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J05-Antivirals for systemic use

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## BACKGROUND

Due to the introduction of highly active antiretroviral therapy, the percentage of **older HIV-positive patients is growing**, with an increase in comorbidities and **chronic medication**.



## OBJECTIVES

- ✓ Determine the **prevalence of polypharmacy** in HIV-positive individuals treated with antiretroviral therapy (ART) in a regional hospital in Spain.
- ✓ Quantify the number of chronic medication in patients **older than 50 and compare to patients younger than 50**.

## MATERIAL AND METHODS

Observational,  
retrospective study



HIV-positive patients  
with active ART

- ✓ Sex
- ✓ Age
- ✓ Chronic treatment

Statistical analysis: Spss Statistics®

### PREVALENCE

**Polypharmacy:** simultaneous prescription of  $\geq 6$  active principles, including ART  
**Major polypharmacy:**  $\geq 11$  active principles

### NUMBER OF CHRONIC MEDICATION

Patients <50 years versus >50 years

## RESULTS

**213 PATIENTS**



73% men  
Mean age:  $51 \pm 10,7$  years  
60% of patients were older than 50 years

**Prevalence of polypharmacy: 50% of patients**



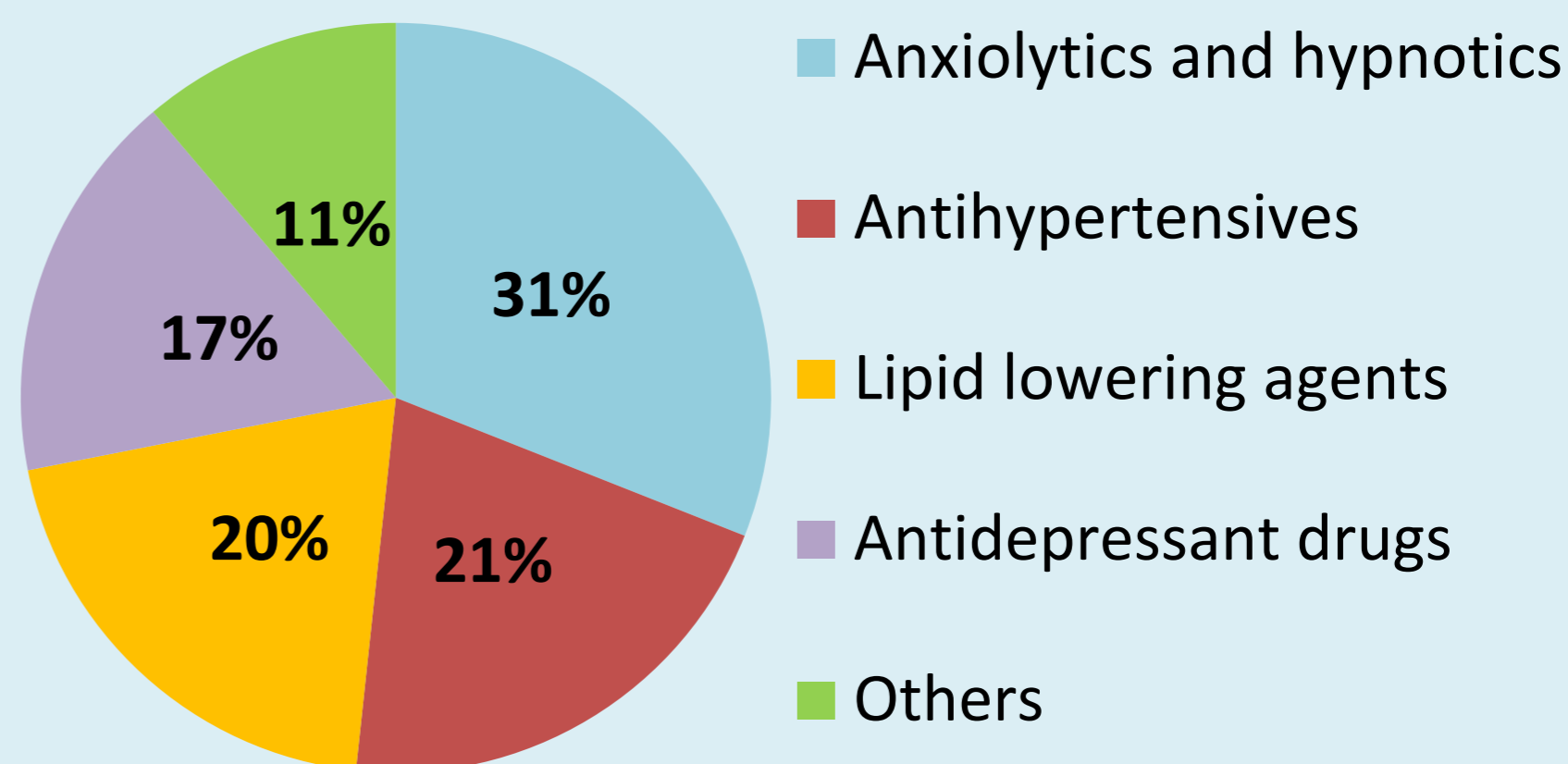
**Major polypharmacy: 11% of HIV patients were in treatment with  $\geq 11$  active principles**

### NUMBER OF DRUGS PER PATIENT

<50 years:  $5,3 \pm 2,5$  active principles  
>50 years:  $7,0 \pm 2,8$  active principles  
**Higher in the elderly group**

$p < 0,01$

### MOST PRESCRIBED DRUGS



## CONCLUSIONS



- ✓ The prevalence of polypharmacy was high and similar to other studies, **especially in elderly patients**.
- ✓ It is necessary to develop specific health measures to **help pharmacotherapy optimization** in this group of patients.