Identification of Drug Related Problems in a sample of Portuguese nursing homes

Silvestre, L., Cavaco-Silva, P., Oliveira, P., Carneiro, C., Fernandes, A.I., Costa, F.A.
Ciências da Saúde Egas Moniz (ISCSEM), Portugal
Campus Universitário, Quinta da Granja. Monte de Caparica. 2829 - 511 Caparica (alvesdacosta.f@gmail.com)

Introduction
The numerous comorbidities associated with ageing often lead to treatment with multiple drugs. Pharmacist-led medication review of polypharmacy patients may play an important role in the detection of Drug Related Problems (DRP), thus contributing to their prevention or solution.

Objectives
To determine the prevalence of real and potential DRP in polypharmacy elderly residing in nursing homes; and to describe the nature of DRP; and to explore acceptance of pharmacists’ reports.

Methods
Ethical approval
Invitation of nursing homes (n=224)
Application of eligibility criteria
Inclusion: Patients aged ≥ 65; taking ≥ 5 medicines
Exclusion: no record of medical diagnoses
Sample random allocation (n=126)

Intervention Group (IG) (n=63)
Clinical files analysis to detect, describe and quantify DRP
Clinically important DRP prioritized and reported to physician and/or nurse with suggestion of therapy changes

Control Group (CG) (n=63)
Clinical files analysis to detect, describe and quantify DRP

Table 1 presents the sample main characteristics at baseline. The number of medicines directly correlated with the number of DRP detected (Fig 1). Flowchart 1 summarises interventions made and results obtained.

Discussion/Conclusions
Pharmacist-led medication review proved useful in identifying DRP in elderly polypharmacy patients. The acceptance rate of pharmacist’s reports is far from ideal but may be justified by this project’s unexpected impact on media coverage, which led to nursing homes being less receptive to admit flaws in their system. Meetings will be held with the facility that withheld information with the purpose of developing stronger bonds between healthcare providers involved.

References