

MEDICATION PRESCRIBING AMONG THE ELDERLY IN CATALONIA

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4CPS-272



BACKGROUND AND IMPORTANCE

Population growth presents major challenges, particularly the rise in frailty among older adults, which is often associated with multiple chronic diseases and the use of several medications. This situation increases the risk of adverse drug events and interactions.

AIM AND OBJECTIVES

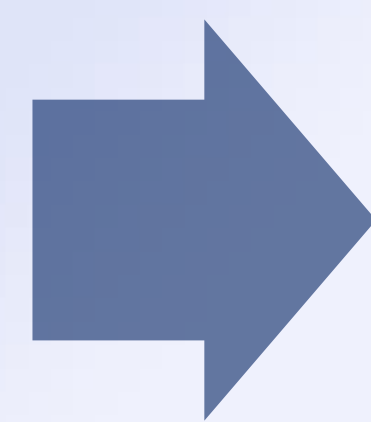
To evaluate the use of dispensed medications in older adults in Catalonia, based on their frailty status.

MATERIAL AND METHODS

- ✓ Multicentre, multidisciplinary, 1-year longitudinal (2021) retrospective study in **Catalan population aged ≥65 years**.
- ✓ Data were obtained from PADRIS (AQuAS).
- ✓ Variables included sociodemographic characteristics (age and sex), **dispensed drugs, and frailty status**.
- ✓ Frailty status was assessed using the **e-SIF electronic instrument**, classifying individuals as **non-frail (robust or pre-frail)** and **frail (moderately or severely frail)**.

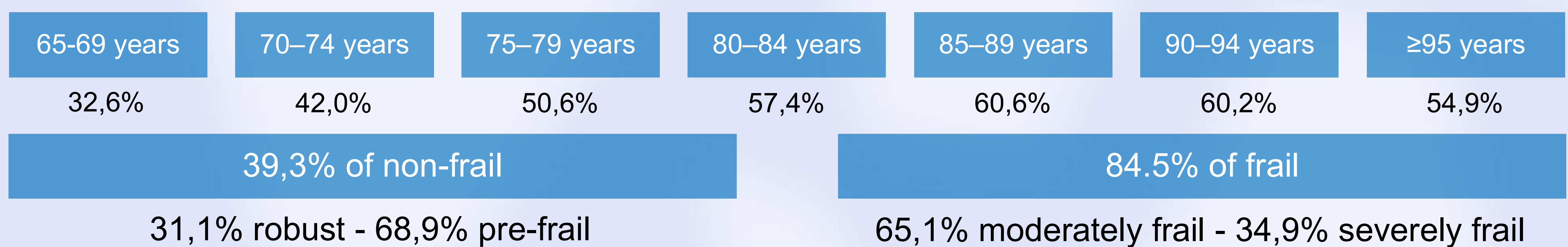
RESULTS

Study population:
1.564.611
individuals

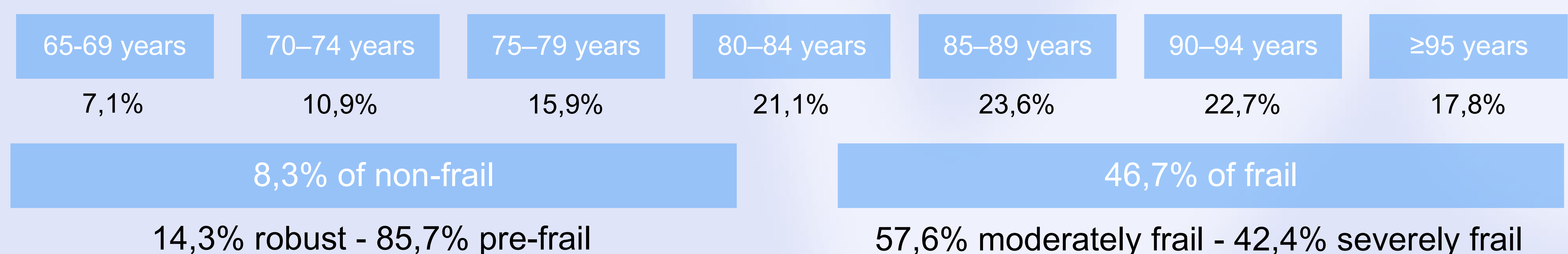


- ✓ Number of dispensed packs: 63.866.572
- ✓ Annual average number of drug dispensed/person: 6.5
 - ✓ Women (6,7 drugs), men (6,2 drugs)
 - ✓ Frail group (9,8 drugs), non-frail group (5,7 drugs)

- ✓ **46,6%** of population were dispensed **≥5 drugs/year**: (48.7% women, 43.8% men).



- ✓ **14,4%** of population were dispensed **≥10 drugs/year** (15.8% women, 12.6% men).



CONCLUSIONS AND RELEVANCE

Medication use tends to increase with age and is more frequent among individuals with frailty. These findings highlight the importance of conducting regular medication reviews and implementing deprescribing strategies, particularly in frail older adults.