

Abstract 1: Top 10 medications from the Beer's list criteria that are prescribed to seniors, by rate of use and chronic use, Canada 2016

Chemical	Indicated uses	Beers criteria rationale (potential harm)	Rate of use	Rate of chronic use
Pantoprazole (PPI) (>8 weeks)	GERD, PUD	Clostridium difficile infection, bone loss, fractures	13.2%	10.3%
Lorazepam	Anxiety, insomnia	Cognitive impairment, delirium, falls, fractures	8.8%	3.6%
Nitrofurantoin	Antibiotic to treat urinary tract infection	Pulmonary toxicity, hepatotoxicity, peripheral neuropathy	5.0%	0.1%
Rabeprazole (PPI) (>8 weeks)	GERD, PUD	Clostridium difficile infection, bone loss, fractures	4.3%	3.5%
Amitriptyline	Depression	Sedation, orthostatic hypotension	2.9%	1.8%
Quetiapine	Schizophrenia, bipolar disorder	Cognitive decline, stroke, mortality	2.8%	1.7%
Omeprazole (PPI) (>8 weeks)	GERD, PUD	Clostridium difficile infection, bone loss, fractures	2.7%	2.2%
Zopiclone	Insomnia	Cognitive impairment, delirium, falls, fractures	2.4%	1.5%
Oxazepam	Anxiety, insomnia	Cognitive impairment, delirium, falls, fractures	2.4%	1.4%
Estradiol (oral/topical patch)	Menopause	Potential carcinogen (breast and endometrium)	2.1%	1.2%

Abbreviations: gastroesophageal reflux disease (GERD), peptic ulcer disease (PUD)

Modified from the Canadian Institute for Health Information Drug Use Among Seniors in Canada, 2016, report. Available from: https://secure.cihi.ca/free_products/drug-use-among-seniors-2016-en-web.pdf