



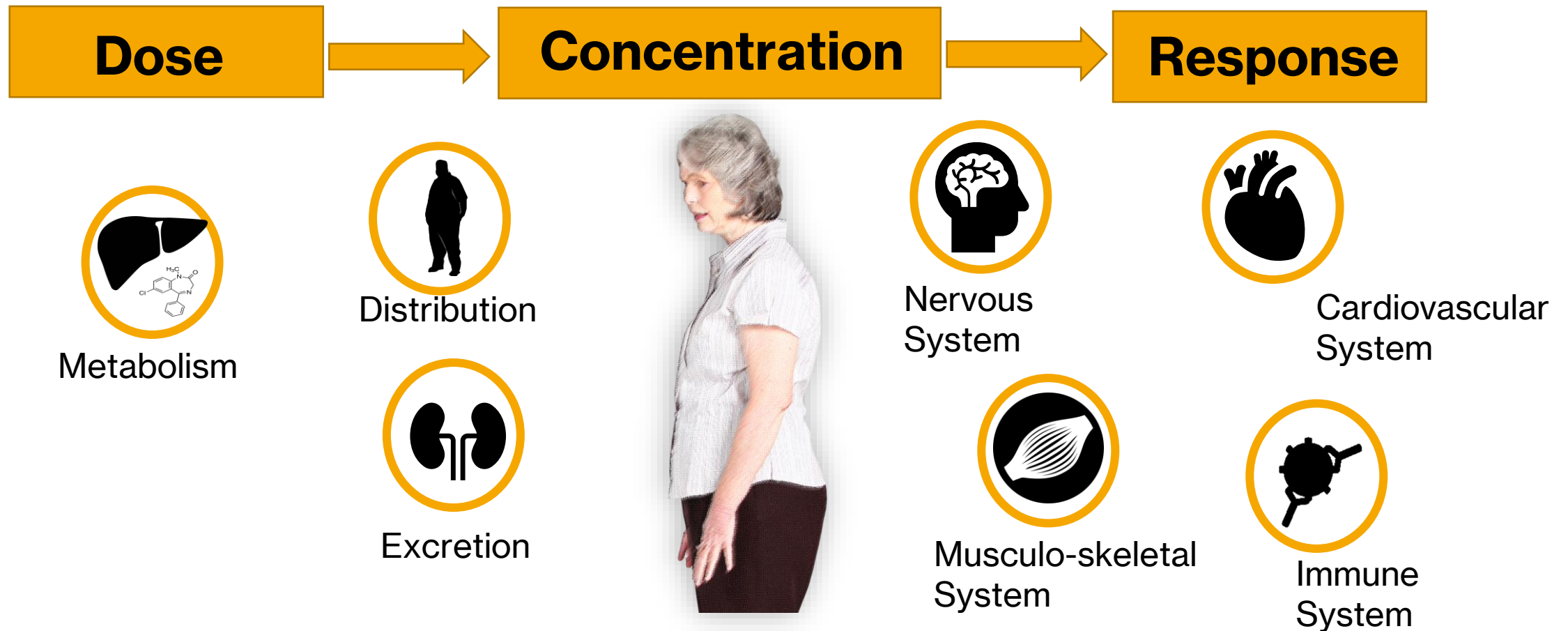
Educate Before You Medicate

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Age-Friendly Healthcare



Changes with Age Alter Our Response to Medications



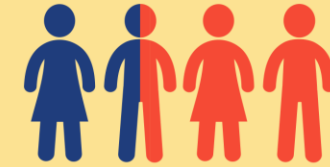
Chronic Health Conditions increase with Age

10 Common Chronic Conditions for Adults 65+

Quick Facts



80% have at least 1 chronic condition



68% have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

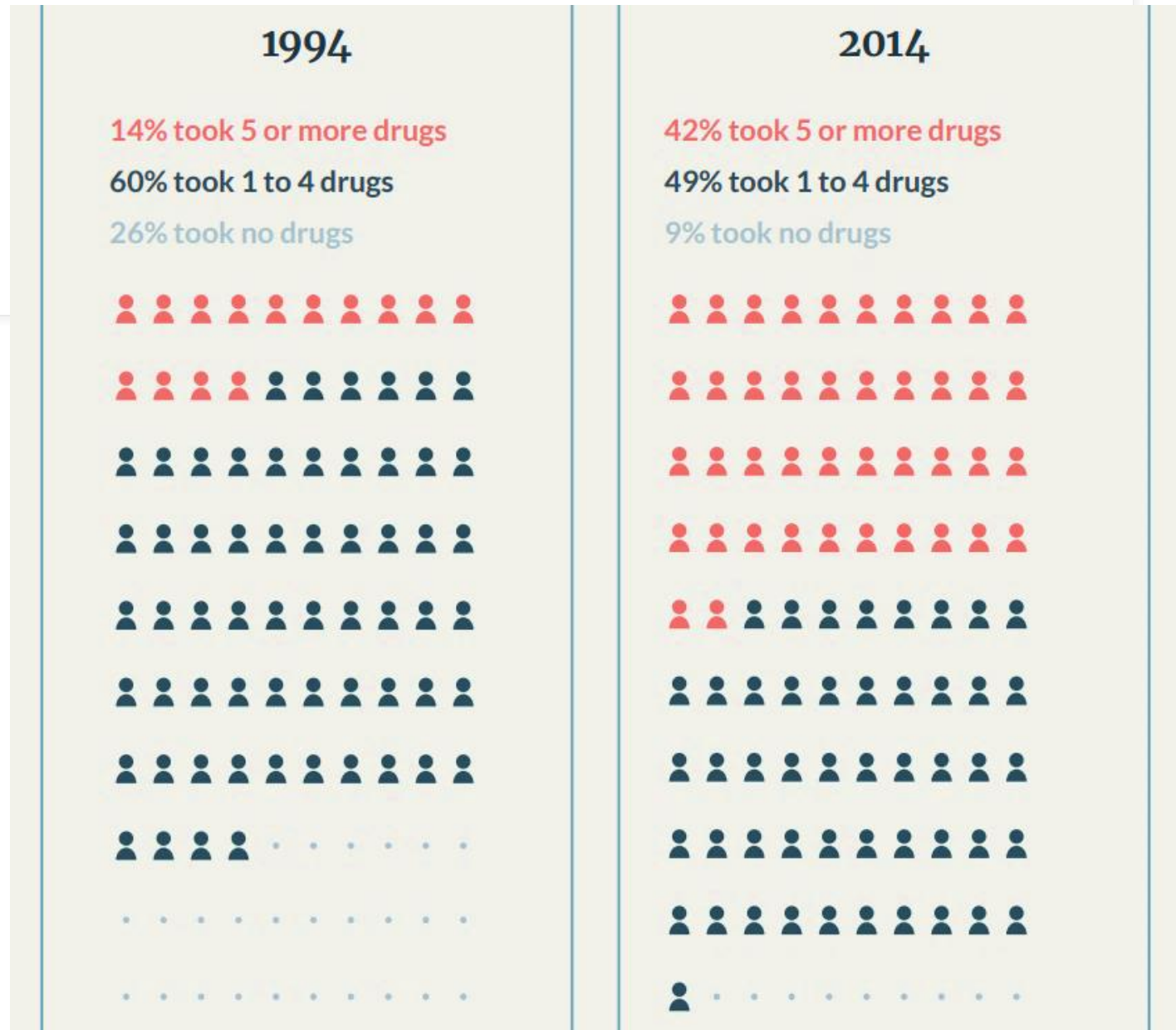
Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

Polypharmacy is increasing

From 1994 to 2014, the proportion of older adults taking five or more drugs tripled, from 13.8 percent to 42.4 percent.



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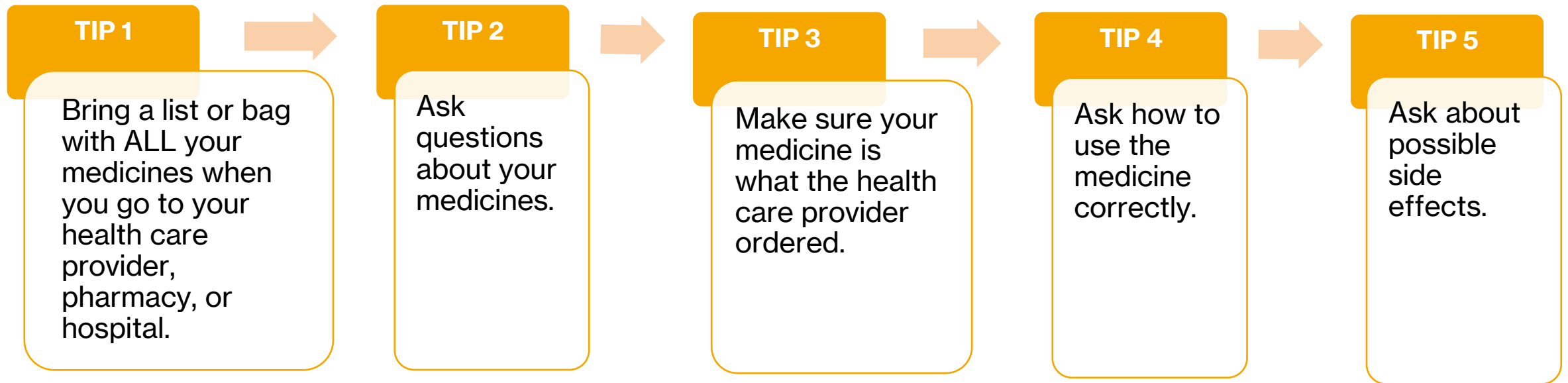
Medications: The Right Balance

"Medications are probably the single most important health care technology in preventing illness and disability in the older population."



"Any symptom in an elderly patient should be considered a drug side effect until proven otherwise."

Tips for Using Medicines Safely



Tips for Using Medicines Safely

TIP 6

Be cautious with high-risk medications:

- Blood thinners
- Blood sugar lowering meds
- Sedatives
- Pain medications

TIP 7

Try non-medication approaches first whenever possible.

TIP 8

Ask before taking OTC medications or alcohol along with prescribed medications.

TIP 9

Clarify medication instructions anytime you leave the hospital, ER, or long-term care setting.

TIP 10

Clean out your medicine cabinet regularly and dispose of unneeded medications safely.

Additional Resources

Safe Use of Medicines for Older Adults:

<https://www.nia.nih.gov/health/safe-use-medicines-older-adults>

Mind Your Meds: Medication Safety—Health Quality Innovation Network (HQIN) and Carolinas Center for Medical Excellence (CCME):

<https://www.thecarolinascenter.org/services/provider-and-practice-transformation/mind-your-meds/>

Mind Your Meds: Safe Opioid Use and Disposal—HQIN:

<https://seniornavigator.org/mindyourmeds>

BeMedWise—Needy Meds:

<https://www.bemedwise.org/>

Health in Aging—American Geriatrics Society:

<https://www.healthinaging.org/medications-older-adults>