APPLICATION OF INTERNATIONAL GERIATRIC CRITERIA ACCORDING TO EAHP POLICY STATEMENT ON AN AGEING SOCIETY

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BACKGROUND
Inappropriate prescribing in the elderly is a critical issue in primary care, causing a higher risk of adverse drug events. At international level, many tools have been developed to cope with this problem and to identify Potentially Inappropriate Medications (PIMs).

OBJECTIVES
The aim of this study was the application of Beers, Screening Tool of Older People’s Prescriptions (STOPP)/ Screening Tool to Alert to Right Treatment (START) and Improving Prescribing in the Elderly Tool (IPET) criteria by the Tracer Pharmacist (TP), as a key tool to reduce PIMs and improve the quality of prescribing.

METHODS
A retrospective cohort study was conducted by the TP using Beers, STOPP/START and IPET criteria.
The cohort comprised 370 elderly patients hospitalized from January to May 2015, with at least three prescriptions.

RESULTS

POPULATION ANALYSED

<table>
<thead>
<tr>
<th>Summary</th>
<th>Value</th>
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<tbody>
<tr>
<td>Average age of patients</td>
<td>73 years</td>
</tr>
<tr>
<td>Sex</td>
<td>54.5% (209/370) males</td>
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<tr>
<td></td>
<td>45.5% (161/370) females</td>
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<tr>
<td>Reasons for hospitalization</td>
<td>cardiovascular diseases (183/370)</td>
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<td>cancer (72/370)</td>
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<tr>
<td>Average of 4,4 comorbidities</td>
<td>4,4</td>
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<td>Patients were in polytherapy</td>
<td>83.8%(310/370)</td>
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BEERS
The prevalence of PIMs was 85.7%(317/370) according to Beers criteria. The most prevalent PIM, with a percentage of 72.1%(267/370), was the use of proton-pump inhibitors.

STOPP
The prevalence of PIMs was 76.5% (283/370) using STOPP criteria. The most prevalent PIM was the use of potentially constipating drugs (antimuscarinics, Fe, opioids) in 51.3%(190/370) of reported cases.

IPET
The prevalence of PIMs in was 39.2%(145/370) using IPET criteria. The use of β-blocker in patients with obstructive pulmonary disease was the predominant PIM, with a percentage of 27.3% (101/370).

START
The prevalence of the appropriate prescriptions was (40.8%) 151/370 using IPET criteria. The most common appropriate prescription was the use of inhaled β2-agonists in the treatment of obstructive pulmonary disease.

CONCLUSIONS
Regardless of the criteria used, our data showed that, according to Beers criteria, more than 80% of patients were exposed to PIMs. To make health professionals aware of the use of these tools and to improve care for the elderly patients an educational brochure has been created.