



# DRUG BURDEN INDEX



The Drug Burden Index (DBI) is a measure that captures the total burden of anticholinergic and sedative medicines in an individual.



## 677 ADULTS 44-91 YEARS

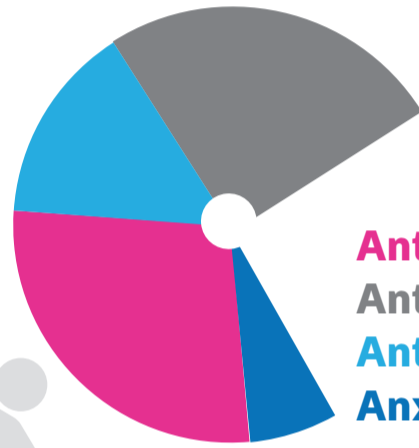
We examined the burden of these medicines in **677 older adults** with intellectual disabilities. (ID)

## FINDINGS

WHEN COMPARED TO THE GENERAL POPULATION OF OLDER ADULTS, PEOPLE WITH ID HAD MUCH HIGHER BURDEN OF THESE ANTICHOLINERGIC AND SEDATIVE MEDICINES.



Higher Drug Burden Index (DBI) scores of 1+ have been associated with falls, frailty and other side effects.



MEDICINES THAT ACCOUNT FOR THE TOTAL DBI BURDEN IN THE POPULATION

**Antiepileptics (27.6%)**  
**Antipsychotics (25%),**  
**Antidepressants (14.2%)**  
**Anxiolytics/sedatives (9.4%).**



People with ID who had epilepsy, mental health conditions or had behaviours that challenge were much more likely to have high DBI scores (DBI 1+).

# 95%

of older adults with ID were taking medicines.



Almost **one-quarter** of people (24.1%) were taking ten or more medicines together.

**54%** had a high DBI score of 1+. The general population scores range from **5-29%**

# 8 out of 10



Almost eight in ten people (78.6%) took medicines with anticholinergic and/or sedative effects.

## RECOMMENDATIONS

We recommend regular medication reviews for older adults with ID to assess for medication side effects and effects on quality of life.

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## IDS TILDA

The Intellectual Disability Supplement to  
The Irish Longitudinal Study on Ageing

[www.idstilda.tcd.ie](http://www.idstilda.tcd.ie)

