



Waipapa  
Taumata Rau  
**University  
of Auckland**

# Multimorbidity and Complexity of Medicines Use in Older People (Online)

## COURSE GUIDE 2026

Elevate your career with a  
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Zealand perspective

# Multimorbidity and Complexity of Medicines Use in Older People (Online)

In today's healthcare landscape, the growing ageing population presents new challenges, particularly in managing multimorbidity and complexity related to medication use in older adults. This online course is designed to equip health and allied health professionals with the expertise needed to navigate these complexities. This course offers an essential opportunity for practitioners to develop the skills required to provide safe, effective care for older adults.

As a working healthcare professional, you understand that older adults often face a range of health conditions that require careful, nuanced management of multiple medications. Designed with an emphasis on interprofessional care, this course will advance your practice if you are a medical practitioner, nurse, pharmacist, allied health professional, health service manager or other experienced health care worker providing care to older people.

Through a patient-centred and evidence-based approach, you will develop the skills required to review complex cases where patients have several chronic conditions to guide the optimisation of medicines use and improve outcomes.

While not a prerequisite, this course builds on the [Medicines Optimisation in Older People](#) micro-credential. It is ideal for practitioners seeking advanced knowledge and skills across major domains of medicine use, including relevant new medicines, in the context of older adults.

## Studying Online



### Flexible Online Learning

Prepare for success with the flexibility to successfully balance your studies with work and life commitments.



### Globally Connected Network

Join a vibrant, diverse global community of peers, professionals, and faculty preparing you to thrive in a multicultural and interconnected world.



### 100% Online

Discover how we've designed our online programmes to deliver a world-class education that fits into your life—whether you're a working professional, balancing family commitments, or simply looking for flexibility.



### Dedicated Support

Our dedicated online Student Advisors and a comprehensive suite of support services are designed to help you thrive from the moment you accept your offer to the day you graduate.

# Entry Requirements

**Faculty:** Medical & Health Sciences

**Course Code:** Multimorbidity and Complexity of Medicines Use in Older People

**Entry Criteria:** University Entrance and experience as a Health Practitioner

**Level:** 8

**Points:** 30

**Duration:** 12 weeks

**Standard Workload:** 20-25 hours per week

**Start Date:** Semester One, 2 March 2026

Semester Two, 20 July 2026

Applications close one week before the course starts

**Domestic Fee:** \$2,886.30\* (estimate)

**International Fee:** \$13,803.60\* (estimate)

**Disclaimer:** *\*The fees are indicative and estimates only. Fees are set in advance of each calendar year and will be updated on this webpage. Fees are inclusive of 15% GST, but do not include the Student Services Fee, course books, travel and health insurance, or living costs. Fees will be confirmed upon completion of enrolment into courses.*



# Course Structure

Each module runs for one fortnight over the 12-week course duration.

Module	Description
<b>Perspectives of medication use and multimorbidity in older people</b>	This module considers the ageing demographic, increased longevity and the impact of ageing on medication use in the context of multimorbidity and complexity. It outlines polypharmacy, deprescribing, appropriate medication use, multimorbidity and complexity, and benefits and harms associated with medication use.
<b>Medicine response and medicines related harm in older people</b>	This module addresses how the ageing process impacts response to medications including pharmacokinetics and pharmacodynamics. It considers how the balance of benefits and harms may change with ageing and frailty including susceptibility to adverse drug events (ADEs), adverse drug reactions (ADRs) and interactions.
<b>Optimisation of medicines for mental health, neurological conditions and pain</b>	This module focuses on mental health and neurological conditions, and the drugs commonly used to treat older people with those conditions. Depression, anxiety, dementia with BPSD, psychosis, Parkinson's disease, and pain are covered along with antidepressants, antipsychotics, anxiolytics, anti-Parkinsonian drugs, and pain medications across several classes.
<b>Optimisation of medicines for cardiovascular conditions</b>	This module addresses the optimisation of medicines use for cardiovascular conditions and the management of cardiovascular risk, including hypertension, hyperlipidaemia, CHD, stroke management and atrial fibrillation and the use of antithrombotic and antiplatelet medicines.
<b>Optimisation of medicines for endocrine and musculoskeletal conditions</b>	The main areas covered in this module are Type 2 diabetes, osteoporosis and musculoskeletal conditions, particularly osteoarthritis and associated pain. These are common chronic conditions in older people and frequently co-exist with other chronic diseases.
<b>Managing complexity of medicines use and multimorbidity in older people</b>	This module is focused on applying the learning outcomes and principles in prior modules through the extensive use of complex cases where options to simplify, optimise and rationalise medicines use are explored. There is an emphasis on prioritisation of health outcomes and a patient centred, interprofessional approach.

## Course Benefits

Upon successful completion of this course, you will:

- be awarded with 30 credit points from the University of Auckland
- have the option to take your credit into the Master of Health Sciences, Master of Nursing, or other related postgraduate programmes

For practising nurses looking for Continuing Professional Development (CPD), this course will provide 300 hours of learning.