

Abstract

The purpose of this evidence-based project is to assess polypharmacy amongst the elderly and create an effective protocol that can be used by healthcare providers to reduce polypharmacy amongst the elderly. The project seeks to create an approach to increasing healthcare provider's awareness of polypharmacy to help improve medication management. Polypharmacy amongst the elderly people is a major problem because of high susceptibility to concurrent diseases. The project uses an experimental approach with 15 primary clinician participants; 30 pre-implementation and 30 post-implementation chart review before the implementation of the ARMOR assessment tool. The project found out that the use of the ARMOR tool is effective in reducing polypharmacy by increasing physician's awareness of polypharmacy as well as creating an effective medication management approach to manage prescription amongst the elderly patients. After the introduction of ARMOR assessment tool, there was a significant reduction in polypharmacy cases from 15.81 to 10.50 (mean =5.31, SEM=0.63), $p<.00$. Clinicians knowledge increased with an average score from 2.81 to 4.17 post-intervention (mean pre-post difference =-1.37, SEM=0.19), $p<.001$. There is the need to create more awareness amongst the healthcare providers on management of the elderly patient's medication.

Keywords: polypharmacy, polymedicine, deprescribing, elderly, geriatric, and ARMOR tool.