**Delia Bishara** Biography



Consultant Pharmacist, Mental Health of Older Adults and Dementia South London & Maudsley NHS Foundation Trust

Delia Bishara graduated in Pharmacy from the University of Bath in 1997 and has  worked at Barts and the London and East London and the City Mental Health Trusts for many years, as well as spending a couple of years working in an acute psychiatric unit in Australia.

She is currently Consultant Pharmacist for the Mental Health of Older Adults and Dementia at South London and Maudsley NHS Foundation Trust. Her role involves the development of clinical guidelines for the pharmacological management of dementia and she has a significant input in teaching and training on medication use in dementia. She is also greatly involved in research, mainly relating to safe prescribing in dementia in which she is currently undertaking a PhD.  Over the last 10 years, she has regularly updated the older adult sections of the Maudsley Prescribing Guidelines.

**Abstract**

There is increasing evidence that anticholinergic medication is associated with risks in older adults, especially in patients with dementia.

Current NICE guidance on Dementia recommends minimising the use of medicines associated with increased anticholinergic burden and to look for alternatives where possible.

So far, identifying which drugs have an anticholinergic burden on cognition has been a challenge.

This talk will provide an overview of the dangers associated with anticholinergic medication use in older people and introduce a tool and web based app to aid with medication reviews for patients.