

# Identification of drug-related problems in the Polish elderly with hypertension, recommendations for patients ? a preliminary study

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**Background** The proportion of the Polish population aged 65 and over has been increasing recently. Ageing often associates with chronic diseases, such as hypertension, as well as polypharmacy increasing the risk of drug-related problems (DRPs), hospitalisation and death.

**Purpose** This study aimed to identify and categorise DRPs in elderly with hypertension, as well as based on the conducted analysis, to develop recommendations for therapy optimisation.

**Method** The study was performed in the second half of 2017 among Polish senior day care centre participants aged 65 and over with hypertension, who have agreed to be included in the survey. For identification of DRPs pharmacist-led medication use reviews were conducted. Outcomes were the number and type of DRPs according to the PCNE Classification, version 8.02, as well as the number of written recommendations prepared for every patient concerning adherence and health-related issues.

**Findings** The study revealed the problem with extensive use of health-related products among the Polish elderly with hypertension, which may result in DRPs. There was 35 elderly with hypertension that completed the study. The average age was 76.8 years. The mean number of health-related products used by the person was 11.4, including prescribed drugs (6.7), over the counter drugs (2.1) and dietary supplements (2.6). A total of 155 DRPs were identified (mean of 4.4 per older adult). The most common DRPs were related to treatment safety. Conducted analysis contributed to the preparation of 242 recommendations (mean of 6.9 per person) optimising drug therapy for patients.

**Conclusion** The prevalence of DRPs among the studied elderly with hypertension in Poland was high. With the use of medication use review, pharmacists can easier identify and assess DRPs, as well as strengthen their role in ensuring effective and safe pharmacotherapy.