

# Potentially inappropriate prescriptions according to Beers and STOPP criteria in the University Hospital of Ferrara

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## Background

Inappropriate drug prescriptions or outside the therapeutic indications can frequently be the cause for adverse reactions to drugs that can be potentially avoided. Despite there is a consensus on the definition of inappropriateness of medication prescription, it is often difficult to identify and measure them.

## Purpose

The aim of our study was to evaluate the frequency and occurrence of inappropriate drug prescriptions in elderly patients hospitalized in our healthcare setting by utilizing two criteria: Beers and STOPP.

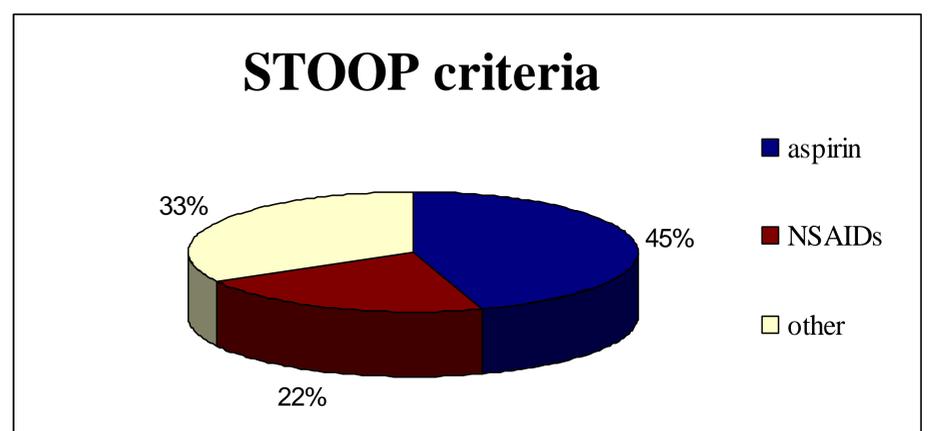
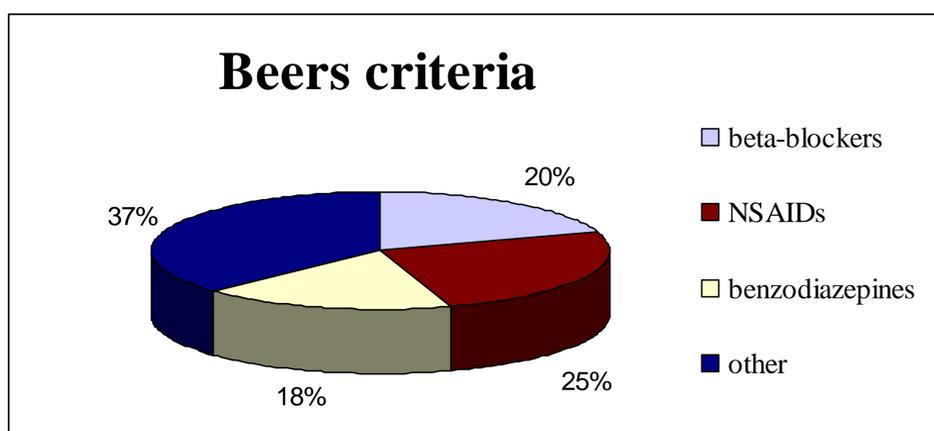
## Material and methods

The discharge prescription coming from the internal and geriatric medicine wards of the hospital of Ferrara have been. We selected the prescription to all patients having more than 70 years patients from the July 1<sup>st</sup> 2013 until the June 30<sup>th</sup> 2014 considering: age, sex, hospitalization length, prescribing word, prescribed drugs and patient's pathologies. The main outcome measures were: prevalence of inappropriate prescriptions following the Beers and STOPP criteria ,and the drugs that are more frequently inappropriately prescribed .

## Results

Our study involved 950 patients (average age 75). Following the Beers criteria, 37% (28-42%) of patients has received at least one inappropriate prescription. This percentage rises up to 45% (38-49%) by following the STOPP criteria. According to Beers criteria our analyses observes that 20% of inappropriately prescribed drugs is made by beta-blockers, 25% are NSAIDs, 18% are benzodiazepines. On the other hand, by following the STOPP criteria we observes that aspirin makes 45% of inappropriately prescribed drugs, NSAIDs make 22%.The highest frequency of inappropriate prescriptions has been detected by the geriatric ward.

INAPPROPRIATE PRESCRIPTION	
Beers criteria	37% (28-42%)
STOPP criteria	45% (38-49%)



## Conclusion

From the performed analyses we have noticed that in our hospital in the medical wards there is a very high frequency of inappropriate prescriptions. It could be possible to reduce by about 80% of inappropriate drugs by acting on the four main categories of drugs that are more often inappropriately prescribed.