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Polypharmacy vs polypragmasy in geriatric population

Amra Zalihic, G Pivic, A Mijic Maric

Health Care Center, Family Medicine; Mostar, Bosnia and Herzegovina

Corresponding author: Assistant Professor Amra Zalihic, Health Care Center, Family Medicine, Mostar, Bosnia and Herzegovina. E-mail: azalihic@gmail.com

As the number of older people increases, geriatric pharmacotherapy belongs increasingly important role, not only because of the increased use, and thus the frequent interactions and adverse effects, but also because of changes in pharmacokinetic and pharmacodynamic. Family medicine physician plays key role in preventing polypharmacy in the elderly. As we know, with many comorbidities and polytherapy, the old people are part of daily work of Family physician and because of that, we wanted to explore how many medication take the old patients who comes in the Family department of Health Care Mostar. Our goal is to investigate how many people with 65 year and older take more than 4 medicines.

Methods: We included all patients over 65 years that occurred in the period from October 01st till December 15th. 2015. Part of the data is taken from medical records and some of the questionnaire developed for research.

Results: Four medicine and more take 42.2% of respondents, and even 26.7% of them take 7 medicine, and more. By gender, 58.3% of men and 61% of women take 4 medicines and more. At age 65-75 years was 61% of respondents who have used 4 or more medications, and over 75 years of 75.5%. More than 4 chronic diagnoses had 52.2%.

Conclusion: based on the data obtained, we conclude that we as family physicians, must be rational in prescribing. Three quarters of the respondents had more than 4 diagnoses, and almost so many patients drank more than 4 medicines, which could further aggravate the health situation of our oldest patients.