

M12 Exploring the association between anticholinergic exposure and anticholinergic burden in a cohort of community-dwelling older adults

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Abstract title	Exploring the association between anticholinergic exposure and anticholinergic burden in a cohort of community-dwelling older adults
Abstract body	<p>Background: Anticholinergic medication use is high in older adults, but there is little evidence on the relationship between anticholinergic risk scales and anticholinergic side-effects. The aim is to explore the relationship between anticholinergic exposure (using the MARANTE scale) and anticholinergic burden in a cohort of community-dwelling older adults (65 years or older).</p> <p>Methods: Participants' medications were entered and coded into the Anatomic Therapeutic Chemical (ATC) classification. The anticholinergic exposure was quantified using the MARANTE-scale (Muscarinic Acetylcholinergic Receptor ANTagonist Exposure). Anticholinergic burden was assessed through the product of frequency (1 – 4, daily to monthly) and severity (1 – 4, slight to severe impact) of common anticholinergic symptoms.</p> <p>Results: Participants' mean age was 75.0 years (range 65.0–90.8), with 65.5% female. The mean number of chronic medications was 5.1 (range 0–14). Anticholinergic medication use was present in 30.0%. The mean MARANTE score was 0.6 (range 0 – 4.5).</p> <p>Most prevalent anticholinergic symptoms include dry mouth (37.3%), agitation (32.7%) and pruritus (31.8%). There was a significant positive correlation between MARANTE scores and the number of symptoms (Rs 0.27, p<0.001).</p> <p>Univariate analysis showed increased risks for a higher burden of dry mouth (Odds Ratio 8.64 95%CI 2.53–29.54), pruritus (OR 5.75 95%CI 1.62–20.40), drowsiness (OR 3.61 95%CI 1.09–12.02) and constipation (OR 6.17 95%CI, 1.11–34.18) in those with a high anticholinergic exposure.</p> <p>Conclusion: Anticholinergic medication use in community-dwelling older adults was common. High anticholinergic exposure was linked with high anticholinergic burden, with predominant increased risks for dry mouth, pruritus, drowsiness and constipation.</p>