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Table S1. Number of prescription drugs taken. The results are presented as mean values with 95% confidence intervals and medians with the first and third quartiles.

	Sample size, N			Mean value (95% CI)			Median value (Q1–Q3)		
	Women	Men	All	Women	Men	All	Women	Men	All
All	1479	1535	3014	4.46 (4.28-4.63)	4.53 (4.33-4.74)	4.49 (4.35-4.62)	4 (2–6)	4 (2–7)	4 (2–6)
Age, years									
65–69	281	291	572	3.40 (3.10-3.69)	3.84 (3.41-4.26)	3.59 (3.34-3.85)	3 (1–5)	3 (1–6)	3 (1–5)
70–74	325	307	632	4.20 (3.83-4.56)	4.39 (4.02-4.76)	4.28 (4.01-4.54)	4 (2–6)	4 (2–6)	4 (2–6)
75–79	268	317	585	4.81 (4.37-5.25)	5.31 (4.97-5.66)	5.00 (4.70-5.31)	5 (2–7)	5 (3–7)	5 (3–7)
80–84	274	255	529	5.44 (5.07-5.82)	5.18 (4.76-5.60)	5.35 (5.07-5.64)	5 (4–7)	5 (3–7)	5 (3–7)
85–89	195	247	442	5.65 (5.12-6.18)	5.26 (4.85-5.66)	5.53 (5.14-5.92)	5 (4–8)	5 (3–7)	5 (3–7)
90+	136	118	254	5.23 (4.58-5.88)	5.89 (5.25-6.53)	5.39 (4.87-5.90)	5 (3–7)	6 (4–8)	5 (3–7)
Education									
Primary	668	498	1166	4.77 (4.50-5.04)	4.37 (4.02-4.72)	4.64 (4.43-4.85)	5 (3–7)	4 (2–7)	5 (2–7)
Secondary/vocational	674	788	1462	4.30 (4.04-4.56)	4.54 (4.25-4.83)	4.40 (4.21-4.59)	4 (2–6)	4 (2–7)	4 (2–6)
Higher	131	245	376	4.07 (3.59-4.54)	4.81 (4.35-5.27)	4.44 (4.10-4.78)	4 (2–6)	5 (2–7)	4 (2–6)
Residence									
Village	593	536	1129	4.53 (4.28-4.78)	4.23 (3.93-4.51)	4.41 (4.22-4.60)	4 (2–7)	4 (2–6)	4 (2–6)
City <50 M	351	376	727	4.37 (4.07-4.67)	4.59 (4.20-4.98)	4.46 (4.22-4.70)	4 (2–6)	4 (2–7)	4 (2–6)
City 50–200 M	275	308	583	4.62 (4.23-5.01)	4.75 (4.14-5.35)	4.67 (4.33-5.01)	4 (3–6)	4 (2–7)	4 (2–7)
City >200 M	260	315	575	4.32 (3.85-4.79)	4.81 (4.36-5.25)	4.51 (4.17-4.84)	4 (2–6)	5 (2–7)	4 (2–7)

Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data was given after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017. CI—confidence interval, M – one thousand.

Table S2. Percentage of people taking drugs based on the anatomical-therapeutic-chemical classification (ATC) (%). Detailed results in subgroups are presented for values above 5%.

ATC Code	Women	Men	All
A - Alimentary tract and metabolism	44.9	45.7	45.2
A02	18.3	17.9	18.1
A10	20.4	24.3	21.9
A12	13.2	12.7	13.0
B - Blood and hematopoietic system	45.9	55.0	49.5
B01	44.6	53.9	48.3
C - Cardiovascular system	83.4	80.0	82.1
C01	14.1	10.7	12.8
C02	2.0	10.7	5.4
C03	34.0	30.1	32.4
C07	51.8	51.9	51.9
C08	22.6	19.3	21.3
C09	57.1	57.2	57.2
C10	41.7	46.8	43.7
D - Medicines used in dermatology	0.1	0.2	0.1
G - Genitourinary system and sex hormones	2.0	25.5	11.3
G04	1.7	25.3	11.0
H - Hormones, excluding sex hormones and insulin	17.2	6.0	12.8
H03	15.9	5.0	11.6
J - Systemic anti-infective drugs	1.6	1.3	1.5
L - Antineoplastic and immunomodulating drugs	2.0	1.3	1.7
M - Musculoskeletal system	15.6	15.0	15.4
M01	6.2	4.3	5.5
M04	5.8	9.3	7.2
N - Nervous system	33.5	20.2	28.3
N02	6.8	3.4	5.4
N05	11.2	4.4	8.5
N06	20.3	11.2	16.8
P - Antiparasitic drugs, insecticides and repellants	0.2	0	0.1
R - Respiratory system	9.9	10.1	10.0
R03	7.4	9.2	8.1
S - Sensory organs	1.8	1.4	1.7

Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data was given after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017.

Table S3. Number of non-prescription drugs taken. The results are presented as mean values with 95% confidence intervals and medians with the first and third quartiles.

	Sample size, N			Mean value (95% CI)		
	Women	Men	All	Women	Men	All
All	1479	1535	3014	0.52 (0.48-0.56)	0.53 (0.49-0.56)	0.52 (0.49-0.55)
Age, years						
65–69	281	291	572	0.45 (0.35-0.51)	0.46 (0.39-0.54)	0.46 (0.39-0.50)
70–74	325	307	632	0.39 (0.31-0.44)	0.48 (0.44-0.59)	0.43 (0.39-0.48)
75–79	268	317	585	0.62 (0.49-0.72)	0.51 (0.45-0.59)	0.56 (0.50-0.65)
80–84	274	255	529	0.69 (0.60-0.79)	0.64 (0.56-0.75)	0.67 (0.61-0.75)
85–89	195	247	442	0.67 (0.49-0.73)	0.58 (0.49-0.67)	0.62 (0.51-0.69)
90+	136	118	254	0.59 (0.48-0.72)	0.76 (0.63-0.92)	0.67 (0.54-0.74)
Education						
Primary	668	498	1166	0.56 (0.48-0.59)	0.55 (0.49-0.63)	0.56 (0.50-0.59)
Secondary/vocational	674	788	1462	0.54 (0.44-0.56)	0.53 (0.43-0.53)	0.54 (0.45-0.53)
Higher	131	245	376	0.57 (0.37-0.66)	0.60 (0.51-0.72)	0.59 (0.48-0.66)
Residence						
Village	593	536	1129	0.61 (0.51-0.62)	0.54 (0.45-0.59)	0.58 (0.50-0.59)
City <50 M	351	376	727	0.49 (0.39-0.54)	0.57 (0.49-0.64)	0.53 (0.45-0.56)
City 50–200 M	275	308	583	0.52 (0.42-0.60)	0.54 (0.36-0.54)	0.53 (0.42-0.55)
City >200 M	260	315	575	0.53 (0.40-0.60)	0.54 (0.47-0.63)	0.54 (0.45-0.59)

Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data was given after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017. CI—confidence interval, M – one thousand.

Table S4. Percentage of older people using single pill combinations (SPCs), %.

	Number of SPCs			
	0	1	2	3
Sex				
All	72.3	24.6	2.7	0.4
Women	71.8	25.0	2.7	0.5
Men	73.2	23.9	2.7	0.2
Age, years				
65–69	74.9	22.4	2.2	0.4
70–74	72.5	25.8	1.6	0.1
75–79	69.2	26.7	3.8	0.3
80–84	70.5	24.9	3.9	0.6
85–89	71.3	23.1	4.8	0.8
90+	71.9	27.6	0.0	0.5
Education				
Primary	71.4	24.5	3.5	0.6
Secondary/vocational	73.5	24.0	2.2	0.3
Higher	69.8	27.1	2.6	0.4
Residence				
Village	71.3	25.2	3.4	0.1
City <50 M	73.3	24.8	1.3	0.7
City 50–200 M	70.3	26.3	2.4	1.0
City >200 M	74.3	22.1	3.4	0.1

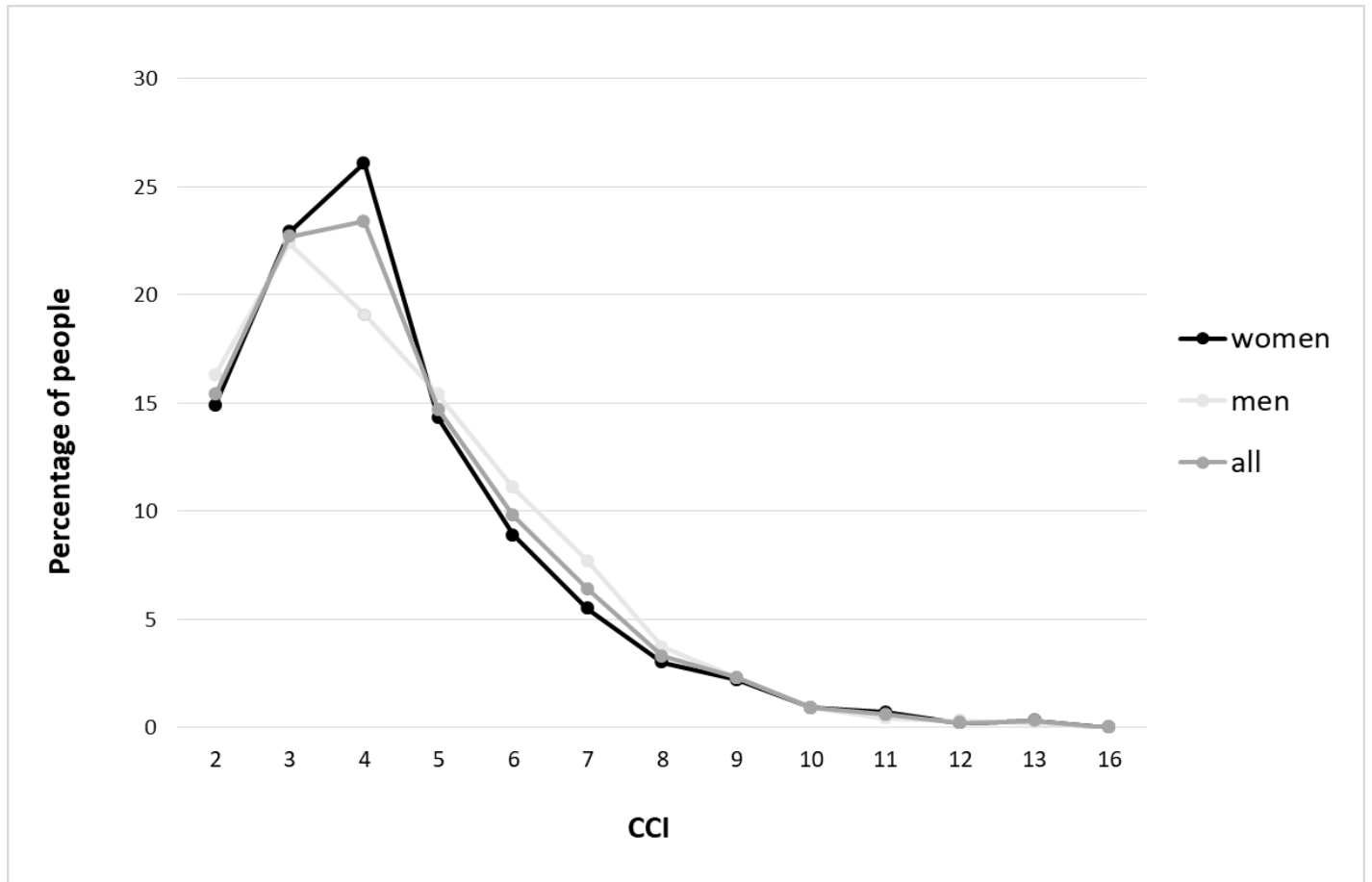
Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data were obtained after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017. M – one thousand.

Table S5. Analysis of single pill combinations (SPCs), %.

SPCs	%
Cardiovascular drugs	51.1
ARB + TTD	22.0
DHP-CCB +ACEI	10.3
TLD + ACEI	6.0
TTD + PSD	5.2
ACEI + DHP-CCB + TLD	3.2
ACEI + TTD	2.5
DHP-CCB + TLD	1.8
NG + PET	0.9
ARB + DHP-CCB	0.7
BB + DHP-CCB	0.6
BB + TTD	0.5
BB + ASA	0.5
ARB + DHP-CCB + TTD	0.4
ACEI + BB	0.2
HMGCRI + DHP-CCB	0.2
TTD + AL	0.1
ARNI + ARB	0.1
Painkillers and muscle relaxants	14.9
PCM + TRA	11.6
NSAID + LDC	0.7
NSAID + CAF	0.7
NSAID + PPI	0.5
AVC + SIM	0.5
PCM + CAF	0.2
PCM + AA + PM	0.2
NSAID + TRA	0.2
NSAID + PSE	0.1
PCM + DXM + PSE	0.1
Others	30.0
MV/ME	22.3
DA + DDCI	6.0
MT + DPP-4I	1.3
5-ARI + AB	0.2
MTX + Fola	0.1

Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data was given after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017. AA – ascorbic acid; AB – alpha-blocker; ACEI – angiotensin-converting enzyme inhibitor; AL – alkaloid; ARB – angiotensin receptor blocker; ARNI – angiotensin receptor-nephrylysin inhibitor; ASA – acetylsalicylic acid; AVC – alverine citrate; BB – beta-blocker; CAF – caffeine; DA – dopamine agonist; DDCI – dopa-decarboxylase inhibitor; DHP-CCB – dihydropyridine calcium channel blocker; DPP-4I – DPP4 inhibitor; DXM – dextromethorphan; Fola – folic acid; HMGCRI – HMG-CoA Reductase Inhibitor; LDC – lidocaine; MF – metformin; MTX – methotrexate; MV/ME – multivitamin/multi-electrolyte preparation; NG – nitroglycerin; NSAID – Non-steroidal anti-inflammatory drug; PCM – paracetamol; PET – pentaerythritol; PM – pheniramine maleate; PPI – proton pump inhibitor; PSD – potassium-sparing diuretic; PSE – pseudoephedrine; SIM – simethicone; TLD – thiazide-like diuretic; TRA – tramadol; TTD – thiazide-type diuretic; 5-ARI – 5 α -Reductase inhibitor

Figure S1. Distribution of the Charlson Comorbidity Index (CCI) values in the study group.



Note: The results presented in the figure take into account the use of a complex scheme of randomizing respondents. The data were obtained after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017.

Table S6. Percentage of older people with chronic diseases, %.

	Chronic disease										
	AH	CKD	CLD	COPD	DE	DM	D/A	HF	ND	OA	TIA/CVA
Sex											
All	71.7	7.8	6.6	7.9	1.0	24.3	12.8	20.2	13.0	11.0	12.5
Women	74.1	7.6	7.1	7.1	1.3	22.5	16.1	17.4	13.4	12.0	13.0
Men	67.9	8.1	5.8	9.0	0.6	27.1	7.7	24.4	12.4	9.4	11.8
Age, years											
65–69	67.8	5.5	7.5	6.1	0.3	20.9	14.6	13.5	10.5	9.8	9.7
70–74	70.2	5.9	8.3	5.6	0.8	28.5	10.2	15.9	12.3	9.3	12.8
75–79	73.3	7.2	3.9	9.8	0.4	28.2	12.7	20.6	18.5	12.9	11.5
80–84	78.2	11.1	6.2	10.8	0.3	23.9	12.3	25.3	14.2	13.4	15.1
85–89	73.1	14.4	5.8	10.8	3.4	23.0	13.7	37.9	13.8	14.2	18.0
90+	78.6	13.1	4.4	10.9	6.3	16.7	12.3	39.4	8.8	6.5	16.0
Education											
Primary	73.5	8.5	4.1	7.2	0.8	25.7	11.8	23.6	10.3	13.0	14.9
Secondary/vocational	70.7	7.4	7.5	7.8	1.2	24.2	12.9	19.2	13.2	9.6	11.6
Higher	70.6	7.5	9.8	10.5	0.3	21.6	15.3	15.1	19.7	11.4	9.8
Residence											
Village	74.4	7.8	4.4	6.9	0.3	23.2	11.5	23.5	8.9	12.3	11.7
City <50 M	70.6	6.8	6.3	9.0	1.3	26.4	12.8	21.3	12.8	11.4	14.3
City 50–200 M	72.2	7.4	7.1	7.4	1.7	26.4	13.3	17.4	15.5	13.6	12.8
City >200 M	68.2	8.9	9.8	8.6	1.1	22.4	14.3	15.9	17.7	6.6	11.7

Note: The results presented in the table take into account the use of a complex scheme of randomizing respondents. The data were obtained after weighing the sample in relation to the structure of the Polish population aged 65 and over in 2017. AH – arterial hypertension; CKD – chronic kidney disease; CLD – chronic liver disease; COPD – chronic obstructive pulmonary disease; D/A – depression/anxiety; DE – dementia; DM – diabetes mellitus; HF – heart failure; M – one thousand; ND – neoplastic disease; OA – osteoarthritis; TIA/CVA –transient ischemic attack/cerebrovascular accident