



Australian Association of Consultant Pharmacy
Accredited Pharmacists' Forum

**Meeting the Challenges of Appropriate Medicines Management
in the Older Adult**

Wednesday 18 March 2020
Sofitel Broadbeach, Queensland

Learning Objectives and Competency Standards

After completing this activity, pharmacists should be able to:

Managing high risk medicines in the older person - a collaborative approach

- Describe the pharmacokinetic and pharmacodynamic effects of opioids and benzodiazepines in the older person
- List the communication techniques that support patients in understanding their therapeutic relationship
- Identify which opioids and benzodiazepines could pose a higher risk in the older person
- List counselling micro skills which can assist in supporting GP's with their clinical reasoning

"Inflammaging" - inflammation in chronic disease

- Describe the biologic processes involved with ageing and chronic disease.
- Appreciate the markers associated with inflammation in chronic disease.
- List the features of frailty and how they may impact management approach.

Improving health outcomes for our seniors and the role of deprescribing

- Describe the principles of deprescribing in older persons
- Access resources for deprescribing of psychotropic medicines
- Explain communication strategies used to support patients in decisions to rationalise medications

SGLT2 inhibitors: harms and benefits

- Discuss evidence to support the need for risk reduction in T2D patients
- Describe the clinical impact of new evidence in CVD and CKD risk reduction (benefits) emerging from recent trials
- Apply this new evidence by utilizing the new Diabetes Treatment algorithm in practice
- Improve patient safety by incorporating key clinical guidance on risks related to SGLT2 inhibitors

Geriatric Syndromes – what are they and why are they important?

- Describe the term “geriatric syndromes”
- List conditions commonly recognised as “geriatric syndromes”
- Explain the rationale behind Comprehensive Geriatric Assessment
- Explain frailty and give an example of a model used to measure it
- Demonstrate an appreciation of the need for a holistic approach in management of the older person

Tips for engaging with the older person with type two diabetes

- Identify the needs of the older person with type 2 diabetes
- Counsel an older person with type 2 diabetes about self-management
- Design an individualised plan for an older person with type 2 diabetes

Anti-inflammatory relievers for asthma

- Describe the extent and consequences of over-reliance on SABA relievers alone
- Review GINA 2019 recommendations
- Discuss the benefits of as-needed ICS-formoterol in adults and adolescents with mild asthma

Laryngopharyngeal reflux and chronic cough-a therapeutic dilemma

- Describe laryngopharyngeal reflux (LPR) and how it relates to chronic cough
- Describe the challenges of diagnosing LPR
- Outline the management of LPR

The 2016 Competency Standards addressed by this activity include: 1.1, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.5 and 3.6