IMPACT OF PHARMACY INTERVENTION ON REDUCTION OF MEDICATION-RELATED PROBLEMS IN ELDERLY PATIENTS IN A NURSING HOME

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BACKGROUND AND IMPORTANCE

• Medication-related problems (MRPs) are situations involving drug therapy that potentially interfere with desired outcome for a patient. Elderly patients are especially vulnerable to these problems because of their comorbidity and polypharmacy.

AIM AND OBJECTIVES

• To estimate the prevalence of MRPs in a nursing home, identify the most frequently involved therapeutic groups and evaluate the degree of pharmaceutical interventions (PI) acceptance by the physician.

MATERIALS AND METHODS

Cross sectional observational study was conducted (April 2021)

- Sex and age
- Drugs prescribed and therapeutic group
- Frailty index (FI)
- Number and type of MRPs
- PIs and degree of acceptance

FI was determined according to a frailty scale based on comprehensive geriatric assessment in nursing homes. (1)

RESULTS

• 31 patients (58.1% women) with mean age of 79 (62–96) years were evaluated
• 17 patients (54.8%) were > 80 years old

- FI was 0.4 (SD=0.2) (moderate frailty)
- 123 MRPs were recorded mean of 4 MRPs/patient (SD=1.2)

Most frequent MRPs were:
- Probability of adverse effects
- Low therapeutic utility
- Inadequate duration
- Inadequate dose
- Untreated indication
- Therapeutic duplication

Main therapeutic groups involved in MRPs were:
- Antidepressants
- Antipsychotics
- Anti-inflammatories
- Vitamin D derivatives
- Diuretics
- Others

Most frequent PIs were:
- Treatment discontinuation
- Drug substitution
- Dose adjustment
- Treatment initiation
- Recommended administration

90 PIs (79%) were accepted
24 PIs (21%) were not accepted

Mean number of drugs prescribed was 8.1 (SD=3.2)
114 PIs were performed mean of 3.7 PI/patient (SD=1.2)

CONCLUSION AND RELEVANCE

• Our study showed a high prevalence of MRPs. Main therapeutic groups involved were psychotropic drugs (antidepressants and antipsychotics).
• High acceptance of PIs supports integration of pharmacist into multidisciplinary team of nursing homes, as it improves the safety and quality patient care.

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