

INAPPROPRIATE OTC-MEDICINES FOR OLDER PEOPLE IN SLOVAKIA

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Background The recommendations on the inappropriate medicines for older people (PIMs) over the age of 65 focus mainly on prescription medicines. Nevertheless, medicines listed as PIM, are also available as OTC in the pharmacies in Slovakia. But the exact data on PIM available as OTC in Slovakia is lacking.

Purpose To evaluate the number and accessibility of PIM for older people available as OTC on the market in the Slovak Republic.

Method PIMs for older people were identified using the American and European tools used in Project of the European Cooperation in Science and Technology (COST) IS 1402 WG1B. The Database of State Institute for Drug Control and Ministry of Health was used to find out availability of these medicines in the Slovak Republic.

Findings Out of the 486 PIMs, mentioned at least in one of these lists, there are 177 (36,4%) medicines available in Slovak Republic, among them 171 are prescription drugs, 14 medicines are available as OTC under certain condition (7,9%), such as codeine-paracetamol combinations, diclofenac, racecadotril, ranitidine. Further 6 are only as OTC-drug available (3,4%): different forms of bisacodyl, dimenhydrinate, pheniramine, sennosides, St.John?s Wort.

Conclusion From the international lists of PIM for elderly patients, there are 20 medicines available without prescription on the pharmacy market in Slovak Republic. Some of them are limited by package size or dosage, but no restriction exists for application by people older than 65. Further review is necessary to evaluate the real life use of these medicines by the elderly people and potential role of the pharmacist in improvement of the rational drug use.