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Polypharmacy in the elderly

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The geriatric population is exploding as is its use of pharmaceuticals. Complications related to polypharmacy are estimated to impact 40% of the geriatric population and although the geriatric population only makes up 15% of the population in the US, they utilize 25-30% of all prescribed medications and 40% of over-the-counter medications. Since polypharmacy is an important safety issue impacting the geriatric population, it is essential that all clinicians recognize and prevent its consequences. This presentation will focus on the factors that result in polypharmacy, the importance of simplifying medication regimens, and the need for rapid recognition and intervention when adverse events and drug reactions occur in the geriatric patient.

Biography

Linda Dayer-Berenson earned her PhD from Rutgers University. She is an Associate Clinical Professor at Drexel University – College of Nursing and Health Professions in Philadelphia, PA where she is also the undergraduate nursing pharmacology course chair and at the Neuromusculoskeletal Institute at Rowan University – School of Osteopathic Medicine in Stratford, NJ. She is a board certified adult NP by ANCC, a certified nurse educator by the NLN and she is a Fellow of the American Association of Nurse Practitioners. She has presented and published extensively on issues related to pharmacology, pain management and cultural competency.