



The 10 Commandments of Polypharmacy

1. Thou shalt not start, ask for, dispense, or administer a medication without reviewing a medication list that is accurate, up to date, and complete with over-the counter medications and supplements
2. Thou shalt consider utilizing non-drug approaches and interventions to solve patient problems before initiating medication
3. Thou shalt assess if a medication is effective before adding a new medication for the same condition
4. Thou shalt consider any new symptom is an adverse effect of another medication until proved otherwise
5. Thou shalt not start a medication without an appropriate indication and assessing appropriate lab work
6. Thou shalt identify limits for medications not intended for chronic use as well as not continue a medication indefinitely for symptoms that have an expected short duration
7. Thou shalt not start a medication from a similar medication class without appropriate rationale
8. Thou shalt not initiate a medication without considering medications that may treat duplicate conditions – Kill two birds with one stone
9. Thou shalt consider eliminating or reducing medications at every medication review
10. Thou shalt be willing to accept risk in discontinuing a medication if they were willing to accept the risk of initiating a medication

I encourage you to share these commandments with other healthcare professionals to stimulate thoughtful use and discussion of medications.

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