

英文

Medicine Safety for Seniors

Senior Distress and signs of aging

1. Vision, hearing, cognitive, memory degradation
2. Drug absorption, distribution, metabolism, excretion changed
3. Physiological balance, compensatory function degradation, more difficult to regulate blood sugar, blood pressure, heart rate, body temperature, etc.
4. Coordination function degradation, unresponsive, mobility, easy to fall, fractures, urinary frequency, urinary incontinence

Frequently problems for medicine usage by seniors

1. Repeated taking of medicine, forgetting to take medicine, taking the wrong medicine, taking medicine at the wrong time
2. Adjusting the medicine by oneself or stop taking medicine, with increasing frequency of side effects occurring
3. Like to buy medicine, remedies, Chinese herbs, drugs with exaggerated effects, and give each other drugs
4. Preserving the medicine the wrong way, reluctant to discard expired drugs

Causes for problems of seniors taking medicine

1. Having many types of chronic diseases, taking prescriptions from many different hospitals at the same time, complexity in the types of medicine used
2. Resting time unable to conform with time for taking medicine
3. Deterioration of body functions, reduction in memory and cognition

中文對照說明

老人用藥安全

年長者的困擾與老化現象

1. 視力、聽力、認知力、記憶力均退化。
2. 藥品的吸收、分布、代謝、排泄均改變。
3. 生理的平衡、代償性功能退化，較難調節血糖、血壓、心跳、體溫等。
4. 協調功能退化，反應遲鈍，行動不便，易跌倒、骨折、頻尿、尿失禁。

老年人用藥常見的問題

1. 重複吃藥、忘記吃、吃錯藥、服藥時間錯誤。
2. 自行調藥或停用藥品，副作用發生率增加。
3. 喜歡買藥、偏方、中草藥、誇大不實藥物，互贈藥品。
4. 藥品保存方式錯誤，過期藥捨不得丟棄。

造成老年人用藥問題的原因

1. 有多種慢性病，同時服用多家醫療院所處方藥品，用藥種類複雜。
2. 作息時間與服藥時間無法配合。
3. 身體機能退化，記憶力、認知力下降。

Notes on seniors taking medicine

1. When seniors visit doctors, they should tell doctors or pharmacists all the medicines they are taking currently
2. Should let doctors or pharmacists understand all the types of medicine you are using, to avoid repeated usage or effects of drugs interactions
3. When taking medicine, be clear about the usage, the amount, the time, and dosage. If there are any questions, should inquire the pharmacist immediately
4. Be careful of the medicine's side effects and new symptoms that appear
5. Not to buy health products with unclear sources, not to believe in unrealistic and exaggerated advertisements, to avoid spending money and damaging oneself
6. Insist on the 5 Not to Principles: Not to listen, not to believe, not to buy, not to eat, not to recommend
7. Memory and cognition reducing, using methods to avoid forgetting taking medicine such as: calendar, drug box

Need to know for senior medicine taking

1. Should do regular health checkups, to understand functions of inner organs, so to adjust the medicine dosage and avoid side effects happening
2. Diuretics, multivitamin preparations to avoid before bedtime, so as not to affect sleep
3. Comply with doctor's or pharmacist's instructions of taking medicine, and not to change it by oneself
4. After taking sedatives and sleeping pills, to rest and not walk afterwards, to prevent falling down
5. After taking high blood pressure medicine, to prevent feeling dizzy caused by low blood pressure from one's postures
6. Using medicine box for long effect medicine or single dosage medicine to help prevent forgetting to take medicine

老年人用藥注意事項

1. 老年人就醫時，應告訴醫師或藥師目前服用的所有藥物。
2. 讓醫師或藥師瞭解您的所有用藥，避免重覆用藥及藥物交互作用的發生。
3. 服藥時要確認用法、用量、時間和劑量，有疑問應立即詢問藥師。
4. 留意服藥產生的副作用，新症狀的產生。
5. 請勿購買來路不明的保健食品，勿輕信誇大不實廣告，以免花錢又傷身。
6. 堅持五不原則：不聽、不信、不買、不吃、不推薦。
7. 記憶力、認知力下降，使用避免忘記服藥時間的方式，如：日曆、藥盒。

老人用藥須知

1. 應定期健康檢查，瞭解內臟功能，以調整用藥劑量，避免副作用發生。
2. 利尿劑、綜合維他命製劑，避免睡前服用，以免影響睡眠。
3. 遵照醫師或藥師的指示服藥，勿自行更改。
4. 服用鎮靜劑、安眠藥後，宜休息儘量不走動，以防跌倒。
5. 服用高血壓製劑，宜防因姿態性低血壓造成眩暈。
6. 服用長效型藥品或使用單一劑量的用藥盒，可以預防忘記服藥。