

MEDICATION REVIEW OF POLYMEDICATED PATIENTS IN A HEALTH MANAGEMENT AREA

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Background

Polypharmacy is defined as the fact of taking more drugs than are clinically necessary and is associated with an increased risk of adverse effects, interactions, less adherence to treatment, more hospitalizations and increased costs. Hence the importance of treatment reviews, which allows for a better benefit/risk ratio in the use of medications.

Aim and objectives

To analyse the modifications that have been made in polymedicated patients treatment after reviews.

Material and methods

Cross-sectional study in which polymedicated patients (15 or more active prescriptions) were selected in a health management area during December 2019.

The reviews were carried out by Primary Care physicians who were previously sent lists with the identifying data of the assigned patients.

Pharmacy Service held sessions on the strategy to perform to carry out these reviews. Demographic data, associated pathologies and treatment modifications were collected. Deceased patients were excluded.

Results

626 patients were selected in the cross-section, 72.5% (454 patients) were reviewed and of these, 22 patients were excluded due to death. 38.4% (166) were men and 61.6% women (266) with a mean age of 75 years. 55.1% were 75 years or older.

Modifications were made in 30.1% of patients:

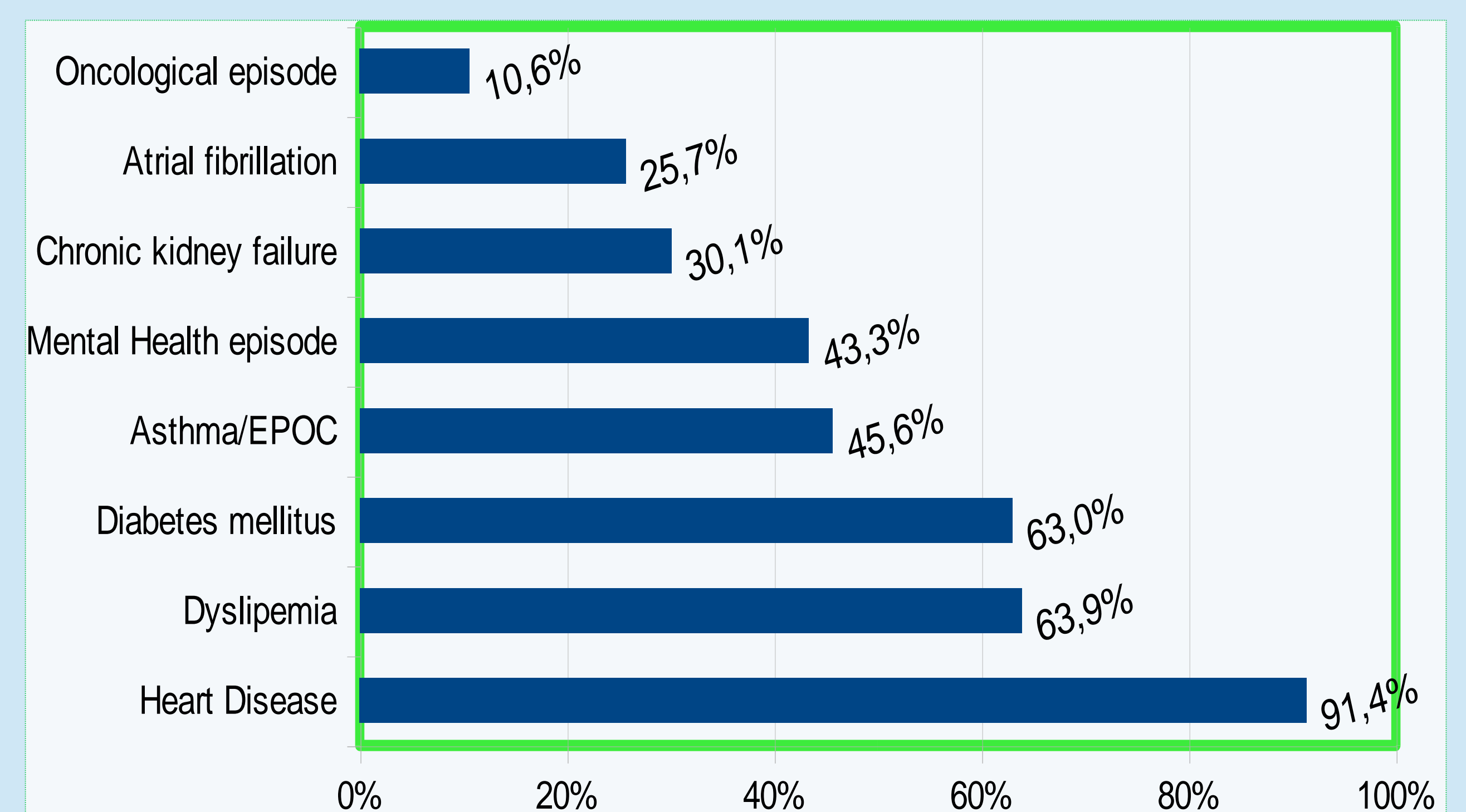
Withdrawn drug because...	Unnecessary	87 (20,1%)
	Adverse effects	3 (0,7%)
	Therapeutic duplication	8 (1,9%)
	Interactions	6 (1,4%)
Change in drug dose		20 (4,6%)
Change in drug		3 (0,7%)
New drug added		3 (0,7%)

Conclusions

Despite the low number of modifications made, review of polymedicated patients may be useful in our Health Management Area.

Most patients treated with more than 15 drugs are over 75 years of age with multiple pathologies, so the review of their treatment may help patient safety and adherence improvement and in turn increase the efficiency of the sanitary system.

Associated pathologies



Number of prescriptions

