MEDICATION USE AND SENIORS

UPDATE 2017

The Canadian Medical Association supports the development of a comprehensive, evidence-based approach to the delivery of quality care to older Canadians. The Association notes that aging is a normal process that is part of the human experience. It is not a disease, and older people are not a homogeneous group. The health and well-being of older people is determined by a range of factors that include genetic, physical, psychosocial, and environmental influences. The health of older people is influenced by the lifelong interaction of these factors, which vary in importance as people age. The health of older people is also influenced by the interactions between them and the healthcare system. The provision of care to older people should be based on an understanding of the unique needs and circumstances of each individual.

The CMA notes that medication use is a complex issue that involves multiple factors, including individual characteristics, health status, lifestyle, and healthcare system influences. The CMA also notes that medication use is a major public health concern, with significant implications for individual health, healthcare costs, and public health outcomes. The CMA supports the development of evidence-based policies and guidelines to promote safe and effective medication use in older people.

The CMA recommends that policymakers and healthcare providers take a holistic approach to medication use, considering the unique needs and circumstances of older people. This includes developing evidence-based policies and guidelines, providing education and training for healthcare providers, and supporting research to improve our understanding of medication use in older people.

The CMA encourages healthcare providers to work with their patients to develop individualized medication plans that take into account the unique needs and circumstances of each individual. This includes considering the potential benefits and risks of medication, as well as the impact of medication on other aspects of health and well-being. The CMA also notes that medication use should be monitored and reviewed regularly to ensure that it is appropriate and effective for each individual.

The CMA supports the development of evidence-based policies and guidelines to promote safe and effective medication use in older people. This includes promoting the use of medication management tools and technologies, such as electronic medication records and reminders, to support safe and effective medication use.

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