Evaluation of a Systematic Tool to Reduce Inappropriate Prescribing (STRIP) in adults with an intellectual disability: a pilot study

Rianne J. Zaal1, Susan Ebbers2, Mirka Borms3, Bart de Koning4, Patricia M.L.A. van den Bemt1, Heleen M. Evenhuis5

1 Erasmus MC, Department of Hospital Pharmacy, Rotterdam, The Netherlands, 2 DeSeizoenen, Oploo, The Netherlands, 3 Het Raamwerk, Noordwijkerhout, The Netherlands, 4 Pluryn, Nijmegen, The Netherlands, 5 Erasmus MC, Department Family Medicine, Rotterdam, The Netherlands

Objective

- To evaluate the applicability of a Systematic Tool to Reduce Inappropriate Prescribing (STRIP), which includes START and STOPP criteria, in adults with an intellectual disability (ID) with polypharmacy.

Conclusions

- STRIP seems applicable to this population in terms of:
  - Involvement of clients, their legal representatives and professional caregivers
  - Identification of drug-related problems
  - Financial consequences
- Physicians’ acceptance of proposed interventions was low.

Results

Table 1: Applicability of STRIP according to defined criteria: results of 27 medication reviews

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Results</th>
<th>Complies</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 During at least 80% of the reviews a client and/or his legal representative were present</td>
<td>During 93% of the reviews a client and/or his legal representative were present</td>
<td>√ Yes</td>
</tr>
<tr>
<td>2 At least 80% of the professional caregivers were involved</td>
<td>100% of the professional caregivers were involved</td>
<td>√ Yes</td>
</tr>
<tr>
<td>3 At least 1 drug-related problems is identified in 25% of the clients</td>
<td>At least 1 drug-related problems was detected in every client (100%); in total 127 drug-related problems were identified</td>
<td>√ Yes</td>
</tr>
<tr>
<td>4 At least 67% of the proposed interventions are accepted six months after the review</td>
<td>15.7% of the proposed interventions were accepted six months after the review</td>
<td>X No</td>
</tr>
<tr>
<td>5 Medication review results in net savings on pharmaceutical costs, assuming an acceptance rate of 67%</td>
<td>Medication review results in net savings of € 20,636 on pharmaceutical costs</td>
<td>√ Yes</td>
</tr>
</tbody>
</table>

Background

- Annual medication review is recommended for people with an ID, but a tool to perform this review is not available.
- For older patients with polypharmacy in the general population a Systematic Tool to Reduce Inappropriate Prescribing (STRIP)*, which includes START and STOPP criteria, has been developed recently.

Methods

- In each of 3 inpatient care organizations 9 medication reviews were performed by a pharmacist and a resident ID-physician for clients with polypharmacy (concomitant use of ≥ 5 drugs).
- Primary outcome: the applicability of STRIP according to predefined criteria (see table 1).

*The Dutch College of General Practitioners, Multidisciplinary Guideline Polypharmacy in the elderly, 2012

Correspondence: r.zaal@erasmusmc.nl

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