

PHARMACOTHERAPEUTIC RECOMMENDATIONS AND DEPRESCRIPTION IN ELDERLY PATIENTS ADMITTED TO AN ACUTE GERIATRIC UNIT

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BACKGROUND AND IMPORTANCE

Older patients with multimorbidity, frailty and polypharmacy have a high risk of inappropriate medication prescribing (IP) that affects quality of life. Deprescription is a recognized strategy to optimize pharmacotherapy and reduce IP.

OBJECTIVES



- ◆ To analyse the pharmacotherapeutic recommendations (PR) performed by the clinical pharmacist in patients admitted to an Acute Geriatric Unit (AGU) and the degree of acceptance by physicians.
- ◆ To quantify desprescription obtained through the PR performed.

MATERIALS AND METHODS



Retrospective and descriptive analysis of PR performed in daily clinical practice in an AGU between 01/09/2023 and 31/01/2024.

- ◆ Sociodemographic variables
- ◆ Clinical variables
- ◆ Pharmacological variables

RESULTS

◆ Sociodemographic variables



209 patients
70% female
93 years old
(80-103)



31% in nursing homes

◆ Clinical variables

Most common reasons for admission:

- Respiratory infections (58%)
- Urinary tract infections (16%)
- Cardiac pathology (11%)

◆ Pharmacological variables



Polypharmacy 87%
Hyperpolypharmacy 45%

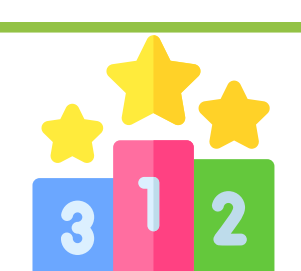
PR

- ◆ At admission: **624** PR were made in 195 (**93%**) patients

81% recommendations about deprescription → **70%** were accepted by the physician at discharge

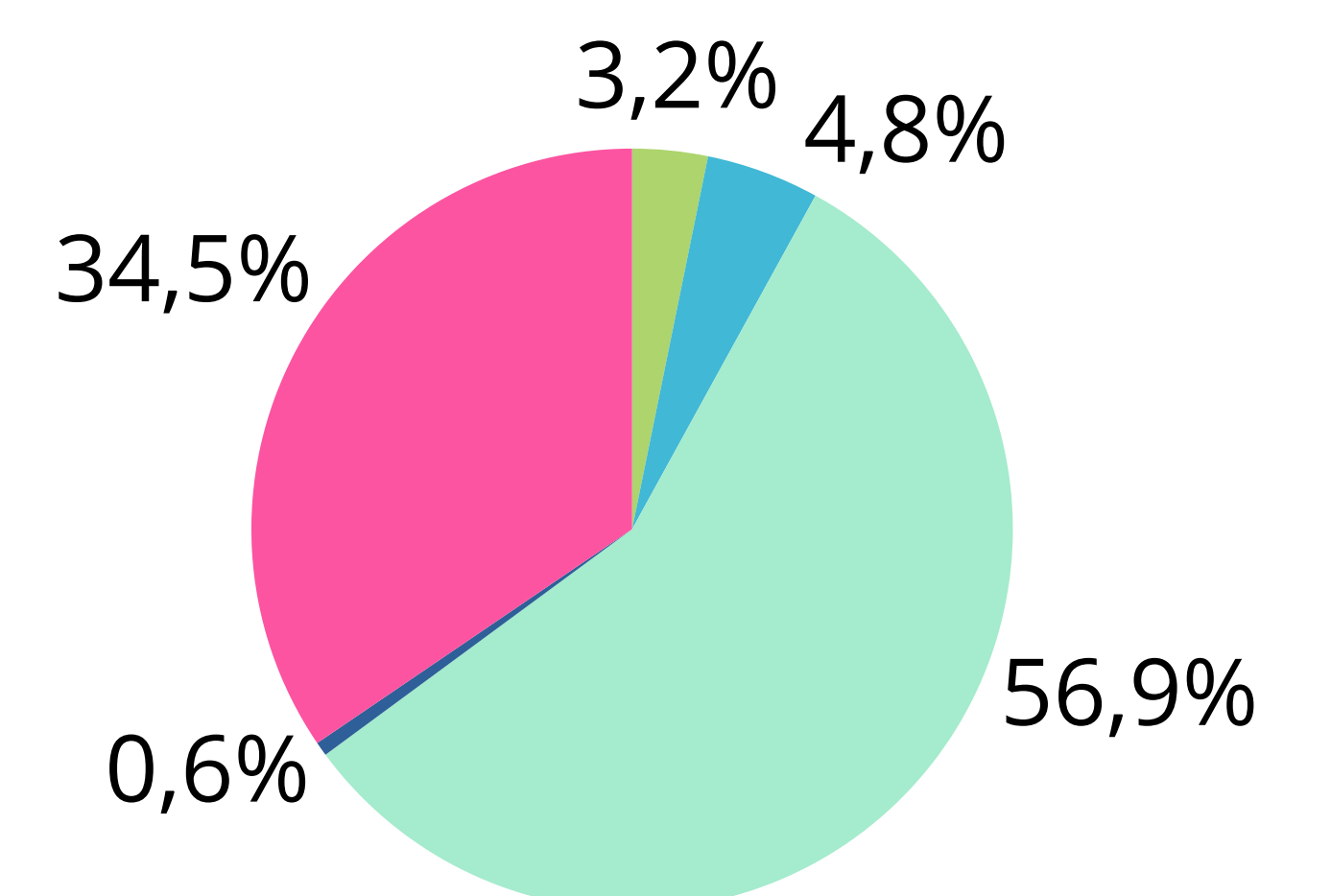
- ◆ At discharge: **876** drugs were desprescribed in 160 (**77%**) patients

With a median of 4 desprescribed drugs } **Discontinuations: 73%**
Dose reductions: 27%



The most commonly desprescribed drugs were **omeprazole** discontinuation (6%), followed by **paracetamol** reduction (4%) and **metamizole** discontinuation (2%).

PR classification:



Legend:
Safety (Pink), Adherence (Blue), Need (Green), Effectiveness (Dark Blue), Appropriateness (Light Green)

CONCLUSIONS

- ◆ Most patients received PRs, mainly deprescription which were accepted by the physician at hospital discharge.
- ◆ The most common deprescription performed by physicians was drug discontinuation and the most commonly desprescribed drug was omeprazole.

