

Reducing ageism: synergies in research and policy

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@ITNEuroAgeism <https://euroageism.eu/>



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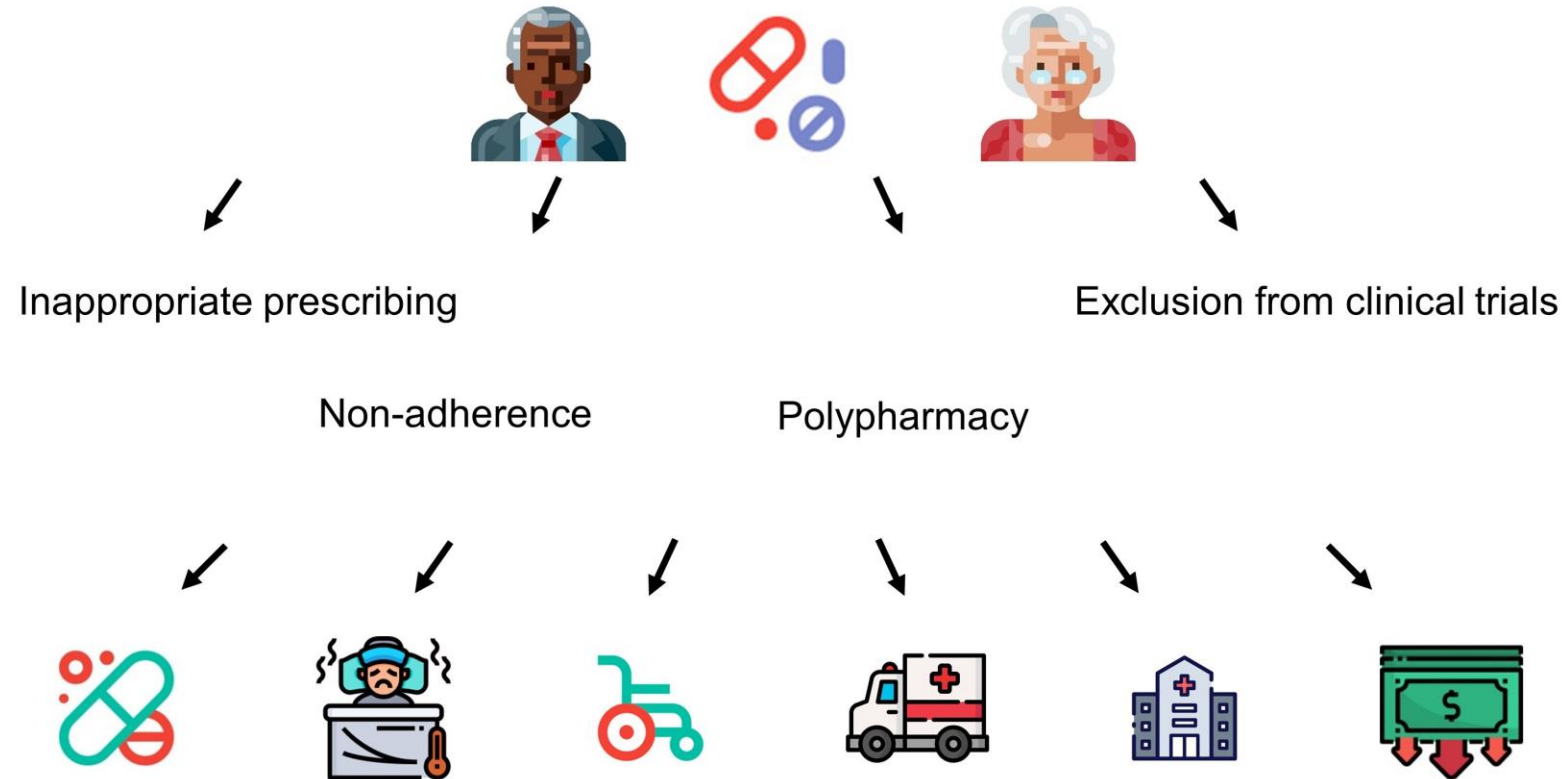
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Combating ageism in medication use in older adults

Ageism in medication use in older adults

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Ageism in medication use in older adults



Addressing ageism in medication use

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- Antipsychotics in people with dementia – increase mortality and rate of cognitive decline
 - without free and informed consent
 - especially prevalent in nursing homes; chemical restraint → abuse, inhuman and degrading treatment
- Benzodiazepines for sleep disorders and anxiety – falls, road accidents, overdose, dependence, cognitive impairment
- In both cases, non-pharmacological alternatives (behavioural interventions) are preferred



Addressing ageism in medication use

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- improving coordination and integration of health and social care; person-centred, collaborative and multidisciplinary
- holistic education and training of all care professionals in ageism, ageing, older age, geriatric medicine and communication skills
- patient empowerment to take an active role in decision making related to their health
- raising awareness about ageism in medication use; patient education on risky medications; awareness and education on non-pharmacological strategies
- introducing indicators of quality of prescribing; age and sex-disaggregated data on medication use
- tightening regulatory measures and improving their implementation to prevent exclusion of older adults from clinical trials

