

Paul Yetes

# Prescribing in the elderly

#### Background

Balancing medication use in the elderly is a complex task. made more difficult by the physiological changes and increased burden of disease seen with aging.

#### Objective

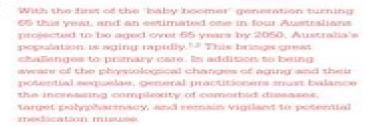
This article reviews recent literature and outlines the basic principles and problems of medication use in older people. and provides potential strategies to optimise prescribing.

Competing risks and benefits complicate medication use in the eiderly. General practitioners need to be aware of these risks and benefits in order to tailor the most appropriate treatment regimen to each individual patient.

Keywords: aging: prescriptions, drugs; drug utilisation; quality of health care; therapeutics







#### Physiological changes with aging

Age related changes in pharmacokinetics and pharmacodynamics lead to a reduction in physiologic reserves. This leaves elderly patients particularly vulnerable to the potential complications of polypharmacy. The major pharmacokinetic and pharmacodynamic changes associated with aging are outlined in Table 1.3.4.

In addition, differences in receptor numbers and binding affinities leg, down regulation of cardiac beta-1 adrenergic receptors).5 changes in target organ responses and impaired compensatory reflexes (eg. autonomic blood pressure control) also result in less predictable outcomes. Under appreciation of these changes may contribute to inappropriate dosing, inadequate monitoring and increased adverse drug reactions. 7,8

#### Polypharmacy

The physiological changes that come with aging are often compounded by an increasing number of chronic conditions necessitating multiple medications. Although lacking a consensus definition, polypharmacy is commonly described as the 'concurrent use of more than arrywhere between four and 10 medications'.1 This definition however, neglects to take into account the number of comorbid diseases legitimately requiring treatment, and risks oversimplifying the issue and encouraging inappropriate underprescribing. An alternative definition of polypharmacy is 'the use of more medications than are clinically indicated. 5-13

Up to two-thirds of people aged over 60 years are prescribed. in excess of four medications. 13 This 'oill burden' increases with age, especially in residents of aged care facilities.14 Other factors associated with polypharmacy include female gender, number of diagnoses, recent hospitalisation, and depression 15 The most

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