

Pharmacology Considerations With Your Patients Over 50

COPE ID# 35199-PH

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Abstract

This course provides the eye care professional with an overview of the pharmacological aspects of managing older patients. Practical tips for effective geriatric eye care are given. Ocular side effects of common systemic medications are discussed. Prescribing pearls for optometrists managing patients over 50 are provided.

Learning Objectives

1. To understand age-related concepts and challenges affecting pharmacology and geriatric eye care.
2. To better appreciate how trends in drug prescribing impacts optometric practice.
3. To understand how to make a practice more aware of the risks associated with drug management in older adults.
4. To improve eye care delivery for older patients through effective patient management strategies.

I. Introduction

- a. Why over age 50? Do we really will have a shot at a second 50 years?
- b. Prescribing trends of drugs

II. Normal aging changes that impact Pharmacotherapy

- a. Eye
 - b. Liver
 - c. Kidney
 - d. Cardiovascular and blood pressure
 - e. Prescribing considerations and calculations
- III. Implications of co-morbidity in the eye care setting
 - a. Physical
 - b. Cognitive
- IV. Top 10 medications prescribed in older adults
 - a. Oral
 - b. Topical
- V. Ocular side effects of the Top 10 systemic medications prescribed in older adults. Dozens of mainstream systemic drugs produce a broad range of ocular side effects. Here is a review of numerous systemic medications and the associated side effects you should be aware of:
 - a. Systemic Hypertension Drugs
 - i. *Antiadrenergic agents*
 - ii. *Vasodilating agents*
 - iii. *ACE inhibitors*
 - b. Drugs for Cholesterol Control
 - i. Statins
 - ii. Niacin
 - c. Cardiac and Vascular Drugs
 - i. *Anti-angina medications*
 - ii. *Anticoagulants.*
 - iii. *Anti-arrhythmias.*
 - d. Pulmonary Disease Drugs
 - i. *Beta-2 adrenergic agonists*
 - ii. *Steroids*
 - iii. *Mast-cell stabilizers*
 - iv. *Dornase Alfa.*
 - v. *Tuberculosis (TB) medications.*
 - e. Rheumatological Drugs
 - i. NSAIDS
 - ii. *Biphosphonates.*
 - iii. *Immunosuppressive agents.*
 - iv. *Anti-malarial medications.*
 - v. *Other rheumatological medications.*

- f. Genitourinary Medications
 - i. *Hormone replacement therapy (HRT).*
 - ii. *Prostate therapy.*
 - iii. *Erectile dysfunction (ED) medications.*
 - g. Psychogenic Medications
 - i. *Depression.*
 - ii. *Panic disorder*
 - iii. *Schizophrenia*
 - iv. *Obsessive compulsive disorder (OCD).*
- VI. Prescribing Pearls for the Older Adult Patient
 - a. Adverse drug reaction precautions for those with systemic disease and multiple drug therapy.
 - b. Dosage considerations: systemic vs. topical ophthalmic meds
 - c. Practical considerations of patient education: understanding and compliance
 - d. Visually Impaired Patients
 - e. Patients With Reduced Cognitive Function
 - f. Noncompliance insights
 - i. Incidence and prevalence
 - ii. It's complicated to know what I'm supposed to do
 - iii. It's a lot of work, questionable independence
 - iv. Rx's not filled
 - v. Unintentional/ improper use
 - vi. Cognitive impairment and memory loss
 - vii. Tips and tools to improve
 - viii. Polypharmacy
- VII. Conclusion