

ADHERENCE IN POLYMEDICATED ELDERLY PATIENTS ADMITTED TO A TRAUMA WARD

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Background and importance



Polymedication is one of the most important problems facing healthcare professionals in Europe today

Aim and objectives

To analyse adherence in polymedicated elderly patients and its relationship with the number of drugs prescribed

Material and methods

Cross-sectional OBSERVATIONAL study
February-May 2021
Traumatology area of a tertiary hospital

Inclusion and exclusion criteria →



- >75 years old
- multi-pathological (≥ 2 chronic pathologies)
- polymedicated (≥ 5 chronic medications)

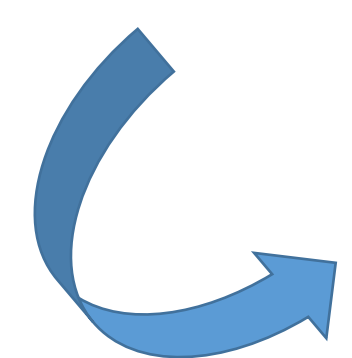


- those unable to communicate (physical/mental condition and absence of a companion)

What did we do?

- Review medical history
- Collect anthropometric variables
- Review pathologies and home medication
- Confirm all by a personal interview

ADHERENCE



Morisky-Green questionnaire

Statistical analysis



- Shapiro-Wilk normality test
- Non-parametric Mann Whitney U test

Results

- 48 patients
- 76.2% female
- mean age: **83.8** ± 5.4 years

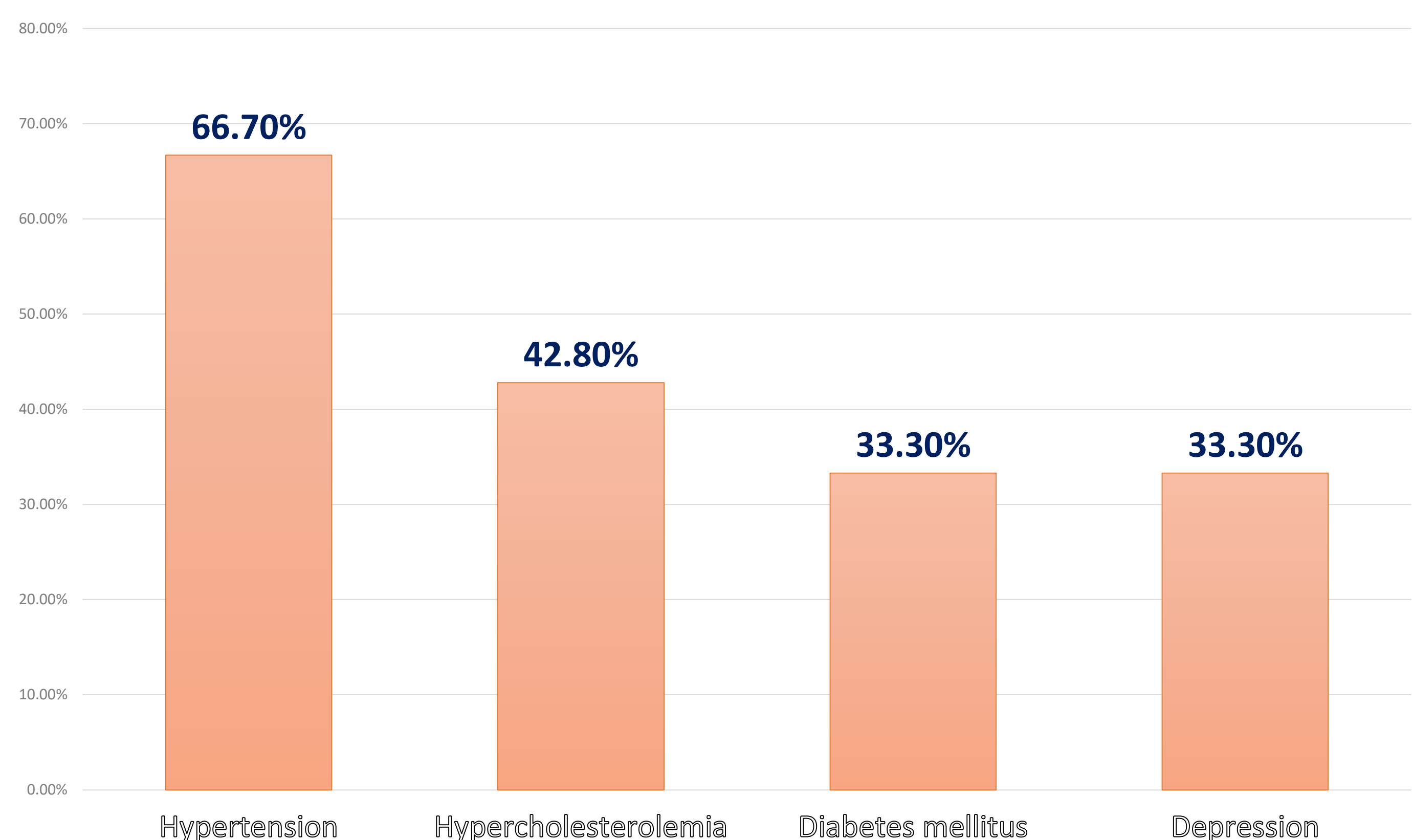
→ Mean number of **pathologies/patient**: **6** ± 2.6 (61.9% with five or more diseases)

→ Mean number of medications/patient: **9** ± 3.4. (35.7% **highly polymedicated** (≥10 medications))

Morisky-Green:

- | |
|----------------------------------------------------------------|
| -82.5% patients were adherent to treatment |
| -22.5% were not taking ≥2 prescribed and necessary medications |
| -36.6% were found to self-medicate |

Most common pathologies:



No statistically significant relationship was found between the number of medications and adherence (p=0.8)

Conclusion and relevance

Contrary to other recently published studies, adherence was good in our sample and was not related to the number of medications. The first finding may be related to the fact that many patients had caregivers who took care of their medication.

This study shows that a significant proportion of the population is self-medicating. This calls for closer monitoring by the community pharmacists, with patient education and collaboration with hospital pharmacists, whose easy access to medical records can help to conduct studies on the prevalence of polymedicated patients and the appropriateness of their prescriptions