Impact of medication review to optimize prescriptions of nursing home residents.

L. CABRIT1, A. PAGÈS1, L. ROUCH1, E. MAGRE1, A. JULLIEN1, E. GAWEL1, A. RAYNAL1, M. PLUYE1, C. MC CAMBRIDGE1, P. CESTAC1, C. LAMON DE MAZIÈRES2.

1 TOULOUSE UNIVERSITY HOSPITAL, PHARMACY DEPARTMENT, TOULOUSE, FRANCE.
2 TOULOUSE UNIVERSITY HOSPITAL, GERIATRIC DEPARTMENT, TOULOUSE, FRANCE.

Background
In our hospital, a day care center is dedicated to dependent elderly patients living in nursing homes to explore general health status, specific problems and to optimize their medical care. Medication review is performed daily by both clinical pharmacists and geriatric physicians. This review aims to identify Potentially Inappropriate Drug Prescribing (PIDP) according to explicit and implicit criteria, and then to propose optimizations to general practitioners (GP).

Purpose
To assess the impact of medication review on GP’s drug prescriptions optimization after a six-month period.

Material and Methods

MEDICATION REVIEW from January 1st to 31st 2017

Explicit criteria
- Summary of Product Characteristics
- European list of Potentially Inappropriate Medications
- START and STOPP criteria

Implicit criteria
- Patients’ clinical data
- Biological data

INTERVIEW Nursing home staffs and GPs

Rate of acceptance : 51%

Results

- 54 patients included
  Mean age = 85.8 years
  76% women

- 8.47 drugs per patient

- Polypharmacy (>5 drugs) = 83% of patients

- 3.8 optimization proposals /patient

- 30% inappropriate drug prescription

Conclusion
Our work suggests that numerous patients have a PIDP and that such a situation could be optimized by a close collaboration between clinical pharmacists and physicians. Patients’ hospitalization in day care centers appears to be an efficient system to improve prescriptions of dependent elderly patients in nursing homes.