

Low therapeutic utility drugs in an institutionalized people centre before the restriction time in the Spanish health

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Background

Low therapeutic utility drugs (LTUD) are those with controversial efficacy and provide little improvement to the disease or the symptoms. Those drugs have been removed recently from the Spanish health financing system, with the aim of controlling the sanitary expense.

Materials and Methods

This is a retrospective and transversal study. We chose randomly one day and we checked all treatments for that day. The following data were collected: drugs, sex, age and LTUD. They were found from the program SAVAC® and unified in an Excel® application.

Purpose

To know the situation of these drugs in institutionalized older people and how the new law can affect them.

Results

Prescriptions lines of LTUD



175 resident were included (89 mean age).

LTUD were administered to 65 people (37%).

There were 1812 different drugs, of which 88 (4,9%) were LTUD, measured as number of pills.

Drug consumption in primary care (PC) is measured by number of packages, not as number of pills. During the study, PC consumption of LTUD supposed a 6.86% of the total.

Conclusions

- Institutionalized older people have lower use of LTUD than patients from PC.
- Mucolytics agents and topic NSAIDs are on top of the list, being 50% of the LTUD used.
- Next to 40% of institutionalized people will have to pay for the 5% of their drugs, or these medications will have to be removed from their treatments.
- Better designed studies should be done to clarify the real efficacy and efficiency of this large group of drugs.