. (OPEN ACCESS)

### Combining Quality Improvement and Geriatrics Training: The Nursing Home Polypharmacy Outcomes Project

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4190157/pdf/nihms596058.pdf>

The authors describe their Polypharmacy Outcomes Project which was developed to optimize medication safety and cost effectiveness, to educate practicing physicians and trained Geriatric Medicine fellows on quality improvement project implementation. They discuss the impacts over the two years of the project. (OPEN ACCESS)

### Frequency and Cost of Potentially Inappropriate Prescribing for Older Adults: A Cross-Sectional Study

<http://cmajopen.ca/content/4/2/E346.full>

In this publication the researchers sought to quantify the frequency and cost of potentially inappropriate prescribing for older women and men in Canada. (OPEN ACCESS)

### Optimizing Medication Appropriateness in Older Adults: A Randomized Clinical Intervention Trial to Decrease Anticholinergic Burden

<https://alzres.biomedcentral.com/track/pdf/10.1186/s13195-017-0263-9>

This article describes a randomized trial investigating the effectiveness of targeted patient-centred pharmacist-physician team medication therapy management (MTM) on clinical dementia rating (CDR). (OPEN ACCESS)

### Optimizing Medications in Older Adults with Cognitive Impairment

<https://www.cfp.ca/content/cfp/64/9/646.full.pdf>

The objective of this publication was to provide primary care physicians with an approach to medication optimization in older adults with cognitive impairment. (OPEN ACCESS)

## Optimizing Medication in Older Adults

### Deprescribing Benzodiazepine Receptor Agonists

<https://www.cfp.ca/content/cfp/64/5/339.full.pdf>

This clinical practice guideline is intended to help clinicians make decisions about when and how to safely taper and stop benzodiazepine receptor agonists (BZRAs). This guideline applies to patients who are using BZRAs to treat primary insomnia or comorbid insomnia where the potential comorbidities are effectively managed. (OPEN ACCESS)

### What are Priorities for Deprescribing for Elderly Patients? Capturing the Voice of Practitioners: A Modified Delphi

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0122246>

The aim of this paper was to identify and prioritize medication classes where evidence-based deprescribing guidelines would be of benefit to clinicians. (OPEN ACCESS)

### Deprescribing for Older Patients <http://www.cmaj.ca/content/cmaj/186/18/1369.full.pdf>

The authors describe an approach to deprescribing based on principles, practice and available evidence. (OPEN ACCESS)

### Reducing Inappropriate Polypharmacy: The Process of Deprescribing

<https://www.smgg.es/images/articulos/polypharmacy.pdf>

This article describes the problem of polypharmacy, defines deprescribing and the evidence to support it. The process is detailed and considerations are reviewed. (OPEN ACCESS)

### A Medication Review and Deprescribing Method for Hospitalized Older Patients Receiving Multiple Medications

<https://onlinelibrary.wiley.com/doi/full/10.1111/imj.12906>

The authors describe a prospective pilot study aimed at determining whether a structured approach to deprescribing in the inpatient setting is feasible and reduces medication burden. (PAID ACCESS)

### The Feasibility and Effect of Deprescribing in Older Adults on Mortality and Health: A Systematic Review and Meta-Analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5338123/pdf/BCP-82-583.pdf>

This article describes a literature review which sought to determine whether or not deprescribing is a safe, effective and feasible intervention to modify mortality and health outcomes in older adults. (OPEN ACCESS)

### Discontinuation of Statins in a Population of Older New Zealanders with Limited Life Expectancy <https://onlinelibrary.wiley.com/doi/full/10.1111/imj.13024>

This publication investigates the predominantly sedentary lifestyles of older adults in the UK and how they can be encouraged to increase their activity levels, including possible risks and benefits. (OPEN ACCESS)

### Strategies for Discontinuing Psychotropic Medications

<https://canadiangeriatrics.ca/2015/01/volume-4-issue-2-strategies-for-discontinuing-psychotropic-medications/>

This article presents an overview of the scope, type of withdrawal symptoms that might be encountered, and approaches to stopping sedative-hypnotics, antidepressants, antipsychotics, and cholinesterase inhibitors. (OPEN ACCESS)