Developing a list of anticholinergic and sedative drugs for the calculation of the Drug Burden Index in Germany

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Background1,2

- The DBI was developed by Hilmer et al.
- A list of medications for the calculation of the DBI was formulated for Australia
- The DBI has been validated in several international studies

Drug Burden Index (DBI)

\[
\sum \frac{D}{D + \delta}
\]

D = Daily dose
\(\delta\) = Mean normal daily dose

Aims

- Creating a list of anticholinergic and sedative drugs available in Germany for the calculation of the DBI in the COFRAIL-Study
- Assessment of the patients’ anticholinergic and sedative burden

Methods

- Literature search in PubMed/MEDLINE®
- Preselection of active ingredients based on existing lists4,5 and review of the corresponding German summaries of product characteristics
- Determination of the minimum doses of the selected substances
- Data reconciliation of the created list by Hilmer et al.
- Evaluation of the drugs and their dosages by an expert committee consisting of 2 clinical pharmacologists and 2 pharmacists

Results

- A list of in total 224 active ingredients was created and also includes:
  - ATC-Codes
  - Classification according to anticholinergic and/or sedative properties
  - Minimum daily dose for each route of administration available in Germany

Conclusion and outlook

- Valuable tool to determine the patients’ anticholinergic and sedative drug burden in Germany
- Simplifies future use of the DBI e.g. in hospitals, primary care and in pharmacies
- Evaluation of the practicability follows in the COFRAIL-Study

References