



Edwina Holbeach  
Paul Yates

# 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.

## Discussion

Competing risks and benefits complicate medication use in the elderly. 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



With the first of the 'baby boomer' generation turning 65 this year, and an estimated one in four Australians projected to be aged over 65 years by 2050, Australia's population is aging rapidly.<sup>1,2</sup> This brings great challenges to primary care. In addition to being aware of the physiological changes of aging and their potential sequelae, general practitioners must balance the increasing complexity of comorbid diseases, target polypharmacy, and remain vigilant to potential medication misuse.

## 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.<sup>3,4</sup>

In addition, differences in receptor numbers and binding affinities (eg. down regulation of cardiac beta-1 adrenergic receptors),<sup>5</sup> changes in target organ responses and impaired compensatory reflexes (eg. autonomic blood pressure control) also result in less predictable outcomes.<sup>6</sup> Under appreciation of these changes may contribute to inappropriate dosing, inadequate monitoring and increased adverse drug reactions.<sup>7,8</sup>

## 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 anywhere between four and 10 medications'.<sup>9</sup> 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'.<sup>9-12</sup>

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

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*Prescription Drugs and Elderly Americans* ,1987      *Drugs and the Elderly* Charlotte Kenton,1985      **Literature Search** National Library of Medicine (U.S.),1985      Drug Use and Misuse Among the Elderly United States. Congress. House. Select Committee on Aging. Subcommittee on Human Services,1989      Drugs and the Elderly Adult Meyer D. Glantz,David M. Petersen, Frank J. Whittington,1983      *Medicare's New Prescription Drug Coverage* ,1988      **Growing Young** Ashley Montagu,1988-12-30 In this new revised edition of his landmark book Montagu compels us to reevaluate the way we think about growth and development in all its phases throughout life Humans are designed to grow and develop their childlike qualities and not to become the ossified adults prescribed by society Montagu demonstrates how our culture schools and families are in conspiracy against such childlike traits as the need to love to learn to wonder to know to explore to think to experiment to be imaginative creative and curious to sing dance or play He also reveals the many links between physical and mental aging and tells how to prevent psychosclerosis the hardening of the mind so that we can die young as late as possible The best statement ever written on the most important neglected theme of human life and evolution Stephen Jay Gould Harvard University In this new revised edition of his landmark book Montagu compels us to reevaluate the way we think about growth and development in all its phases throughout life Humans are designed to grow and develop their childlike qualities and not to become the ossified adults prescribed by society Montagu demonstrates how our culture schools and families are in conspiracy against such childlike traits as the need to love to learn to wonder to know to explore to think to experiment to be imaginative creative and curious to sing dance or play He also reveals the many links between physical and mental aging and tells how to prevent psychosclerosis the hardening of the mind so that we can die young as late as possible      **Surgeon General's Workshop, Health Promotion and Aging** Faye G. Abdellah,Steven R. Moore,1988      *Medical and Health Care Books and Serials in Print* ,1997      Annual Reports in Medicinal Chemistry ,1985-09-11 Annual Reports in Medicinal Chemistry      **Social Work with the Aging** Carol H. Meyer,1986      **Drug Intelligence & Clinical Pharmacy** ,1988      Social Work Practice with the Elderly Michael J. Holosko,Marvin D. Feit,1996      *Technical Book Review Index* ,1981      **Library Journal** ,1978 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately      **A Guide to Management and Supervision in Nursing Homes** Sarah Burger,Brenda H. Sullivan Miller,Brenda Fay Mauney,1986      *Drug use and Misuse Among the Elderly* ,1989      **Subject Catalog** Library of Congress,1981      *Aging* ,1982      **Subject Catalog, 1981** Library of Congress,1981

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