

Hong Kong College of Emergency Medicine

Joint Clinical Meeting and Didactic Lecture

Presentation: Prescription and polypharmacy in Geriatric patients

Date: 5 Aug 2026

MC Questions

Q.1: High "anticholinergic burden" in older adults is caused by the cumulative effect of certain medications. This burden is strongly associated with an increased risk of which of the following adverse outcomes?

- A) Bradycardia and postural hypotension
- B) Cognitive decline, confusion, and falls
- C) Gastrointestinal bleeding and peptic ulcers
- D) Hypoglycemia and unintentional weight loss

Answer: B

Q.2: Which of the following scenarios best describes a "prescribing cascade" in geriatric pharmacotherapy?

- A) A pharmacist systematically discontinues several inappropriate medications one by one.
- B) A patient experiences an adverse drug reaction, which is misinterpreted as a new medical condition, leading to the prescription of an additional drug.
- C) A doctor prescribes multiple medications simultaneously to aggressively treat a single complex disease.
- D) A patient voluntarily stops taking a prescribed medication due to side effects without informing their healthcare provider.

Answer: B

Q.3: According to the AGS Beers Criteria, routine long-term use of Proton Pump Inhibitors (PPIs) beyond 8 weeks—without a proven high-risk indication like Barrett's esophagus or chronic NSAID use—should be avoided in older adults due to increased risks of which of the following?

- A) Clostridioides difficile infection and bone fractures
- B) Bradycardia and orthostatic hypotension
- C) Extrapyrimal symptoms and tardive dyskinesia
- D) Acute kidney injury and upper gastrointestinal bleeding

Answer: A