

Polypharmacy has been defined as taking many medications. In fact, a lot of studies show that multiple drug use such as 5 or more drugs is associated with adverse outcomes including adverse drug reactions, falls, frailty and cognitive impairment. Given that the operational definition may depend on the number of drugs, recent concept of polypharmacy is changing to imply potential harm associated with multiple drug use. Potential harm includes nonadherence, duplication, use of drugs with opposite pharmacologic action and use of potentially inappropriate medications (PIMs) such as anticholinergics. Practically, measures against polypharmacy take these factors into consideration. At the symposium, the speakers will talk about what they are doing for research and clinical practice in each country and will update the concept of polypharmacy.