

Nonagenarians in Hyperpolypharmacy: relationship between the level of drug interactions and sociodemographic, clinical, and functional characteristics

Nonagenários em Hiperpolifarmácia: relação entre o nível de interações medicamentosas e características sociodemográficas, clínicas e funcionais

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ABSTRACT

Aim: This research aimed to study the association of drug interactions and sociodemographic, clinical, and functional characteristics in nonagenarians in hyperpolypharmacy. **Methods:** This was a secondary analysis of an evaluation performed by the Multiprofessional Care for the Oldest-old Project in 2016, with participants identified in hyperpolypharmacy. **Results:** Results revealed that 69% of 29 participants had at least one major drug interaction, 41% had 10 or more moderate interactions, and 59% had minor interactions. The study revealed significant relationships for major drug interactions with the characteristics of recurrent urinary tract infections, anxiety, and palpitations. The study found near significance for white colour, not good general health and appetite, depression, and impaired cognition. For moderate drug interaction, findings showed a relationship near significance for females, perception of not good general health and appetite, hypertension, diabetes, urinary infection, depression scale change, agitation, pain, fatigue, and a fear of falling. For minor drug interactions, the study revealed significant findings for an association with depression, and apathy or sleepiness. There were findings near significance for an association with white colour, diabetes, agitation, pain, fatigue, and cough. **Conclusion:** Drug interactions are highly prevalent among nonagenarians in hyperpolypharmacy, with clinical and quality of life impact. Thus, they must be constantly evaluated for the presence of drug interactions at all levels of care, whether in primary care or in specialized care. A study with larger sample size and longitudinal contour is proposed to prove the importance of our observations.

Keywords: polymedication, 90+ years old people, side-effects, quality of life.

RESUMO

Objetivo: Esta pesquisa teve como objetivo estudar a associação de interações medicamentosas e características sociodemográficas, clínicas e funcionais em não agênários na

hiperpolifarmácia. Métodos: Trata-se de uma análise secundária de uma avaliação realizada pela Assistência Multiprofissional para o Projeto Mais Antigo em 2016, com participantes identificados na hiperpolifarmácia. Resultados: Os resultados revelaram que 69% dos 29 participantes tiveram pelo menos uma interação medicamentosa principal, 41% tiveram 10 ou mais interações moderadas e 59% tiveram interações menores. O estudo revelou relações significativas para as principais interações medicamentosas com as características de infecções do trato urinário recorrentes, ansiedade e palpitações. O estudo encontrou quase significância para a cor branca, não boa saúde geral e apetite, depressão e cognição prejudicada. Para a interação medicamentosa moderada, os achados mostraram uma relação quase significativa para as mulheres, percepção de não boa saúde geral e apetite, hipertensão, diabetes, infecção urinária, mudança de escala de depressão, agitação, dor, fadiga e medo de cair. Para interações medicamentosas menores, o estudo revelou achados significativos para uma associação com depressão, apatia ou sonolência. Houve achados quase significativos para uma associação com a cor branca, diabetes, agitação, dor, fadiga e tosse. Conclusão: As interações medicamentosas são altamente prevalentes entre os não-agenários na hiperpolifarmácia, com impacto clínico e de qualidade de vida. Assim, eles devem ser constantemente avaliados quanto à presença de interações medicamentosas em todos os níveis de atenção, seja na atenção primária ou especializada. Um estudo com maior tamanho da amostra e contorno longitudinal é proposto para provar a importância de nossas observações.

Palavras-chave: polimedicação, mais de 90 anos, efeitos colaterais, qualidade de vida.

1 INTRODUCTION

Population aging is a global trend. Nonagenarians, individuals aged 90 years or more, have been increasing exponentially in the past decade [1]. Due to their multimorbidities and more advanced age, nonagenarians are more vulnerable than younger older adults (60-79 years). This vulnerability is due to sociodemographic and clinical characteristics, in addition to physical and cognitive limitations [2]. Multimorbidity is a determining factor in the use of multiple medications, known as polypharmacy (5 or more medications) or hyperpolypharmacy (10 or more medications) [3]. The risk of an adverse event due to drug interactions (DI) increases substantially as multiple drugs are administered simultaneously [4]. These interactions have been studied mainly in young elderly patients and in polypharmacy [5]. However, few have studied the prevalence and consequences of hyperpolypharmacy and drug interactions in nonagenarians. This study aimed to observe the association between drug interactions and sociodemographic, clinical, lifestyle and functional characteristics in nonagenarians in hyperpolypharmacy.

2 METHODS

This study was a secondary analysis of a cross-sectional, descriptive, and analytical study. The initial study, the Multiprofessional Care for the oldest-old Project (AMPAL),

performed in 2016 by the Pontifical Catholic University of Rio Grande do Sul (PUCRS), evaluated 244 nonagenarians from randomly selected households in Porto Alegre, Brazil.

The assessment included the participants' sociodemographic, clinical, lifestyle, and functional characteristics, along with the medications they used. Those participants in hyperpolypharmacy were identified and included in the present analysis. The participants' oral and non-oral medications, including eye drops were evaluated. Exclusion drugs included vitamins, herbal medicines, calcium carbonate, and iron.

Sociodemographic variables assessed and analysed in this study included participant sex, education level, marital status, and colour. Clinical variables included good general health, appetite, vision, hearing. Certain medical history elements were also considered clinical variables including histories of heart disease, stroke, hypertension, dementia, diabetes, depression, bowel problems, anxiety, respiratory problems, arthrosis, urinary tract infection, thyroid disease, a depression scale change, cognitive impairment (18 points or less up to complete primary school, and 23 for those with more than the primary school at Mini Mental State Examination), and urinary incontinence. Other clinical symptoms evaluated and analysed in this study included apathetic/sleepy, agitated/hyperactive, dizziness, choking, xerostomia, constipation, diarrhea, pain, dyspnea, palpitation, fatigue, wheezing, cough, history of fall (in the last 6 months) and fear of falling.

The life habits characteristics included activities such as watching TV, domestic activities, reading, caring for plants and animals, listening to the radio, handcrafts activities, physical activity (activity performed at least twice or more weekly), difficulty initiating sleep, restless sleep, sleep without change, normal timed Up and Go (TUG), preserved functional ability, and preserved basic ability. The TUG test measured the time, in seconds, it takes to stand up from a chair, walk three meters, then return and sit in the chair. The test is considered normal if participants spent less than 20 seconds. Functional and basic abilities were assessed according to the participant's degree of difficulty or ease in carrying out each activity. The functional activities assessed included walking 400m or four blocks, climbing 10 steps or a flight of stairs, carrying five-kilogram objects, getting up from a chair without using hands, lowering and standing up to pick up an object on the floor, raise arms above head, touching the back of the head with both hands, picking up a pencil in each hand, grasping objects firmly with both hands [6]. Basic abilities included transferring to a bed or chair and independent bathing, dressing, eating, and toileting. Macedo's criteria [6] was used to score each activity based on the ease or difficulty of performance. who reported ease of performing each activity scored 3, ± easy, 2, difficult 1 and weren't capable 0 points, totalling 27 for those who reported ease in

performing all functional activities, reaching 100% of ability (Total points/ 27 times 100), normal if the participant scored 50% or more. The same procedure was performed to calculate the basic abilities, which totalled 15 points, reaching 100% ability, normal if the participant scored 80% or more. This instrument is an adaptation of the functional assessment proposed by Simonsick (2001) [7] and validated in Brazil by Macedo [6].

The prevalence of drug interactions was identified through the website drugs.com and characterized as major, moderate, and minor interactions. The potential interactions of the participants' medications were assessed and listed according to each characterization group. The sociodemographic, life habits, functional abilities, and basic abilities were then analysed to determine their relationship with the drug interactions. The variables were analysed by Chi-square so that those with significance levels of $p < 0.2$ were classified as near significance and those with $p < 0.05$ as statistically significant.

The AMPAL Project was approved by the Research Ethics Committee of PUCRS (CAAE: 55906216.0.0000.5336). All participants were informed of the research aims and assured of the confidentiality of the information collected. Furthermore, the participants voluntarily agreed to participate in the research after reading and signing an informed consent form. For the present analysis researchers received unidentifiable records of the first study. Thus, the confidentiality of the participants' information was preserved.

3 RESULTS

A total of 29 participants (out of 244) were identified as having hyperpolypharmacy and included in the analysis for this study. Table 1 shows the distribution of sociodemographic and clinical characteristics of participants according to the number of major, moderate, and minor drug interactions noted from participants' medication list. Participants were predominantly female (76%), widowed (69%), white (93%), and lived with a family member (69%). Over half were noted to have low education (55%). Among the 29 participants, 69% ($n = 20$) were taking medications that had at least one major drug interaction, 41% ($n = 12$) had 10 or more moderate drug interactions, and 59% ($n = 17$) had two or more minor drug interactions.

Analysis revealed that participants with certain characteristics were associated with major drug interactions at an increased frequency compared to those participants with the converse characteristic. These included men (71%, $p = 0.631$), those who were married (100%, $p = 0.053$) those who had other marital status (100%, $p = 0.053$), white colour (74%, $p = 0.089$), and those who described the following items as "not good": general health (81%, $p = 0.119$), appetite (83%, $p = 0.160$), vision (71%, $p = 0.483$), and hearing (71%, $p = 0.550$). Health history

characteristics noted to have a higher association with major drug interactions included stroke (80%, $p=0.498$), dementia (100%, $p=0.468$), diabetes (83%, $p=0.375$), depression (83%, $p=0.160$), anxiety (100%, $p=0.050$), urinary incontinence (73%, $p=0.450$), and those who had Depression Scale change (72%, $p=0.467$).

Characteristics that showed an increased association with moderate drug interactions included women (50%, $p=0.108$), higher education (54%, $p=0.219$), widowed (45%, $p=0.840$), non-white colour (50%, $p=0.665$) and those who described the following items as "not good": general health (56%, $p=0.071$), appetite (58%, $p=0.120$), and vision (48%, $p=0.250$). Associations were also observed in those with good hearing, (47%, $p=0.550$), history of heart disease (50%, $p=0.296$), dementia (50%, $p=0.665$), diabetes (67%, $p=0.172$), depression (50%, $p=0.341$), anxiety (57%, $p=0.295$), respiratory problem (46%, $p=0.638$), thyroid disease (50%, $p=0.385$), urinary incontinence (47%, $p=0.550$), and Depression Scale change (55%, $p=0.054$).

The study revealed characteristics occurring more frequently with two or more minor drug interactions were women (59%, $p=0.631$), lower education (69%, $p=0.219$), married (66%, $p=0.617$), widowed (60%, $p=0.617$) and white (63%, $p=0.163$). Those with good appetite (59%, $p=0.637$), good vision (62%, $p=0.568$), not good hearing (64%, $p=0.550$), history of heart disease (62%, $p=0.638$), stroke (60%, $p=0.671$), hypertension (61%, $p=0.487$), diabetes (83%, $p=0.182$), depression (83%, $p=0.028$), bowel problems (61%, $p=0.774$), arthrosis (60%, $p=0.876$), thyroid disease (60%, $p=0.615$), urinary incontinence (60%, $p=0.876$), and Depression Scale change (61%, $p=0.514$) all were found to have an increased association with minor drug interactions.

Table 1. Distribution of participants regarding the frequency of drug interactions in relation to sociodemographic and clinical characteristics.

Variables	Major Interaction		Moderate Interaction		Minor Interaction		Total
	(1 or more)	p	(10 or more)	p	(2 or more)	p	
Total	20(69.0%)		12(41.4%)		17(58.6%)		29(100%)
Sex							
female	15(68.2%)	0.631	11(50.0%)	0.108	13(59.1%)	0.631	22(75.9%)
male	5(71.4%)		1(14.3%)		4(57.1%)		7(24.1%)
Years of study							
up to primary	11(68.8%)	0.648	5(31.3%)	0.219	11(68.8%)	0.219	16(55.2%)
primary or higher	9(69.2%)		7(53.9%)		6(46.2%)		13(44.8%)
Marital status							
Married	6(100%)	0.053	2(33.3%)	0.840	4(66.7%)	0.617	6(20.7%)
Other	3(100%)		1(33.3%)		1(33.3%)		3(10.3%)
Widower	11(55.0%)		9(45.0%)		12(60.0%)		20(69.0%)
Colour							
White	20(74.1%)	0.089	11(40.7%)	0.665	17(63.0%)	0.163	27(93.1%)
Not white	0(0%)		1(50.0%)		0(0%)		2(6.9%)
Good general health							
Not	13(81.3%)	0.119	9(56.3%)	0.071	11(68.8%)	0.219	16(55.2%)

Yes	7(53.9%)		3(23.1%)		6(46.2%)		13(44.8%)
Appetite							
Not good	10(83.3%)	0.160	7(58.3%)	0.120	7(58.3%)	0.637	12(41.4%)
Great or good	10(58.8%)		5(29.4%)		10(58.8%)		17(58.6%)
Vision							
Not good	15(71.4%)	0.483	10(47.6%)	0.250	12(57.1%)	0.568	21(72.4%)
Great or good	5(62.5%)		2(25.0%)		5(62.5%)		8(27.6%)
Hearing							
Not good	10(71.%)	0.550	5(35.7%)	0.550	9(64.3%)	0.550	14(48.3%)
Great or good	10(66.8%)		7(46.7%)		8(53.3%)		15(51.7%)
Heart disease*	11(68.8%)	0.648	8(50.0%)	0.296	10(62.5%)	0.638	16(55.2%)
Stroke *	4(80.0%)	0.498	1(20.0%)	0.293	3(60.0%)	0.671	5(17.2%)
Hypertension*	15(65.2%)	0.375	8(34.8%)	0.172	14(60.9%)	0.487	23(79.3%)
Dementia*	2(100%)	0.468	1(50.0%)	0.665	1(50.0%)	0.665	2(6.9%)
Diabetes*	5(83.3%)	0.375	4(66.7%)	0.172	5(83.3%)	0.182	6(20.7%)
Depression*	10(83.3%)	0.160	6(50.0%)	0.341	10(83.3%)	0.028	12(41.4%)
Bowel problem*	7(53.9%)	0.119	5(38.5%)	0.774	8(61.5%)	0.774	13(44.8%)
Anxiety*	7(100%)	0.050	4(57.1%)	0.295	4(57.1%)	0.631	7(24.1%)
Respiratory problem*	8(61.5%)	0.353	6(46.2%)	0.638	7(53.9%)	0.638	13(44.8%)
Arthrosis*	10(66.7%)	0.550	6(40.0%)	0.876	9(60.0%)	0.876	15(51.7%)
Urinary infection*	3(37.5%)	0.037	1(12.5%)	0.060	4(50.0%)	0.433	8(27.6%)
Thyroid disease*	6(60.0%)	0.364	5(50.0%)	0.385	6(60.0%)	0.615	10(34.5%)
Depression Scale changed	13(72.2%)	0.467	10(55.6%)	0.054	11(61.1%)	0.514	18(62.1%)
Cognitive impairment	11(57.9%)	0.085	7(36.8%)	0.385	10(52.6%)	0.309	19(65.5%)
Urine loss	11(73.3%)	0.450	7(46.7%)	0.550	9(60.0%)	0.876	15(51.7%)

* history of
Source: Authors

The study analysis also revealed associations between the number of drug interactions and the characteristics of lifestyle and functionality (see Table 2). Those participants who cared for plants or animals (80%, $p=0.177$), had restless sleep (75%, $p=0.636$), had difficulty initiating sleep (70%, $p=0.636$), and who participated in handcraft activities (88%, $p=0.192$) were found to have a higher frequency of major drug interactions than those with the converse characteristic. Higher frequencies of moderate drug interactions were found in those who practiced reading activities (44%, $p=0.486$) and handcraft activities (50%, $p=0.432$). Those who cared for plants or animals (47%, $p=0.550$), had difficulty falling asleep (50%, $p=0.385$), and had preserved basic ability (43%, $p=0.876$) were also associated with more frequent moderate drug interactions. An increase in frequency of minor drug interactions was noted in participants who watched TV (60%, $p=0.556$), cared for plants and animals (60%, $p=0.876$), listened to the radio (75%, $p=0.047$), practiced handcraft activities (63%, $p=0.567$), had difficulty in initiating sleep (70%, $p=0.310$), had restless sleep (75%, $p=0.444$), and had preserved functional abilities (61%, $p=0.514$).

Table 2. Distribution of participants regarding the frequency of drug interactions in relation to the characteristics of life habits and functionality

Variables	Major interaction		Moderate interaction		Minor interaction		Total
	(1+)	p	10+	p	(2+)	p	
Watching TV	17(68.0%)	0.636	10(40.0%)	0.556	15(60.0%)	0.556	25(86.2%)
Domestic activities	11(64.7%)	0.432	7(41.2%)	0.637	9(52.9%)	0.363	17(58.6%)
Reading	12(66.7%)	0.534	8(44.4%)	0.486	8(44.4%)	0.054	18(62.1%)
Caring for plants or animals	12(80.0%)	0.177	7(46.7%)	0.550	9(60.0%)	0.876	15(51.7%)
Listening to the radio	10(62.5%)	0.336	5(31.2%)	0.220	12(75.0%)	0.047	16(55.2%)
Handcrafts activities	7(87.5%)	0.192	4(50.0%)	0.433	5(62.5%)	0.568	8(27.6%)
Physical activities	5(55.6%)	0.266	3(33.3%)	0.432	5(55.6%)	0.568	9(31.0%)
Difficulty initiating sleep	7(70.0%)	0.636	5(50.0%)	0.385	7(70.0%)	0.309	10(34.5%)
Restless sleep	3(75.0%)	0.636	1(25.0%)	0.444	3(75.0%)	0.444	4(13.8%)
Sleep without change	8(61.5%)	0.353	5(38.5%)	0.774	5(38.5%)	0.047	13(44.8%)
Normal Timed Up and Go test	8(61.5%)	0.353	5(38.5%)	0.774	7(53.8%)	0.638	13(44.8%)
Preserved functional ability	10(55.6%)	0.053	6(33.3%)	0.230	11(61.1%)	0.514	18(62.1%)
Preserved basic ability	9(64.3%)	0.450	6(42.9%)	0.876	8(57.1%)	0.876	14(48.3%)
Total	20(68.9%)		12(41.4%)		17(58.6%)		29(100%)

Source: Authors

The associations between clinical symptoms and adverse effects in health and the number of major, moderate and minor drug interactions can be seen in Table 3. Participants who had a higher frequency of major drug interactions were those with dizziness (75%, $p=0.353$), choking (82%, $p=0.228$), xerostomia (81%, $p=0.119$), diarrhea (83%, $p=0.375$), palpitation (100%, $p=0.050$), fatigue (88%, $p=0.192$), cough (86%, $p=0.068$), and fear of falling (71%, $p=0.568$). Those who reported feeling apathetic or sleepy (44%, $p=0.568$), agitated or hyperactive (75%, $p=0.178$), and those who reported dizziness (50%, $p=0.296$), choking (46%, $p=0.514$), xerostomia (50%, $p=0.296$), pain (58%, $p=0.063$), sleepiness (50%, $p=0.487$), dyspnea (50%, $p=0.363$), palpitation (57%, $p=0.295$), fatigue (63%, $p=0.158$), cough (43%, $p=0.876$) and fear of falling (53%, $p=0.131$) all presented with a higher frequency of moderate drug interactions. Minor drug interactions were noted more frequently in participants who felt apathetic or sleepy (89%, $p=0.032$), and who reported dizziness (63%, $p=0.638$), xerostomia (63%, $p=0.638$), choking (73%, $p=0.208$), constipation (65%, $p=0.341$), pain (75%, $p=0.184$), palpitation (71%, $p=0.369$), fatigue (88%, $p=0.060$), wheezing (75%, $p=0.250$), cough (71%, $p=0.176$) and history of fall (69%, $p=0.219$).

Table 3. Distribution of participants regarding the frequency of drug interactions in relation with characteristics of symptoms and adverse events in health

Variables	Major Interaction (1+)		Moderate Interaction (10+)		Minor Interaction (2+)		Total
		p		p		p	
Apathetic/Sleepy	6(66.7%)	0.591	4(44.4%)	0.568	8(88.9%)	0.032	9(31.0%)
Agitated/hyperactive	2(50.0%)	0.364	3(75.0%)	0.178	1(25.0%)	0.178	4(13.8%)
Dizziness	12(75.0%)	0.353	8(50.0%)	0.296	10(62.5%)	0.638	16(55.1%)
Choking	9(81.8%)	0.228	5(45.4%)	0.514	8(72.7%)	0.208	11(37.9%)
Xerostomia	13(81.2%)	0.119	8(50.0%)	0.296	10(62.5%)	0.638	16(55.2%)
Constipation	11(64.7%)	0.432	7(41.1%)	0.637	11(64.7%)	0.341	17(58.6%)
Diarrhea	5(83.3%)	0.375	2(33.3%)	0.513	3(50.0%)	0.487	6(20.7%)
Pain	8(66.7%)	0.613	7(58.3%)	0.063	9(75.0%)	0.184	12(46.1%)
Dyspnea	9(64.3%)	0.450	7(50.0%)	0.362	8(57.1%)	0.876	14(48.3%)
Palpitation	7(100%)	0.050	4(57.1%)	0.295	5(71.4%)	0.369	7(24.1%)
Fatigue	7(87.5%)	0.192	5(62.5%)	0.158	7(87.5%)	0.060	8(27.6%)
Wheezing	5(62.5%)	0.483	2(25.0%)	0.250	6(75.0%)	0.250	8(27.6%)
Cough	12(85.7%)	0.068	6(42.9%)	0.876	10(71.4%)	0.176	14(48.3%)
History of fall	10(62.5%)	0.336	6(37.5%)	0.638	11(68.7%)	0.219	16(55.2%)
Fear of Falling	12(70.6%)	0.568	9(52.9%)	0.131	9(52.9%)	0.363	17(58.6%)
Total	20(68.9%)		12(41.4%)		17(58.6%)		29(100%)

Source: Authors

4 DISCUSSION

This work aimed to better understand characteristics associated in hyperpolypharmacy in nonagenarians. Among the twenty-nine participants identified in hyperpolypharmacy for this study, sociodemographic, clinical, life habits, functional ability characteristics and drug interaction data were analysed. The prevalence of major and moderate interactions was higher than those observed by Leite et al [8] in a Primary Care Service but lower than in HIV patients [9]. The results revealed that certain characteristics were associated with minor, moderate, and/or major drug interactions more frequently than other characteristics.

Based on the findings of this study, certain sociodemographic and health history characteristics may be associated with drug interactions found in hyperpolypharmacy. Incidences of major drug interactions were significantly associated with marital status in general, whether married, other, or widowed. By grouping the marital status into two categories, non-widowed and widowed, those who were non-widowed had a significantly ($p=0.017$) higher incidence of major drug interactions than widowed. Major and minor drug interactions were noted to be higher in those of white colour with a finding near significance ($p=0.089$ and $p=0.163$ respectively). However, there were only 2 non-white participants in the study. There were associated findings near significance ($p=0.119$) for major interactions and moderate interactions ($p=0.071$) in those who reported their health as not good. Those who reported their appetite as not good also had increased frequency of major drug interactions near significance ($p=0.160$) and moderate drug interactions near significance ($p=0.120$) when compared to those who reported their appetite as good. Clinical problems and health history found to be

statistically significantly associated with increased major drug interactions included anxiety and history of urinary infection. Depression, bowel problems, and cognitive impairment were also noted to have increased frequency of major drug interactions near significance compared to those who do not have those problems. Depression was also a statistically significant ($p=0.028$) characteristic associated with minor drug interactions. Other characteristics with an association near significance related to moderate drug interactions included female, hypertension, diabetes, urinary infection, and a Depression Scale change.

Several life habits and functional abilities were found to be associated with increased frequency of drug interactions. Participants who listened to the radio and those who had no change in sleep were found to have a statistically significant ($p=0.047$ and $p=0.047$ for both characteristics) association with minor interactions. For those who had an increase in medications with major interactions, the findings were near significance for the characteristics of caring for plants and animals (0.177) and performing handcraft activities ($p=0.192$). Those participants with preserved functional ability also had an association near significance ($p=0.53$) in major interactions.

This study revealed increased association between participant symptoms and drug interactions. Participants who had apathy or sleepiness were found to have a statistically significant ($p=0.032$) association with incidences of minor interactions. Those with complaints of palpitation had a statistically significant ($p=0.050$) association with major interactions. For those with moderate drug interactions, there was near significance of association with agitation ($p=0.178$), pain ($p=0.063$), fatigue ($p=0.158$), and fear of falling ($p=0.131$).

The participant sample was a limitation of this study as it was relatively small for generalizability of results. However, due to the few studies available that evaluate the consequences of hyperpolypharmacy in this population, the information learned in this study can be helpful to gain further insight. Future studies with larger sample sizes as well as longitudinal studies are needed to expand on these findings.

5 CONCLUSIONS

In conclusion, this study revealed demographic, clinical, and functional characteristics that may be associated with increased frequency of minor, moderate, and major drug interactions in nonagenarians. Nonagenarians are a vulnerable population due to these characteristics and hyperpolypharmacy. Hyperpolypharmacy may contribute to increased symptomatology due to medication side effects and interactions. Clinical pharmacists are in an

ideal position to recognize hyperpolypharmacy in this population and use interventions that identify and minimize drug-related problems, thus highlighting this important role.

Therefore, drug interaction besides being very frequent, was also related to factors referent to the quality of life of the participants. Thus, nonagenarians in hyperpolypharmacy must be constantly evaluated for the presence of drug interactions at all levels of care, whether in primary care or in specialized care. A study with a larger sample size and longitudinal outline is proposed to prove the importance of our observations.

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