PREVALENCE OF POLYPHARMACY IN PATIENTS WITH HUMAN IMMUNODEFICIENCY VIRUS INFECTION

Hospital Pharmacy Service. Hospital Universitario San Agustín. Asturias, Spain

BACKGROUND
Due to the introduction of highly active antiretroviral therapy, the percentage of older HIV-positive patients is growing, with an increase in comorbidities and chronic medication.

OBJECTIVES
✓ Determine the prevalence of polypharmacy in HIV-positive individuals treated with antiretroviral therapy (ART) in a regional hospital in Spain.
✓ Quantify the number of chronic medication in patients older than 50 and compare to patients younger than 50.

MATERIAL AND METHODS
Observational, retrospective study

HIV-positive patients with active ART
✓ Sex
✓ Age
✓ Chronic treatment

PREVALENCE
Polypharmacy: simultaneous prescription of ≥ 6 active principles, including ART
Major polypharmacy: ≥11 active principles

NUMBER OF CHRONIC MEDICATION
Patients <50 years versus >50 years

RESULTS
213 PATIENTS
73% men
Mean age: 51 ±10.7 years
60% of patients were older than 50 years

Prevalence of polypharmacy: 50% of patients

Major polypharmacy: 11% of HIV patients were in treatment with ≥11 active principles

NUMBER OF DRUGS PER PATIENT
<50 years: 5.3 ± 2.5 active principles
>50 years: 7.0 ± 2.8 active principles
Higher in the elderly group

p<0.01

MOST PRESCRIBED DRUGS
- Anxiolytics and hypnotics
- Antihypertensives
- Lipid lowering agents
- Antidepressant drugs
- Others

CONCLUSIONS
✓ The prevalence of polypharmacy was high and similar to other studies, especially in elderly patients.
✓ It is necessary to develop specific health measures to help pharmacotherapy optimization in this group of patients.