### Polypharmacy and Long-term use of Certain Medications

Polypharmacy and long-term use of certain medications are prevalent among people with intellectual and developmental disabilities (IDD). This has been shown to cause considerable adverse drug reactions and effects that negatively affect patients’ quality of life. The UK campaign STOMP-LD (Stopping Over Medication of People with Learning Disabilities or Autism or both) addresses inappropriate psychotropic medication-related polypharmacy.

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
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</table>
| Review regularly (e.g., every 3 mo) the date of initiation, indications, dose, effectiveness, and adverse drug reactions or unwanted effects of all medications.  
Involving a pharmacist to review medications whenever possible. | Empirical, Ecosystem, Expert | ![Clinicians’ top recommendation](image-url) |
| For potentially toxic medications, or those with drug-organ or drug-drug interactions, establish a baseline for the patient and monitor at the recommended interval for each. | Empirical, Ecosystem, Expert | ![Recommended](image-url) |
| Educate the person and caregivers about appropriate use of medications, interactions with over-the-counter, alternative, and as-needed medications, and to report potential adverse drug events. Provide patients and caregivers an opportunity to discuss questions about medication.  
Determine the patient’s capacity and need for supports for both decision making and medication adherence.  
Simplify the medication administration routines and recommend appropriate medication administration aids (e.g., dosettes, blister packs) and other needed supports. | Empirical, Ecosystem, Expert, Experiential | ![Recommended](image-url) |

### Icon Legend

- **Recommendation Strength:**
  - ![Clinicians’ top recommendation](image-url) Clinicians’ top recommendation  
  - ![Recommended](image-url) Recommended  
  - ![Strongly Recommended](image-url) Strongly Recommended

- **Types of Knowledge:**
  - Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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References


