

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).

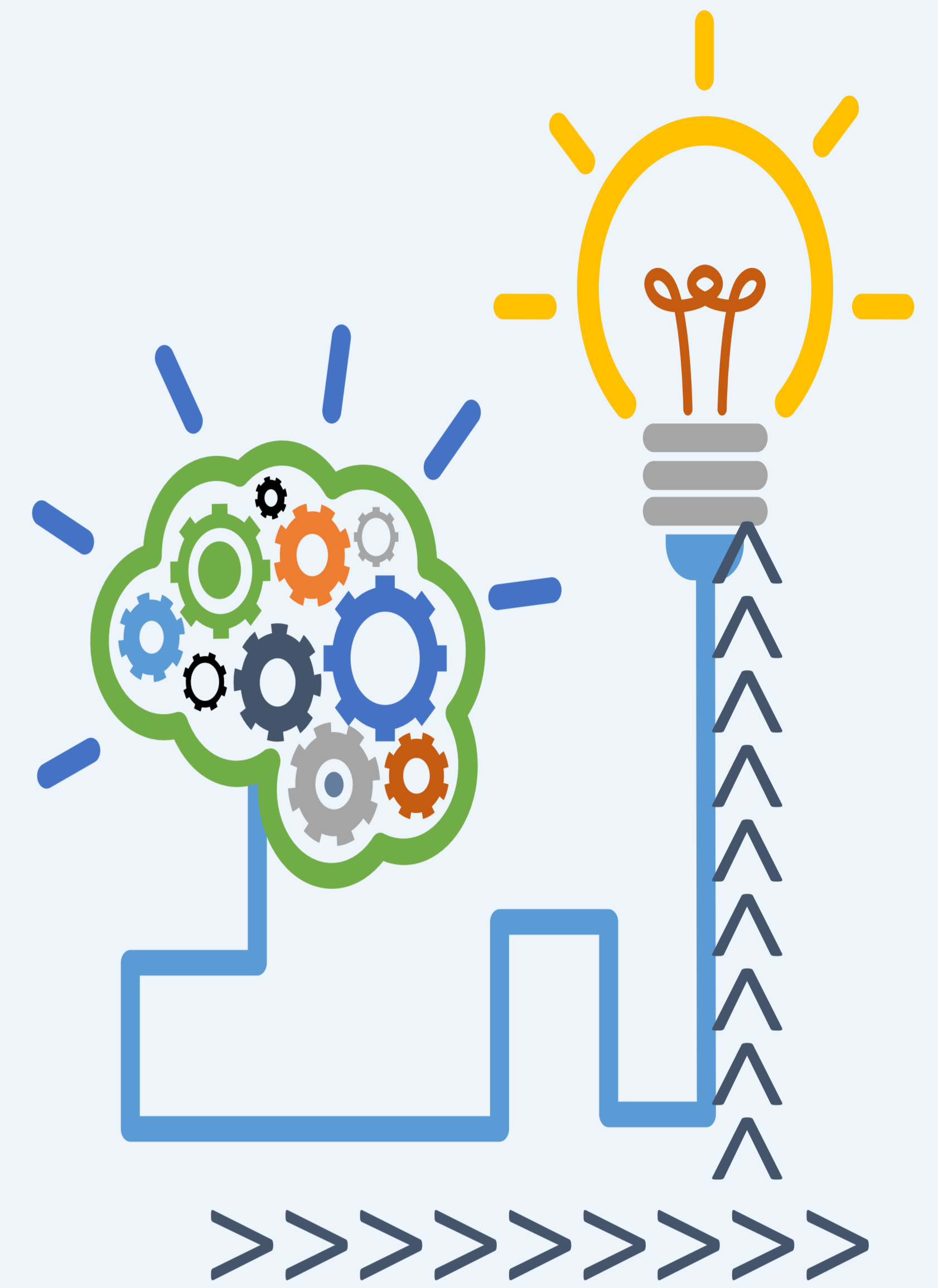
OBJECTIVES

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.

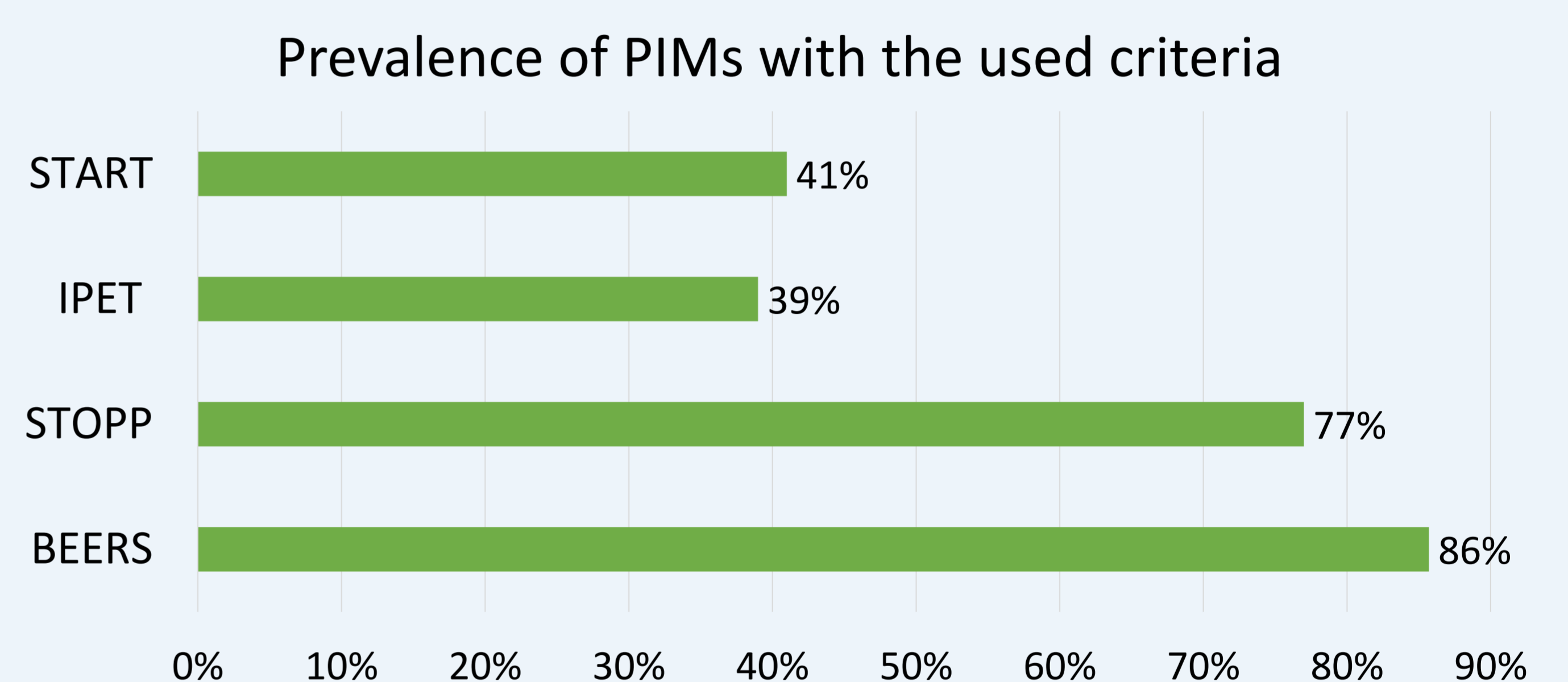
The cohort comprised 370 elderly patients hospitalized from January to May 2015, with at least three prescriptions.



RESULTS

POPULATION ANALYSED

Average age of patients	73 years
Sex	54,5% (209/370) males 45,5% (161/370) females
Reasons for hospitalization	cardiovascular diseases (183/370) cancer (72/370)
Average of 4,4 comorbidities	4,4
Patients were in polytherapy	83,8%(310/370)



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.



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