



AND THE CLAUDE D. PEPPER OLDER AMERICANS INDEPENDENCE CENTER

## AGING RESEARCH SEMINAR

### “TRANSLATIONAL APPROACHES TO OPTIMIZING PHARMACOTHERAPY FOR OLDER PEOPLE”



#### **Sarah Hilmer, MBBS, FRACP PhD**

Head of Department of Clinical Pharmacology  
Senior Staff Specialist Aged Care  
Royal North Shore Hospital  
Conjoint Professor of Geriatric Pharmacology  
The University of Sydney Northern Clinical School  
Faculty of Medicine and Health

Dr. Hilmer has broad translational expertise in geriatric pharmacology research assessing the relationship between medication use and geriatric syndromes including frailty, falls and cognitive impairment. Her basic pharmacology research includes studies of hepatic metabolism and drug hepatotoxicity in old age, effects of polypharmacy on frailty, effects of frailty on pharmacokinetics/ pharmacodynamics, and effects of anti-ageing interventions on frailty. She has written guidelines and policies to facilitate deprescribing and led the Australian ‘Recommendations for a National Strategic Action Plan to Reduce Inappropriate Polypharmacy’. She is best known for developing the Drug Burden Index (DBI), a pharmacologic measure of exposure to medications with anticholinergic and sedative effects. She and others internationally have published pharmaco-epidemiologic evaluations of DBI, she has evaluated DBI in a pre-clinical model, has conducted RCTs of DBI as a clinical decision support tool, and implementation studies are underway in Australia and internationally.

**December 18, 2019**

**12:00 noon – 1:00 pm**

Boyer Center for Molecular Medicine

295 Congress Avenue/BCMM Room 206

Lunch will be provided

Email: [ellen.solomon@ynhh.org](mailto:ellen.solomon@ynhh.org)

Phone: 203-688-2204