

# Polypharmacy in Connecticut in 2018: Opioids Are Not The Only Issue



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# What is Polypharmacy?

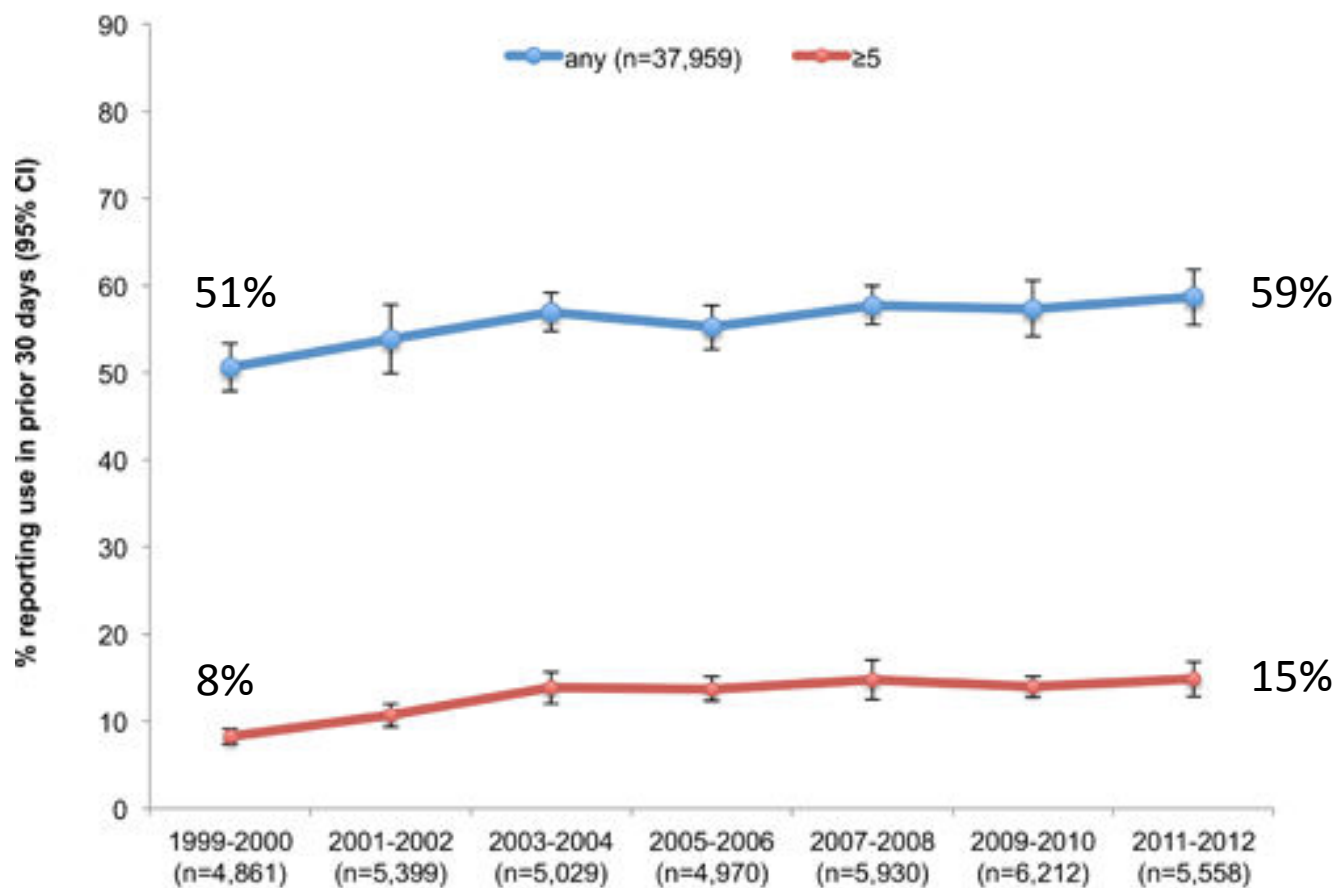
- Simultaneous use of multiple medication
- Of concern if 5 or more medications are used

# Why is Polypharmacy a Concern?

- Medications approved based on studies excluding:
  - Those on other medications
  - 65+ year olds
- Interactions and side effects increase with number taken
- Often, no “master list” of active medications exists:
  - Multiple providers, each writing prescriptions
  - Providers often unaware of other prescriptions
  - Patients and caregivers may go to multiple pharmacies and are often confused about medications

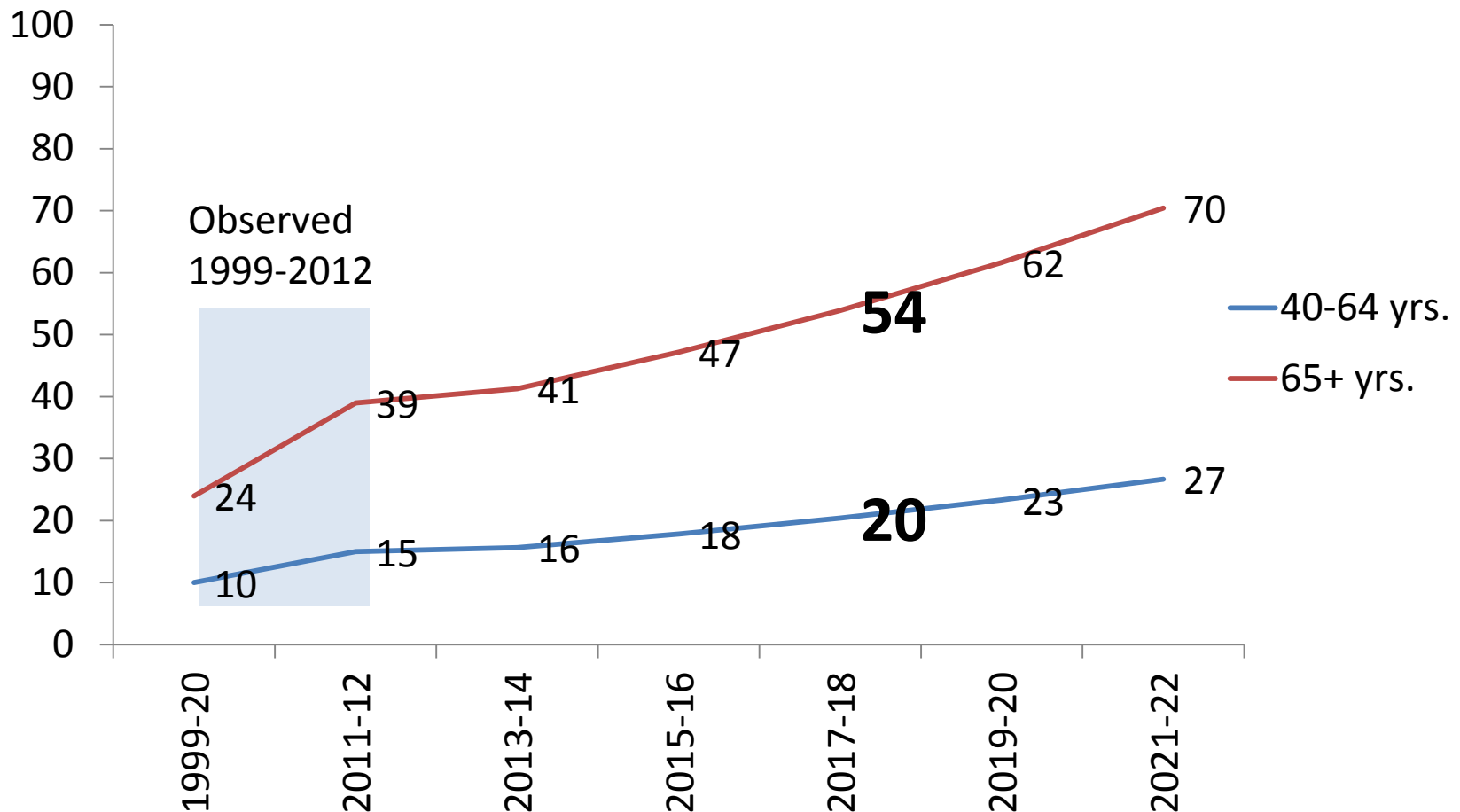
# How Common Is Polypharmacy?

# Proportion of US Adults Affected



Kantor ED. et.al., Trends in Prescription Drug Use Among Adults in the United States From 1999-2012. JAMA 2015;314(17):1818-1831

# Polypharmacy Projections\* 2014-2022



\*Linear extrapolation of Kantor data

# How is Connecticut Affected?

- Based on projections: 1 in 5 Adults in Connecticut experience polypharmacy
  - Among 20-39 years: 1 in 25
  - Among 40-64 years: 1 in 5
  - Among 65+ years: 1 in 2

# How Does Polypharmacy Compare to Prescription Opioids?

Age in Years	Opioid Prescriptions*	5+ Prescriptions
20-34	18%	4%
35-64	25%	20%
65+	29%	54%

\*Based on person-year data reported by Centers for Disease Control 2016



# What Outcomes Are Associated with Polypharmacy?

- Falls and fractures
- Dementia and delirium
- Adverse drug events
  - Drug-drug interactions
  - Side effects exacerbating other health conditions
- Hospitalizations
- Mortality
- Expense (often born by the patient)