REVIEW AND DEPRESCRIPTION OF MEDICATION IN POLYMEDICATED PATIENTS WITH PSYCHOACTIVE DRUGS

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BACKGROUND AND IMPORTANCE

- ↑ Incidence of mental illness
- ↑ Prescription of psychoactive drugs
- ↑ Probability of long-term toxicity
- ↑ NEED OF REVIEW

AIM AND OBJECTIVES

To evaluate a medication review & deprescription program

MATERIAL AND METHODS

- Descriptive and prospective about patients with ≥3 concomitant prescriptions of:
  - (A) ANTIDEPRESSANTS
  - (B) NEUROLEPTICS
  - (C) BENZODIAZEPINES
- PHARMACY SERVICE obtained lists in May 2022
- Study of the implementation four months later with the following data:
  - Demographic data (age and sex)
  - Review’s percentages
  - Deprescription (one or two drugs)
  - Maintenance (and reasons)
  - Dose changes
  - New prescription (substitution/addition)

RESULTS

- Total: 334 patients (average age: 51 years; men: 55.3%)
  - 10.1% (A)
  - 53.5% (B)
  - 36.4% (C)

- Deprescription: 14.8% one, 2.8% two drugs.
- Maintenance: 75.3% severity, 15.3% scheduled demand, 8.7% de-escalation, 0.7% other.
- All dose changes were reductions.
- All new prescriptions were substitutions.

CONCLUSION AND RELEVANCE

- Degree of acceptance GOOD in four months
- Prescriptions were maintained in the majority of patients but...
- Periodic reviews can make a high health and economic impact.
- It would be useful to implement the strategy in other units.
- The study should be extended until the review of the entire population.