M-1444 Home medicines review in the elderly

Background: Portugal has been facing the rapid double-aging of its population with a current aging index of 129,4%, the fifth highest in Europe. Old age is commonly associated with a high comorbidity index, polypharmacy and often DRPs, including adherence problems and potentially inappropriate medications (PIMs).

Purpose: To develop a university-based programme where students actively engage in managing the medication of elderly patients. To test the feasibility of such approach. To evaluate the impact of medication review on selected patient outcomes (clinical and humanistic).

Methods: A pilot study will be undertaken using a quasi-experimental design. Patients will be recruited in 2 settings: day care centre and community pharmacy. Inclusion criteria are to be >=75 y.o., to be on >= 5 medicines, to live alone or with spouse. Exclusion criteria are to be institutionalized, to have a professional carer or to be unable to understand what the study involves. Patients will be followed for 6 months with measurements made at baseline, 3 months and at the end of study. The intervention group will receive a weekly visit of a student who will prepare individualized medication using the DAA system. Medication will be reviewed using Beers, START and STOPP criteria. Recommendations to the clinician will be made whenever appropriate. Outcomes: adherence measured using pill-count and MMAS-4; PIMs detected and removed; potentially omitted medications (POMs) detected and added; proxy measures whenever appropriate (e.g. Glycaemia, cholesterol, B.P.)

Findings: The study will start in February 2014. This presentation aims to discuss the selected methodology with peers.

Conclusion: This project intends to demonstrate that students properly supervised may be a valuable resource to enhance the quality of care provided to the elderly, whilst giving the students a worthwhile experience that develops further their competencies in medication review and in direct patient care.

Location of Primary Work: Portugal