






Podcast Episode Fact Sheet

Podcast Series	MS3 Reynolds Geriatric Series		
Episode Title	<i>Pharmacological Considerations in Treating Older Patients</i>		
Personnel			
	Mike Ragain, MD	Lynn Bickley, MD	Kathryn McMahon, PhD
Episode Description	This episode outlines 5 strategies for effective prescribing in the elderly.		
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Explain how aging-related decline in organ function impacts pharmacokinetics with specific emphasis on the kidneys, liver, blood volume & muscle 2. Explain implications for polypharmacy in the elderly 3. Discuss measures that a physician can take to avoid over-medication in the elderly 4. Use the Beers Criteria to identify potentially inappropriate medications for the elderly 5. Manage clinical situations of pathologies in or drug-related problems in older adults 		
Content	<p>Introduction</p> <p>Major Points</p> <ul style="list-style-type: none"> • Know the starting point on medications • Prescribe specifically • Start low & go slow • Watch for drug interactions • Simplify drug regimens & stop more than you start <p>Summary</p>		
Podcast Pearl Topic	Considerations for dose regimen in the elderly		
Personnel	Dr. McMahon		
Major Points	Rather than pick a normal dose in the elderly, look for a specific response that the patient should make within about 3 ½-4 half-lives of the drug; then look at blood levels and consider different compounds		
Comments			
References	Fick DM, Cooper JW, Wade WE, Waller JL, Maclean JR, Beers MH. Updating the Beers criteria for potentially inappropriate medication use in older adults: results of a US consensus panel of experts. Arch Intern Med. 2003;163:2716-2724. Accessed at http://www.dcri.duke.edu/ccge/curtis/beers.html		