



## ACP Update: Polypharmacy and Deprescribing in the Older Adult

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**対象者** 医師, 若手医師 (卒後16年以内), 後期研修医 (卒後3年以上), 初期研修医 (卒後1-2年目), 学生

**Target** Doctor, Early Career Physicians, Senior Resident, Resident (1-2 years after graduation), Medical Student

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Polypharmacy, defined as the prescribing of five or more medications, is common in the older adult and often necessary to treat the older adult with multimorbidity. Unfortunately, the use of multiple medications and medication interactions are also frequent reasons for adverse events and hospitalization in this population. This session will cover concepts in polypharmacy, indicate medications to avoid in the older adult, discuss the concept of prescription cascade, employ critical thinking to medication reconciliation, and suggest practical methods to strategically deprescribe medications.