

# Medicines review in the elderly



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### Background

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Results

Portuguese population is double-aging, with a current aging index of 129.4%, the 5<sup>th</sup> highest in Europe<sup>1</sup>. Old age is often associated with a high comorbidity index, polymedication and various DRPs, including adherence problems and potentially inappropriate medications (PIMs). Pharmacists have a role in medicines review of these patients and several tools have been developed to assist them in such task<sup>2,4</sup>.

#### Aims

- To develop a university-based programme where students actively engage in managing the medication of elderly patients.
- To test the feasibility of such approach.
- •To evaluate the impact of medication review on patient outcomes (clinical and humanistic).

#### Methods

#### Multicentred trial

Residential facilities

Day Care
Centres

**Community Pharmacies** 

Patients' inclusion criteria

Age ≥ 65 y.o.

Taking ≥ 5 meds

Age ≥ 65 y.o.

Taking ≥ 5 medicines

Living alone or with spouse

Conscientiously agreeing to participate

**RCT** 

Study design

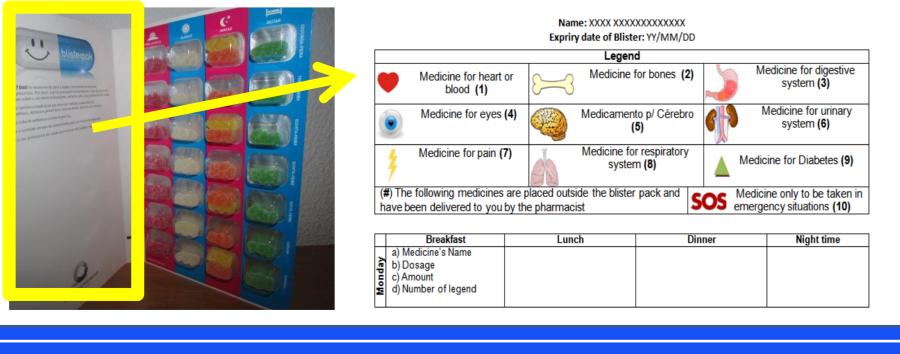
Quasiexperimental

Interventions

1)Identification of DRPs<sup>2</sup>

2)Identification of PIMs<sup>3,4</sup> and Potentially Omit Medicines (POMs)<sup>4</sup>

1, 2 and 3) multicompartimental adherence aids (DAA system) to be delivered weekly



Patient follow-up=3 months

Outcome measures: adherence (pill-count and MMAS-4); PIMs detected and removed; POMs detected and added; proxy measures when appropriate (e.g. Glycemia, B.P.)

Changes have been made according to difficulties encountered so far., e.g. Recruitment sites and patients age. Invited to participate 4 Residential 3 Day Care 28 Community **Pharmacies** facilities Centres Accepted to participate **12 Community O Day Care** 4 **Residential** facilities **Pharmacies Centres** Services offered are **Short of staff Total # patients** provided by (n=3)= 226 sociologists (n=2) **Too many research Waiting for** # patients projects (n=1) decision (n=13) meeting inclusion Control (n=5) Intervention criteria=163 (n=7)Control Intervention (n=81)(n=82)

Table 1: Baseline characteristics of residential patients (3 facilities)

	Intervention	Control	р
	n (%)	n (%)	
Gender (female)	31 (48.4%)	33 (51.6%)	0.547
	M (SD)	M (SD)	
Age	84.91 (6.738)	83.72 (6.825)	0.413
Comoribidities	4.09 (1.998)	4.45 (2.050)	0.409
Number of medicines	9.89 (4.877)	9.67 (3.797)	0.816
Daily dosages	11.39 (7.268)	11.70 (4.998)	0.819

## Discussion

While the interventions designed were planned to be theoretically more useful for patients living alone, the difficulty found in recruitment sites is shifting the focus from home medicines review to residential medicines review.

Students are motivated with this project and have

Students are motivated with this project and have offered to become active parts in site recruitment.

#### References

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