4CPS - 128 Anticholinergic load: a better score for a gold prescription?

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Introduction

Many drugs have **anticholinergic effects**

These effects may be central and/or peripheral and may have **major consequences in elderly people**

Objectives

The aim of this study was to :

- **Analyse the anticholinergic load (AL)** of prescriptions
- **Study the impact of pharmaceutical intervention (PI)** on these prescriptions.

Material & method

➢**Period** : from July 2024

➢**Age :** ≥ 75 yo

➢Patients **hospitalised in** :

- *Internal Medicine and Haematology*
- *Acute Geriatric Medicine*
- *Multidisciplinary Medicine*

➢For each patient : The **AL was calculated at entry** using the *« Prescription anticholinergic load calculator »*[1].

- Each molecule has a score ranging :

0 (Low anticholinergic effect) → 3 (High anticholinergic effect)

- The sum of the scores for each drug gives the **patient's overall AL**

- If the AL was considered « high »*/**, a **PI** was carried out to inform the prescriber and to **jointly** consider a **strategy** to be followed

*Presence of at least one molecule with a **score ≥ 2**

If the overall AL was **above the theoretical thresholds *(≥ 5 at peripheral level ≥ 4 at central level)*

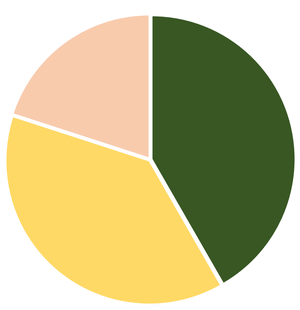
➢The patient's AL was again calculated on discharge from hospital

[1] : https://www.omedit-paysdelaloire.fr/documentation/calculateur-de-charge-anticholinergique-dune-prescription-omedit-pdl-2022/

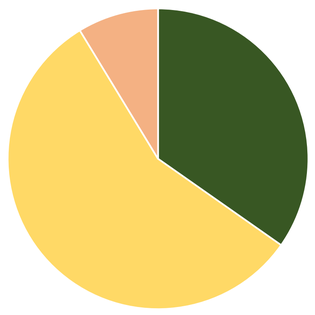
Results

In the population studied :

Patients included
n = 60



PI realised
n =23



1.a.Classification of AL calculated at entry into the study population

Hydroxyzine : score 3 **Ipratropium : score 3**

Amitrityline : score 3 **Solifenacine : score 3**

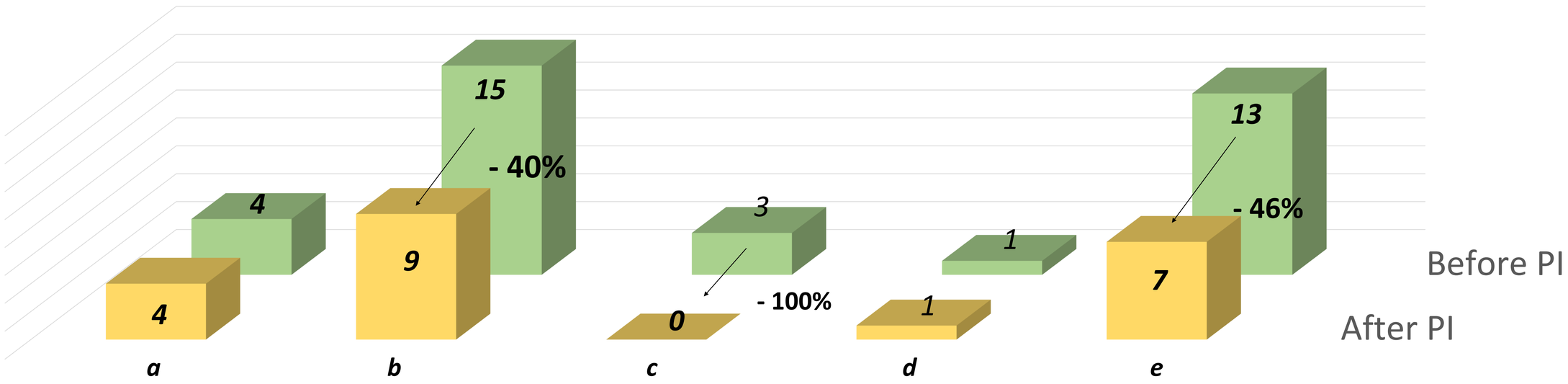
Paroxetine : score 3

2.a.Change in AL at discharge from hospital, after a PI has been carried out

- *Continuation of treatment if good tolerance*
- *Choice of a less anticholinergic alternative*
- *Discontinuation of treatment if no indication*
- *Reduction in dosage*

1.b. Main anticholinergic molecules found

2.b. Type of action taken following PI



3. Impact of PI on the prescription of anticholinergic drugs and on the overall anticholinergic load

Legend : ***a*** *: 1 molecule « 2 »;* ***b*** *: 1 molecule « 3 »;* ***c*** *: 2 molecules « 3 »;* ***d*** *: Association 1 molecule « 2 » + 1 molecule « 3 »;* ***e*** *: AL > Limits*

Conclusion /Discussion

➢AL was **inappropriate** in almost 40% of cases

➢The results of this study show the **beneficial impact of pharmaceutical interventions** on the adaptation of anticholinergic drugs

To be continued...

➢Integration of this calculation into the hospital report

➢Passing on information to referring doctors