



Multiple Medication Workshop: Polypharmacy in the Elderly Community Outreach Project

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Introduction

Date and time: June 1st, 2022

Location: Community for Positive Aging in Portland, OR

Target Audience: Elderly adults. 9 total in attendance. Min age 69, max age 80, average age 74

Background/Content

Learning Objectives:

1. Create a medication list to help identify any knowledge gaps of current medications
2. Brainstorm/discuss ways to effectively improve medication management skills
3. Understand how polypharmacy can impact health while also factoring in the complexity and nuance of this phenomenon
4. Understand the importance of the patient/provider collaboration

Polypharmacy Defined:

Polypharmacy is the use of *excess medications*

69% of adults ages 40-79 in the United States used at least 1 prescription drug and 22.4% used 5 or more prescription drugs in the last 30 days, respectively

Background/Content (continued)

Polypharmacy and its Potential Impacts:

Frailty, falls, cognitive impairment, and death

Challenges in Polypharmacy Research:

Difficult definitions and confounding factors

Polypharmacy can be appropriate in certain conditions



Only ~50% of elderly adults knew the names of their medications and their purpose with fewer than 25% knowing the respective side effects

Tools for the Patient

Organization: Pill organizers, smartphone applications, check-lists

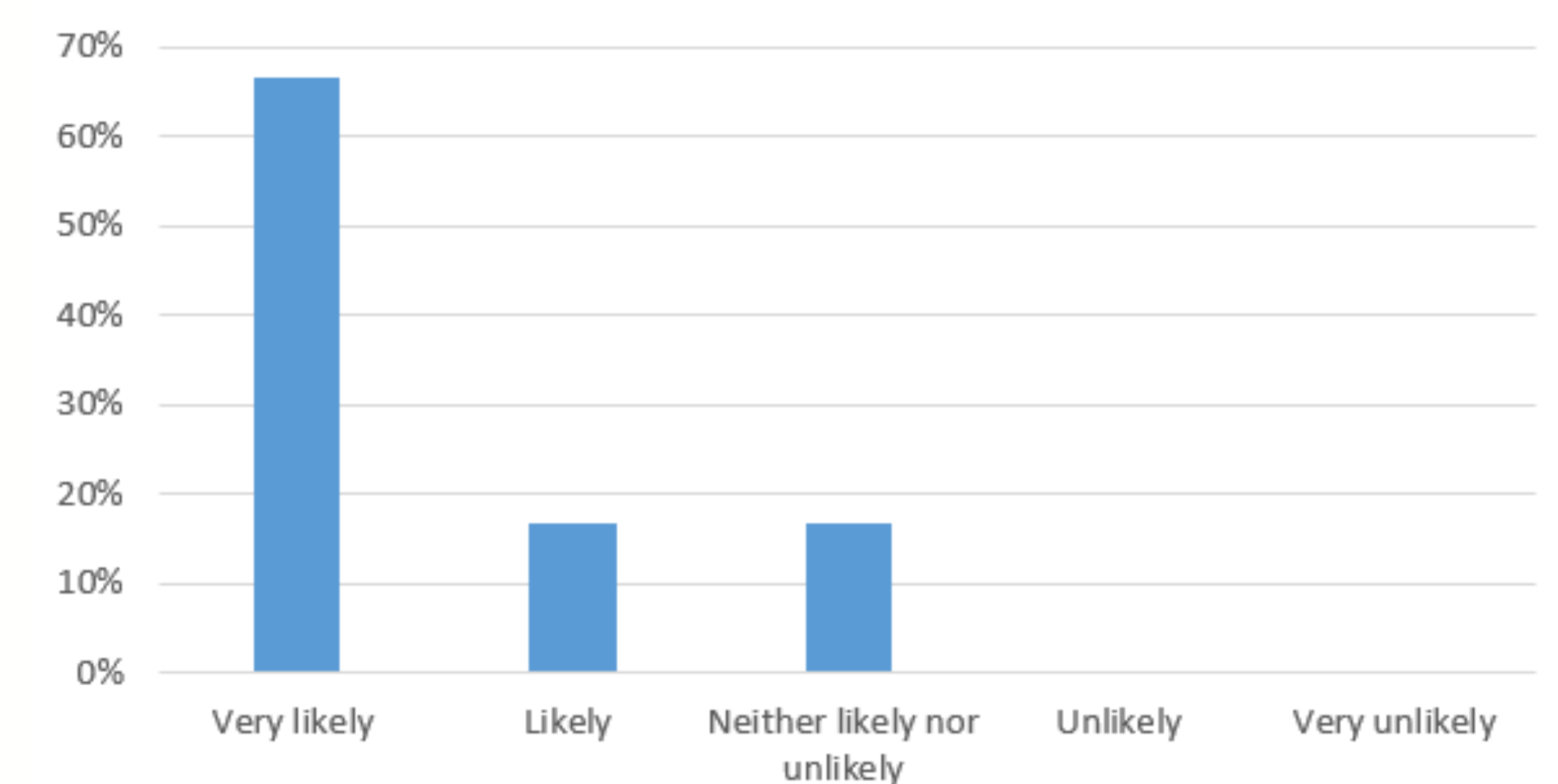
Memory: Mealtime dosing, alarms, storage in sight

Education: Ask questions, establish with PCP, check with provider before starting any new medication or supplement

Conclusion

Evaluations (highlights): 100% of participants believed that the topic was effectively taught, with learning objectives addressed and the presenter doing well.

Change Behavior Likelihood



Final thoughts: Overall this was an extremely rewarding presentation. The audience was engaged and health literate. It was helpful to hear the audiences' barriers to engaging in these conversations

Challenges: Rescheduled event, online format

Opportunities: Improvement surrounding language and health literacy

References/Acknowledgements

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