

SUPPLEMENTARY MATERIAL

Supplementary Table 1: **Frequency of drug classes prescribed regularly, compared by polypharmacy status.**

Drug Class	<=8 medications, frequency n=110	>=9 medications, frequency n=104
Hypotensive drugs, any	50	83
thiazide-like diuretics	2	9
angiotensin-converting enzyme inhibitors (ACE-I)	20	39
angiotensin II type 1 receptor antagonists (ARB)	4	13
calcium channel blockers (CCB)	17	34
beta-blockers	13	38
digoxin	4	6
nitrates	4	10
furosemide	5	23
spironolactone	0	6
alpha-blocker	0	0
Anticoagulation, any	42	55
ASA	30	39
novel anticoagulation agents	1	2
warfarin	9	8
clopidogrel	3	9
heparin	0	1
Other cardiovascular		
statin	11	25
fenofibrate	0	1
Hypoglycemic drugs, any	9	20
metformin	7	14
sulphonylurea	2	5
insulin	1	6
dipeptidyl peptidase-4 (DPP-4)	1	1
Cognitively acting		
cholinesterase Inhibitor or memantine	11	8
antipsychotics	23	21
benzodiazepines and "z-drugs"	14	40
Proton pump inhibitor	18	40
Bisphosphonate	3	12
Supplements and vitamins		
vitamin D	67	72
potassium	4	10
all other supplements (excl. vit. D & potassium)	79	84
glaucoma eye drops, any	6	9

Supplementary Table 2: **Associations between facilities or prescribing doctors and the mean number of medications.**

	Mean # regular prescriptions, range	ANOVA, p value
Facility, (n=6)	6.0-9.7	0.144
Prescribing Physician, (n=32)	4.0-18.0	0.092

SUPPLEMENTARY MATERIAL for:

Associations between polypharmacy and treatment intensity for hypertension and diabetes: a cross-sectional study of nursing home patients in British Columbia, Canada

Supplementary Table 3: **Details of diabetes-specific treatment by over treatment status**

	OVER TREATED A1c <=7.5% and treated with at least one hypoglycemic drug n=13	A1c >=7.6% and treated with at least one hypoglycemic drug n=12
1 hypoglycemic drug	11	5
2 hypoglycemic drugs	5	6
>=3 hypoglycemic drugs	0	1
metformin	13	7
sulphonylurea	3	4
insulin	4	3
DPP-4	0	2

Supplementary Table 4: **Details of hypertension-specific treatment by over treatment status**

	OVER TREATED SBP <=128 and treated with at least one hypotensive drug n=48	SBP >=129 and treated with at least one hypotensive drug n=62
1 hypotensive drug	14	25
2 hypotensive drugs	24	26
3 hypotensive drugs	8	6
>=4 hypotensive drugs	2	5
Thiazide-like diuretics	2	9
ACE-I	23	29
ARB	8	8
CCB	19	28
Beta Blockers	24	21
Digoxin	2	3
Nitrates	4	5
Furosemide	10	12
Spironolactone	3	3
alphanblocker	0	0

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