

Abstract

Introduction:

Prescribing potentially inappropriate medications in the elderly can lead to increased costs, side and unwanted interactions. In this study, the status of prescribing inappropriate effects medications for the elderly admitted to Imam Khomeini Hospital in Ardabil was investigated according to the Beer's criteria.

Materials and methods:

Study was conducted on 300 elderly patients admitted to Imam Khomeini Hospital in Ardabil in the second half of 1400. All patient information, including demographic data (age, sex), clinical information (medical and medication history) and paraclinical information (laboratory tests) were recorded and evaluated, then were analyzed by using SPSS using the Beer's criteria, 2019 edition.

Results:

Among the 300 studied patients, 168 (56%) were women and 132 (44%) were men. The mean \pm standard deviation of the number of prescription medication items in each patient was 10.10 ± 2.91 and the average number of inappropriate medication in each case was 0.7 ± 0.82 . The frequency of comorbidity and polypharmacy was observed in 191 (63.67%) and 143 (47.66%) patients, respectively, and 145 patients (48.3%) were receiving potentially inappropriate medications. Opioid painkillers and antipsychotics were the most inappropriate prescription drugs for the elderly with 17.33% and 15.33%, respectively, according to Beer's criteria.

Discussion and Conclusions:

The findings of the present study, similar with previous studies, showed that 48.3% of the medical records of hospitalized elderly had inappropriate medications. This status is not favorable and the necessity of medication therapy monitoring by the pharmacists of the pharmaceutical care center, updating the educational methods for medical students and holding retraining courses for specialist and subspecialist physicians continuously is felt.

Key words:

Geriatrics, PRISCUS list, Inpatient, Medication Beer's criteria