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Effects of an intervention (SÄKLÄK) on prescription of potentially inappropriate medication in elderly primary health care patients

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Background: The population worldwide is getting older and with age comes more chronic diseases, leading to increased drug use. It is known that polypharmacy increases the risk for drug-related problems and that some drugs, like potentially inappropriate medications (PIMs), are especially troublesome.

Aim: This study aimed to analyse effects on medication of the SÄKLÄK project, an intervention model created to improve medication safety for elderly patients in primary care.

Methods: The SÄKLÄK project was a multi-professional intervention in primary care consisting of self-assessment, peer review, feedback and written agreements for change. Five Swedish primary care centres participated in the intervention and five served as control group. Data was collected from the Swedish Prescribed Drug Register on potentially inappropriate medications (NSAIDs, longacting benzodiazepines, anticholinergics, tramadol, propiomazine and antipsychotics) to patients 65 years and older. Descriptive analysis of age distribution (65-79 years and 80+) and gender. Total number of prescriptions and change in prescription of PIMs before and after intervention will be analysed as well as differences between intervention and control group.

Results: for all centres, a total of 32566 prescriptions of PIMs were made before the intervention, 19796 in the intervention group and 12770 in the control group. The most common PIMs before intervention were anticholinergics, antipsychotics and NSAIDs, and the largest decrease was seen for tramadol and NSAIDs.

Complete analysis will be performed during spring 2016 and results will be present in time for the congress in June.

Conclusion: Potentially inappropriate medications are still common in elderly primary care patients. More conclusions will be added after the analyses.

Key words: elderly, primary care, potentially inappropriate medication, multi-professional collaboration