

EVALUATING THE USE OF ANTICHOLINERGIC BURDEN (ACB) SCORE IN THE ELDERLY

AUTHORS

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INTRODUCTION

The aging population is often burdened with multiple comorbidities, leading to polypharmacy, which increases risk of adverse drug reactions.

Anticholinergic medications are commonly prescribed to elderly patients for various conditions, yet they are associated with a range of adverse effects, including cognitive impairment, falls, and even increased mortality. The Anticholinergic Burden (ACB) score is a validated tool used to assess the cumulative burden of anticholinergic medications in patients. This clinical audit is aimed to evaluate the use of the Anticholinergic Burden (ACB) score as a tool to identify and manage anticholinergic burden in elderly patients within a hospital setting.

OBJECTIVE

- Assess whether ACB score is being used in patients >65 years of age
- Evaluate the assessment of patients with impaired cognition
- Analyse the correlation between cognition impairment and ACB score

METHODOLOGY

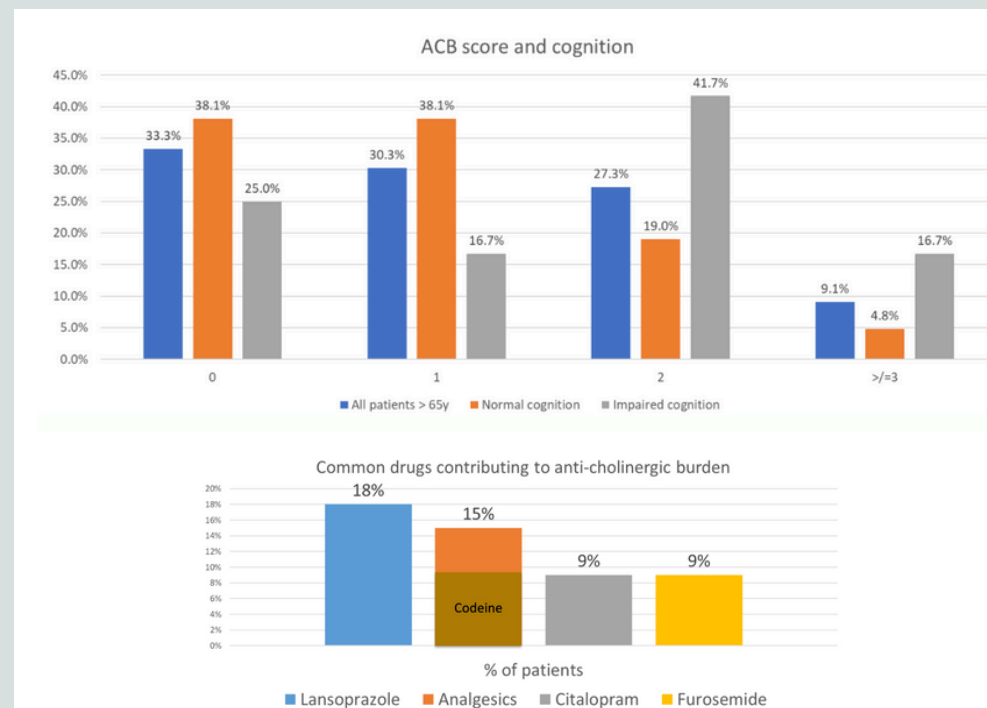
- A Type of study: Retrospective analysis
- Sample size: 33

Inclusion criteria

- patients aged > 65 years of age admitted under orthogeriatrics in June 2023

Exclusion criteria:

- Patients aged <65 years of age
- Patients who were palliative on admission



RESULTS/FINDINGS

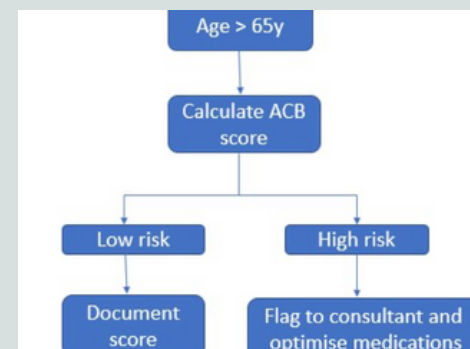
- Patients with high risk ACB score were nearly three as likely to be confused.
- Patients with ACB score 2 were more than twice as likely to be confused.

ANALYSIS

Data revealed that 36% of elderly patients had impaired cognition and ACB scores were not calculated despite them being on anticholinergic drugs.

Most common drugs contributing to ACB score in this cohort were Lansoprazole, analgesics (with codeine in the lead), Citalopram and Furosemide.

RECOMMENDATION



CONCLUSION

In conclusion, ACB score is an efficient tool to better manage the effect of polypharmacy in the elderly.

It is important to flag high ACB scores in order to optimise medications by prescribing alternate drugs with low anti-cholinergic burden.