



PSYCHOTROPIC DRUG USAGE IN OCTOGENARIAN AND NONAGENARIAN COMPLEX CHRONIC PATIENTS

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BACKGROUND

Elderly patients often manifest behavioral disorders. They commonly involve the use of psychotropic drugs, that are associated with drowsiness, confusion and risk of falls, especially in this vulnerable population. The significant increase of psychotropic drugs consumption in recent years promoted strategies to identify potentially inappropriate prescriptions and their optimization or deprescription.

PURPOSE

- To estimate the **prevalence of psychotropic drugs** at discharge in geriatric patients.
- To describe the most frequently psychotropics prescribed.
- To evaluate the **differences between octogenarian and nonagenarian** complex chronic patients (CCP).

MATERIAL AND METHODS

Retrospective observational study

Inclusion criteria: geriatric patients discharged between May and June of 2019 from an Acute Geriatric Unit (41 beds) of a Geriatric Healthcare Centre from a University Hospital. Exitus were excluded.

Variables registered:

- Age
- Sex
- Length of stay (LOS)
- Number and type of psychotropic drugs at discharge (hypnotics, antidepressants, neuroleptics, mood stabilizers).
- For octogenarian and nonagenarian CCP we also collected: polypharmacy and Pfeiffer Test before admission.

Statistical analysis: Stata13.

Quantitative data are presented as median (Q1-Q3) and we used the U-Mann-Whitney-Wilcoxon test.

RESULTS

- N= 148 patients, age: 86 (82.75-90.25) years, females 87 (58.8%), LOS 9 (6-13.25) days
- Psychotropic drugs at discharge:

HYPNOTICS
49.9%
(68 patients)



49/68 (72.0%) **trazodone**
23/68 (33.8%) **intermediate/short-acting benzodiazepines**

ANTIDEPRESSANTS
31.1%
(46 patients)



15/46 (32.6%) **sertraline**

NEUROLEPTICS
26.3%
(39 patients)



25/39 (64.1%) **quetiapine**
13/39 (33.3%) **risperidone**

MOOD STABILIZERS
12.2%
(18 patients)



8/18 (44.4%) **gabapentin**

- Patients with at least one psychotropic prescription: 97 (65.5%)
With ≥ 3 psychotropic drugs 23 (15.5%)
- Differences between octogenarian and nonagenarian CCP

	OCTOGENARIAN CCP	NONAGENARIAN CCP	Differences
n	29	20	---
LOS	10 (7-13)	8 (5,5-16)	p=0,554
Number of psychotropics	2 (1-3)	1,5 (0-2)	p=0,378
Polypharmacy (# of drugs)	12 (10-14)	11 (8,5-12)	p=0,135
Pfeiffer	2 (0-4)	3 (1-7)	p=0,080

CONCLUSIONS

- Two thirds of the patients were under treatment with at least one psychotropic, being hypnotics and antidepressants the most prescribed.
- The small size of sample difficults to demonstrate statistically significant differences, but this study suggests that nonagenarian CCP present less polypharmacy and lower number of psychotropic drugs compared to octogenarian CCP, despite having higher cognitive impairment.