

Evaluation of a Systematic Tool to Reduce Inappropriate Prescribing (STRIP) in adults with an intellectual disability: a pilot study

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Objective

- To evaluate the applicability of a Systematic Tool to Reduce Inappropriate Prescribing (STRIP), which includes START and STOPP criteria, in adults with an intellectual disability (ID) with polypharmacy.



Conclusions

- STRIP seems applicable to this population in terms of:
 - Involvement of clients, their legal representatives and professional caregivers
 - Identification of drug-related problems
 - Financial consequences
- Physicians' acceptance of proposed interventions was low.

Results

Table 1: Applicability of STRIP according to defined criteria: results of 27 medication reviews

| Criterion | Results | Complies |
|---|--|----------|
| 1 During at least 80% of the reviews a client and/or his legal representative were present | During 93% of the reviews a client and/or his legal representative were present | ✓ Yes |
| 2 At least 80% of the professional caregivers were involved | 100% of the professional caregivers were involved | ✓ Yes |
| 3 At least 1 drug-related problems is identified in 25% of the clients | At least 1 drug-related problems was detected in every client (100%); in total 127 drug-related problems were identified | ✓ Yes |
| 4 At least 67% of the proposed interventions are accepted six months after the review | 15.7% of the proposed interventions were accepted six months after the review | ✗ No |
| 5 Medication review results in net savings on pharmaceutical costs, assuming an acceptance rate of 67% | Medication review results in net savings of € 20,636 on pharmaceutical costs | ✓ Yes |

Background

- Annual medication review is recommended for people with an ID, but a tool to perform this review is not available.
- For older patients with polypharmacy in the general population a Systematic Tool to Reduce Inappropriate Prescribing (STRIP)*, which includes START and STOPP criteria, has been developed recently.



Methods

- In each of 3 inpatient care organizations 9 medication reviews were performed by a pharmacist and a resident ID-physician for clients with polypharmacy (concomitant use of ≥ 5 drugs).
- Primary outcome: the applicability of STRIP according to predefined criteria (see table 1).

*The Dutch College of General Practitioners, Multidisciplinary Guideline Polypharmacy in the elderly, 2012