

老人用藥安全

Medicine safety for seniors

Senior Distress and signs of aging

1. Vision, hearing, cognitive, memory degradation.
2. Drug absorption, distribution, metabolism, excretion changed.
3. Physiological balance, compensatory function degradation, more difficult to regulate blood sugar, blood pressure, heart rate, body temperature, etc.
4. Coordination function degradation, unresponsive, mobility, easy to fall, fractures, urinary frequency, urinary incontinence.

Frequently problems for medicine usage by seniors

1. Repeated taking of medicine, forgetting to take medicine, taking the wrong medicine, taking medicine at the wrong time.
2. Adjusting the medicine by oneself or stop taking medicine, with increasing frequency of side effects occurring.
3. Like to buy medicine, remedies, Chinese herbs, drugs with exaggerated effects, and give each other drugs.
4. Preserving the medicine the wrong way, reluctant to discard expired drugs.

Causes for problems of seniors taking medicine

1. Having many types of chronic diseases, taking prescriptions from many different hospitals at the same time, complexity in the types of medicine used.
2. Resting time unable to conform with time for taking medicine.
3. Deterioration of body functions, reduction in memory and cognition.

Notes on seniors taking medicine

1. When seniors visit doctors, they should tell doctors or pharmacists all the medicines they are taking currently.
2. Should let doctors or pharmacists understand all the types of medicine you are using, to avoid repeated usage or effects of drugs interactions.
3. When taking medicine, be clear about the usage, the amount, the time, and dosage. If there are



any questions, should inquire the pharmacist immediately.

4. Be careful of the medicine's side effects and new symptoms that appear.
5. Not to buy health products with unclear sources, not to believe in unrealistic and exaggerated advertisements, to avoid spending money and damaging oneself.
6. Insist on the 5 Not to Principles: Not to listen, not to believe, not to buy, not to eat, not to recommend.
7. Memory and cognition reducing, using methods to avoid forgetting taking medicine such as: calendar, drug box.

Need to know for senior medicine taking

1. Should do regular health checkups, to understand functions of inner organs, so to adjust the medicine dosage and avoid side effects happening.
2. Diuretics, multivitamin preparations to avoid before bedtime, so as not to affect sleep.
3. Comply with doctor's or pharmacist's instructions of taking medicine, and not to change it by oneself.
4. After taking sedatives and sleeping pills, to rest and not walk afterwards, to prevent falling down.
5. After taking high blood pressure medicine, to prevent feeling dizzy caused by low blood pressure from one's postures.
6. Using medicine box for long effect medicine or single dosage medicine to help prevent forgetting to take medicine