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Project Title

Examining Characteristics, Patterns, Health Outcomes and Potentially Inappropriate Medications Among Older Adults Living with Polypharmacy in the Canadian Longitudinal Study on Aging (CLSA)

Project Summary

Many older adults in Canada are living with the task and potential implications of taking multiple prescribed medications on a regular basis (also known as polypharmacy). The common cut-point of taking five or more prescribed medications results in adverse drug effects requiring medical care among 13% of older adults in Canada, of which one-third of events are considered preventable. These adverse events are costly to individuals, as well as to health care systems. This research will complement an intervention aimed at evaluating and reducing polypharmacy with potentially adverse events using a patient-centred approach in which the population impact of this intervention will be determined using the cohort data from the Canadian Longitudinal Study on Aging (CLSA). The overall aim of this research is to inform the reduction of medication burden through examining the polypharmacy characteristics, predictors and health outcomes among adults and older adults in the CLSA data.

Keywords

Polypharmacy, Characteristics, Patterns, Health outcomes, Potentially inappropriate medications