

The ABC of prescribing in the elderly: Practical tools

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1. Evaluate the anticholinergic load

<http://www.anticholinergicscales.es/>

Drug Burden Scale : Formula that was developed to measure the cumulative exposure to anticholinergic and sedative medications in older persons and its impact on physical and cognitive function

CALCUL: DRUG BURDEN INDEX

Medication	DBI
TRAZODONE (50 mg)	0.33
CYCLOBENZAPRINE (30 mg)	0.60
FENTANYL TRANSDERMAN SYSTEM (1.2 mg)	0.99
GABAPENTIN (1800 mg)	0.86
SERTRALINE (100 mg)	0.67
Results	HIGH RISK 3.45

<https://www.anticholinergicscales.es/calculate/results>
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2. Estimation of the creatinine clearance

<https://globalrph.com/medcalcs/creatinine-clearance-multi-calc/>

Different formulas to calculate the creatinine clearance.

3. Lexicomp

<https://online.lexi.com>

Lexicomp provides clear, concise, point-of-care drug information, including dosing, administration, warnings and precautions, etc

4. Deprescribing

www.deprescribing.org

Web site with tools to help deprescribing.

5. MedStoppers

<http://medstopper.com/>

MedStopper is a deprescribing resource for healthcare professionals and their patients.

6. <http://www.polypharmacy.scot.nhs.uk/>
This combined mobile app and website aim to support healthcare professionals, patients and carers to make shared decisions about medicines, based on the Scottish Government's [Polypharmacy Guidance: Realistic Prescribing, 3rd edition](#).
7. <http://rxisk.org/>
RxISK is run by a group of high-profile medical experts with international reputations in early drug-side-effect detection and risk mitigation, pharmacovigilance, and patient-centered care.
8. <http://www.primaryhealthtas.com.au/resources/deprescribing>
These guides outline recommended deprescribing strategies for a range of commonly used medicines, where ongoing use is not appropriate
9. www.careoftheolderperson.com
The Care of the Older Person is broken up into chapters written by an esteemed group of doctors and researchers, each covering a different aspect of elder care:
10. **E prognosis**
<https://eprognosis.ucsf.edu/>
The information on ePrognosis is intended as a rough guide to inform clinicians about possible mortality outcomes.