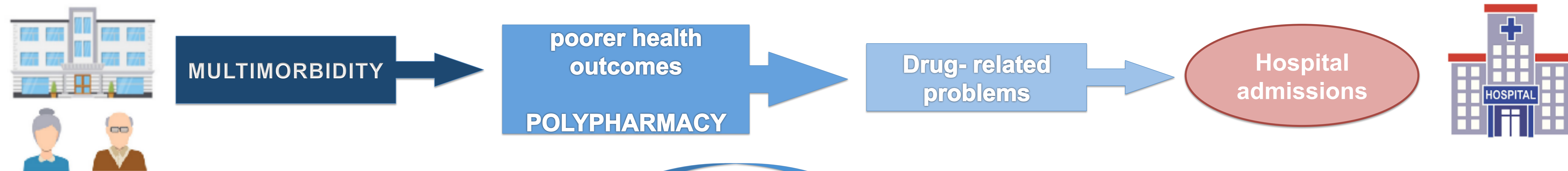


5PSQ-101

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ATC code: -



LESS-CHRON criteria (List Evidence-based depreScribing for CHRONic patients criteria):

a list of 27 drugs and specific clinical situations that set an opportunity for deprescribing in patients with multimorbidity.

To stop, substitute or reduce the dosage of those drugs that under certain clinical conditions can be considered unnecessary or inappropriate.

Objectives: The aim of this study was to review all the medical treatments and clinical situation of the institutionalized patients in a nursing home, using LESS-CHRON criteria and analyzed the pharmacist interventions.

Methods or Study Design

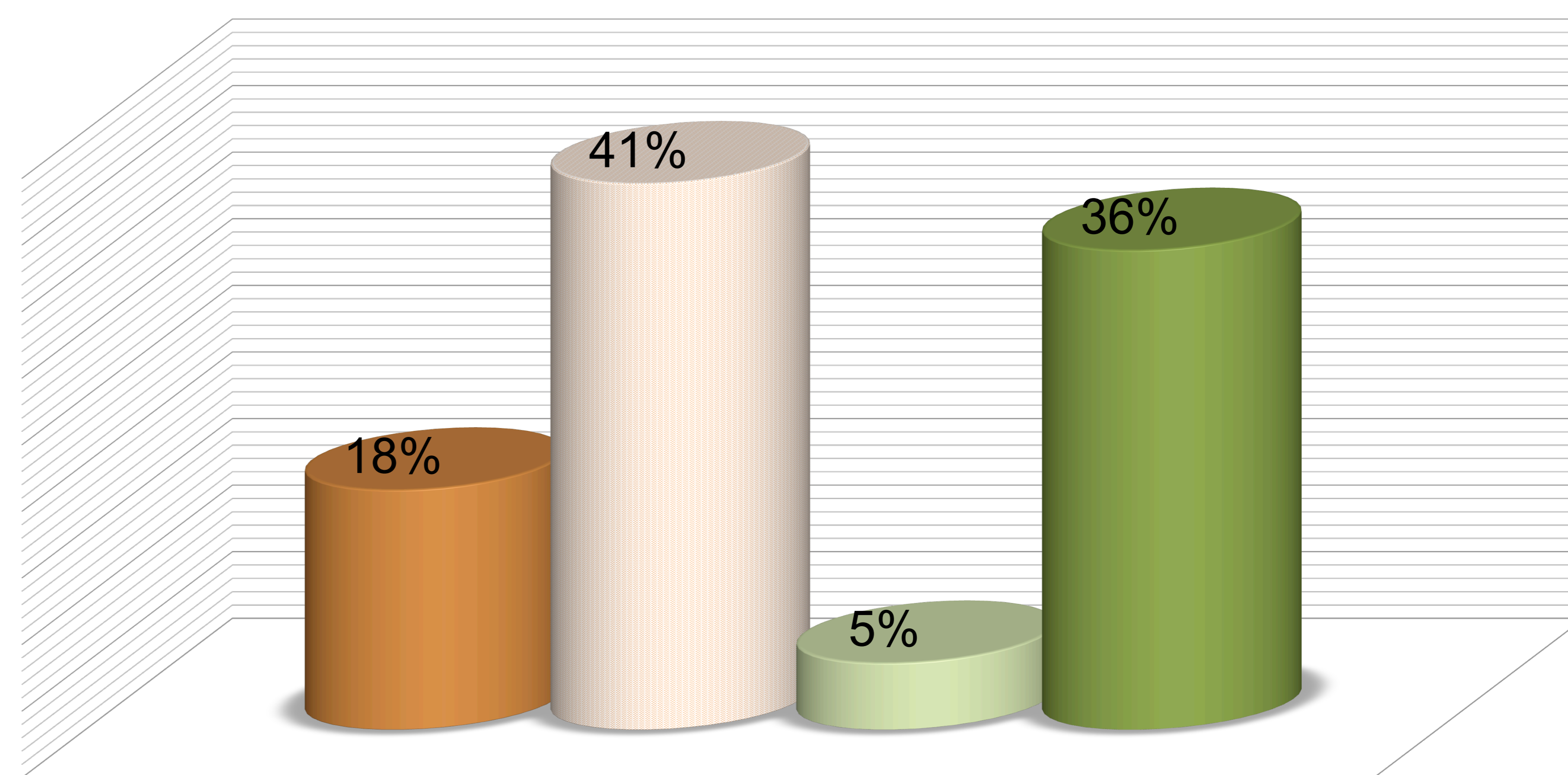
Cross-sectional study in June 2018. We included all the nursing home residents older than 65 years in a residential care center linked to a hospital pharmacy. We reviewed with the physician responsible the pharmacological treatment and clinical situation of the residents to assess the benefits and risks of medication withdrawal, then we valued the acceptance.

Results:

- ✓ 55 nursing home residents
- ✓ 50% men
- ✓ Mean age: 82,5±9 years old
- ✓ Charlson comorbidity index ≥5: 73%
- ✓ Mean drugs prescribed per patient: 8,5±4,4

We detected **39 inappropriate prescriptions by LESS-CHRON criteria:**

■ digestive system drugs
 ■ blood and cardiovascular system drugs
 ■ genitourinary tract drugs
 ■ central nervous system drugs



clinical review and evaluation process with the physician

- ✓ **Acceptance intervention rate to reduce dose or stop medication: 26%(10)**
- ✓ **Inappropriate prescription without any changes in treatment: 74% (29) → 22 had a clinical explanation**



Discussion/Conclusions: LESS-CHRON criteria is a suitable tool for clinical practice to select which patients can benefit from deprescribing. They can avoid several adverse events related to drugs, but it requires a good knowledge of the clinical history and a work in common with physician. As we can see most of the inappropriate prescriptions with no modification in treatments were clinically justified.