Pharmacotherapy management improvements on healthy aging and constant health project on the Red Cross in the city of Valencia.

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Background In 2017, a collaboration program with the University of Valencia, Pharmacy College, was started to propose pharmaceutical care improvements to The Red Cross Valencia Healthy Aging and Constant Health project among elderly who live alone. In Red Cross Constant Health Project, volunteers are trained to promote the self-care of elderly people who live alone with chronic diseases and difficulties to understand, follow and comply with medical orders and basic healthy routines.

Purpose Establish a procedure to be implemented by volunteers in order to detect inadequate use of medicines among the clients of the program, the reporting procedure to the pharmacist of the program.

Method PILOT STUDY Observational, descriptive, cross-sectional study on 30 users of both sexes, over 65 years and living alone, belonging to the program of Healthy Aging-Constant Health of the Red Cross, from December 2016 to May 2017. Data were collected by interviewing and consulting the medication sheet.

Findings Medicines for hypertension presented the greatest problems of adherence, followed by drugs for depressive and neurologic symptoms. The drugs with most problems of duplicities were analgesics and psycholeptics. The most number of inadequate doses were detected in antidiabetics.

Conclusion To avoid problems related to medications, it is proposed that patients taking psycholeptics would receive special supervision that includes medicines at home reviewed by a pharmacist and the possibility of preparing a weekly pillbox. Patients with hypertension drugs, is suggested a weekly procedure of blood pressure measure, a monthly medication review in cardiovascular treatment by the pharmacist and a direct communication procedure with the primary care physician. Basic questions related to medicines use are included in the volunteer procedure on weekly visits, about whether the user has difficulty taking any medication. Aids to the difficulty of handling medicines are proposed as a next process of improvement. We propose an additional study on the adherence to antidiabetic medicines, blood glucose levels and incidence of falls. This pilot study belong to a general improvement process of the program and the pharmaceutical care is very important issue for as a part of health security of The Red Cross elderly programs.