



Polypharmacy: Solving the Mystery

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Adults are living longer and with multiple chronic health conditions. Polypharmacy can be a mystery and a challenge when helping older adults balance their health and wellness. This continuing education presentation, delivered by a nurse and pharmacist, will help you to understand the relevant area of polypharmacy and the impact/consequences of utilizing multiple medications with an older adult population. The strategy of “deprescribing” will be explored as it relates to reducing medication utilization.

Following this presentation the participant will be able to:

- Understand the definition of polypharmacy
- Understand the consequences of multiple medications in the geriatric population
- Define deprescribing and how this process can help reduce medication utilization
- Define common medication classes that contribute to polypharmacy

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- Call (312) 977-3711 for more information about contact hours.

