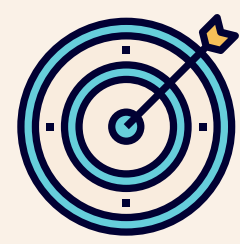


PRESCRIPTION DRUG MISUSE AMONG OLDER ADULTS IN SASKATCHEWAN

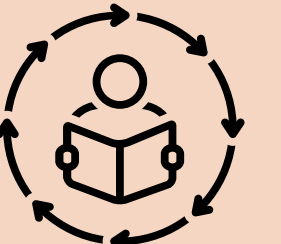


Objective

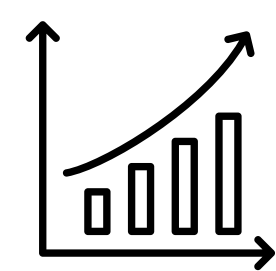


To explore the prevalence of prescription drug misuse among older adults in Saskatchewan.

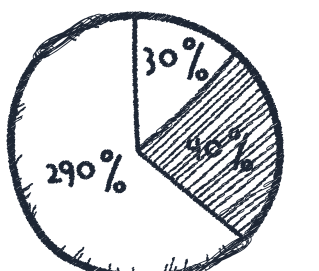
Method



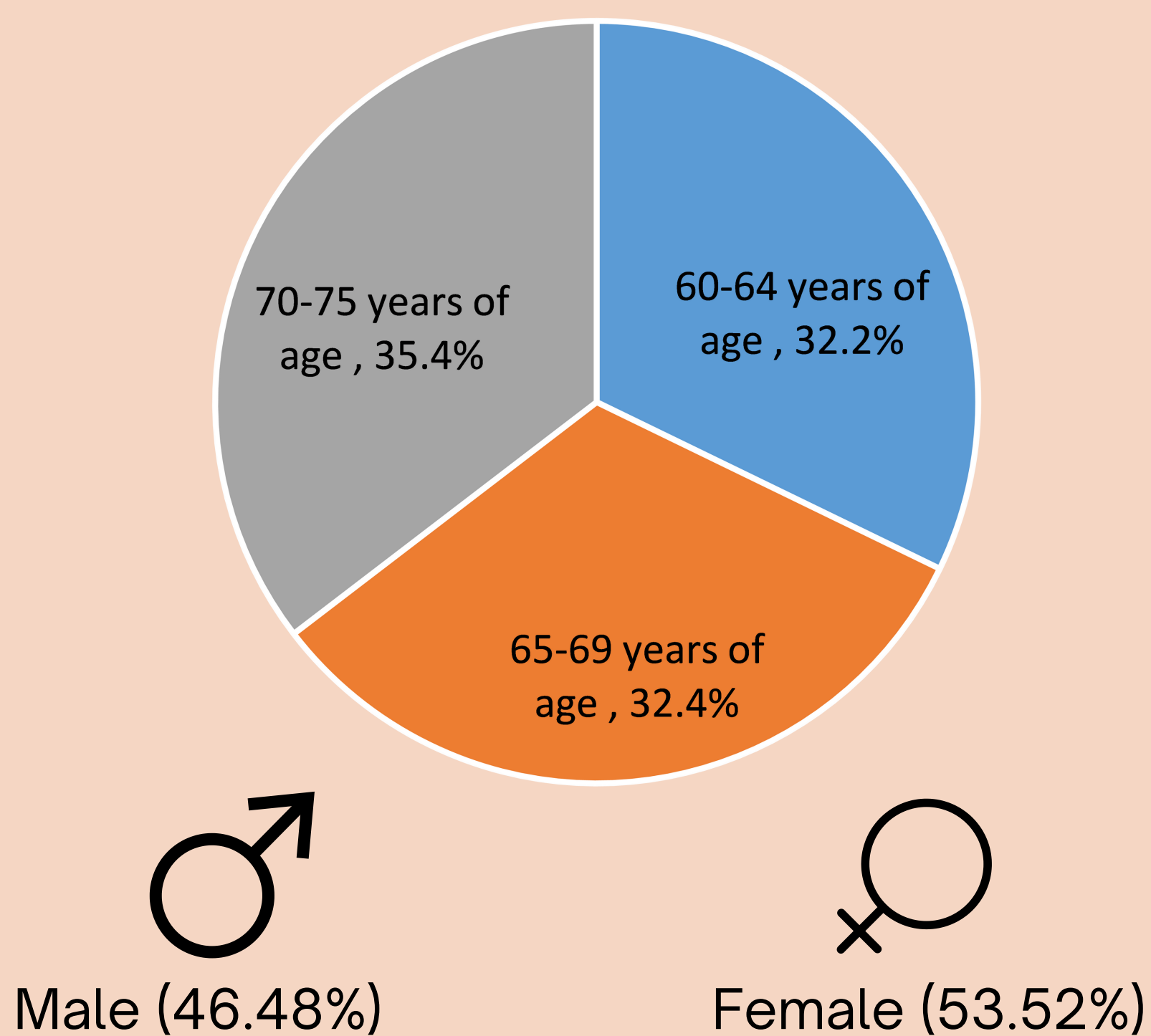
An online cross-sectional survey was carried out among individuals aged 60 years and older who are currently living in Saskatchewan (N= 1306).



Results

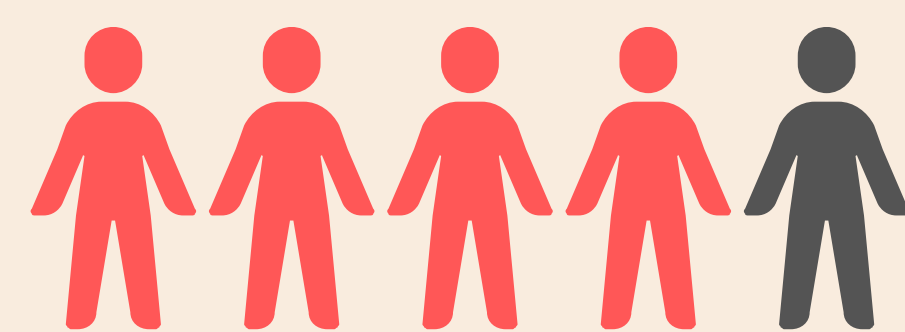


Characteristics of study participants

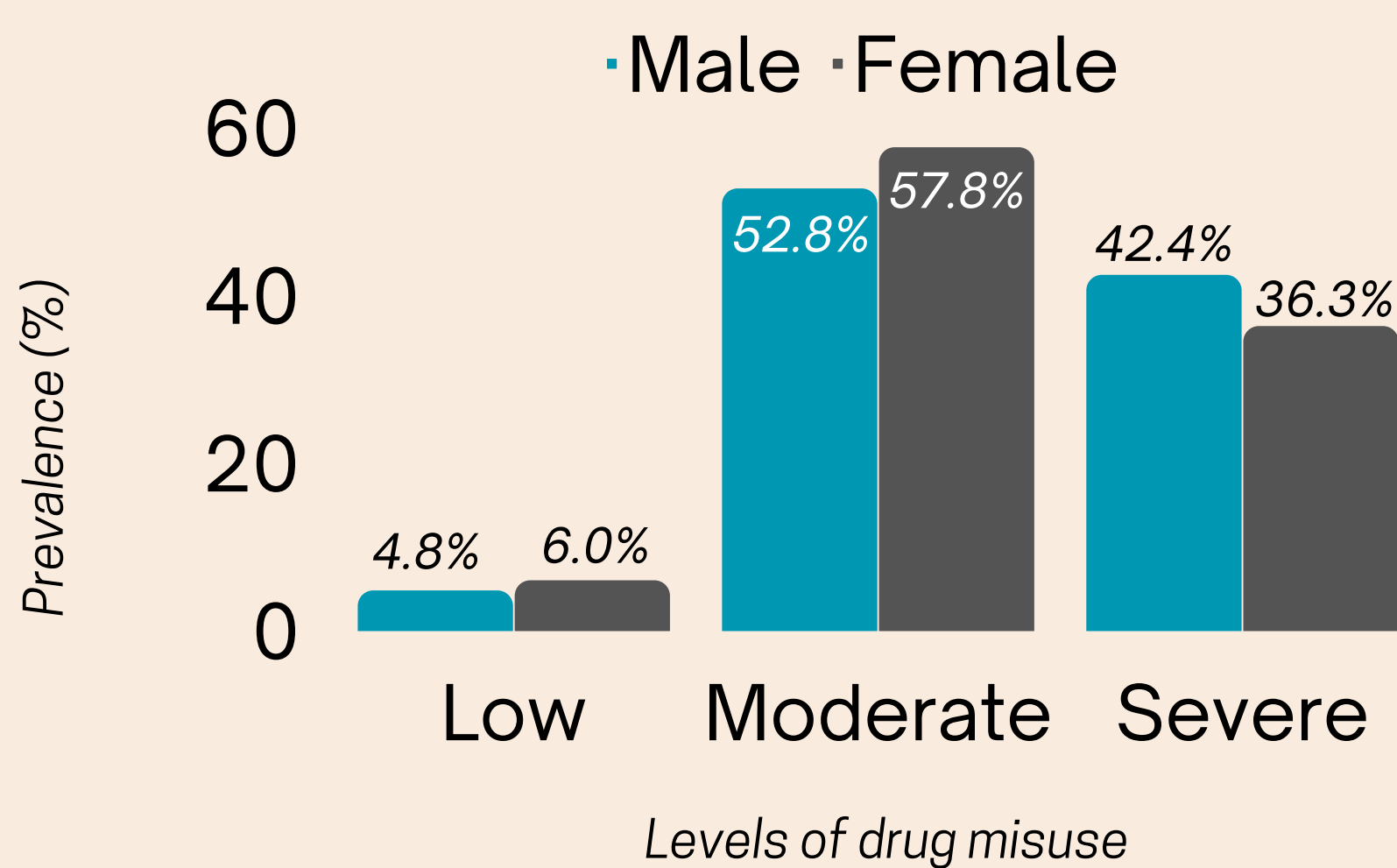


19 out of 20 older adults misuse prescription drugs in Saskatchewan

Four out of five of them had substantial/severe* level of prescription drug misuse



*The DAST-10 scoring ranges from 0 to 10, 0 indicating no problems reported, 6-8 indicating substantial and 9-10 indicating severe level of problems related to drug misuse.



Moderate level prescription drug misuse was higher among females and severe level was higher among males.

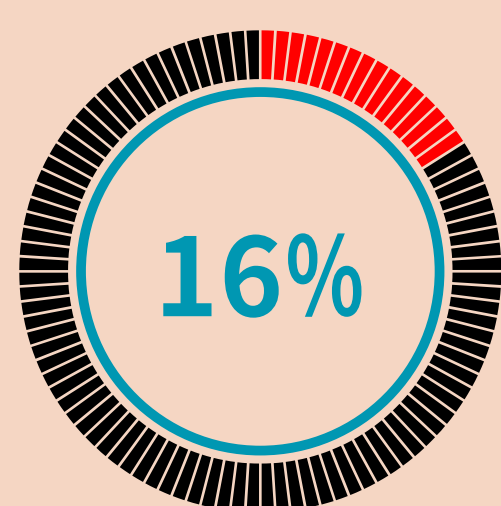
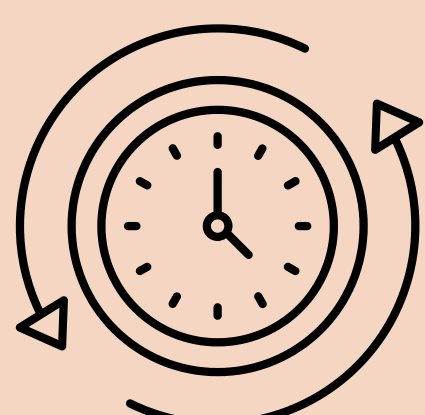
Reasons for using medications

- Prescribed by doctor
- Stress relief
- Sleeping aid
- To get high



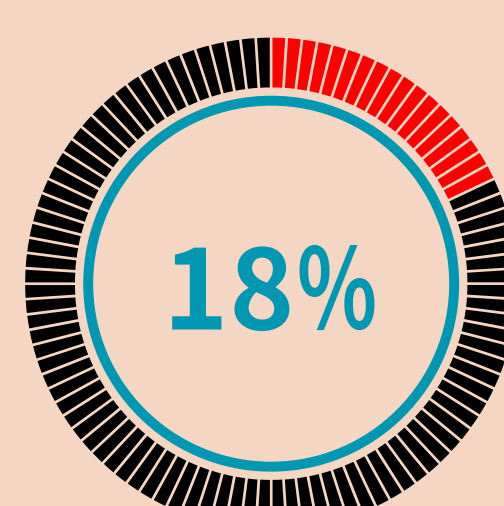
49% of older adults misuse more than one drug at a time, and 48% used drugs for non-medical purpose in the past 12 months

Frequency of using medications daily



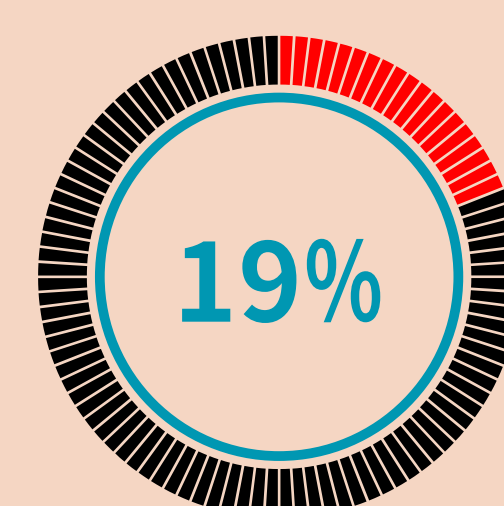
Pain Management

example- Excedrin, Advil, Aleve, etc.



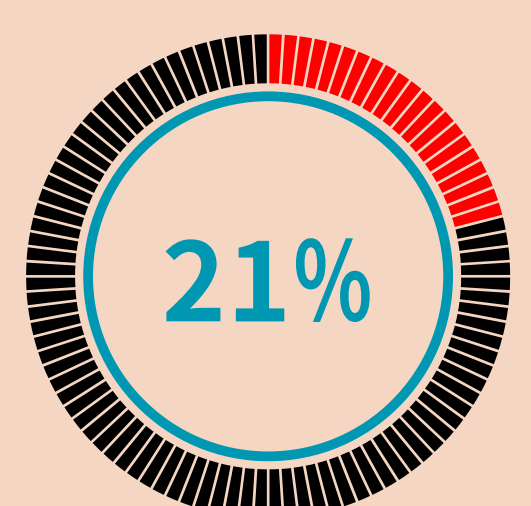
Tranquilizers

example- Xanax, Valium, Klonopin, etc.



Sedatives

example- Benzodiazepine.



Stimulants

example- Adderall, Ritalin, Dexedrine, etc.

For more information please contact

PI: Khrisha Alphonsus PhD
Assistant Professor of Epidemiology
School of Public Health
University of Saskatchewan
Email: Khrisha.alphonsus@usask.ca

Co-PI: Barb Fornssler PhD
Assistant Professor
School of Public Health
University of Saskatchewan
Email: Barb.fornssler@usask.ca



UNIVERSITY OF SASKATCHEWAN



SASKATCHEWAN HEALTH RESEARCH FOUNDATION

CANADIAN RESEARCH INITIATIVE IN SUBSTANCE MISUSE

CRISM | PRAIRIES

For more information related to drug support

Dial 811

