Higher Drug Burden Index (DBI) scores of 1+ have been associated with falls, frailty and other side effects.

677 ADULTS 44-91 YEARS
We examined the burden of these medicines in 677 older adults with intellectual disabilities. (ID)

FINDINGS

Higher Drug Burden Index (DBI) scores of 1+ have been associated with falls, frailty and other side effects.

95% of older adults with ID were taking medicines.

Almost one-quarter of people (24.1%) were taking ten or more medicines together.

54% had a high DBI score of 1+. The general population scores range from 5-29%

Almost eight in ten people (78.6%) took medicines with anticholinergic and/or sedative effects.

People with ID who had epilepsy, mental health conditions or had behaviours that challenge were much more likely to have high DBI scores (DBI 1+).

MEDICINES THAT ACCOUNT FOR THE TOTAL DBI BURDEN IN THE POPULATION

Antiepileptics (27.6%)
Antipsychotics (25%),
Antidepressants (14.2%)
Anxiolytics/sedatives (9.4%).

RECOMMENDATIONS

We recommend regular medication reviews for older adults with ID to assess for medication side effects and effects on quality of life.

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