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**MEDICATION CONSUMPTION AND PRESCRIBING POTENTIALLY INAPPROPRIATE MEDICATIONS  
IN OLDER PEOPLE IN PORTO (PORTUGAL)**

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**Introduction:** Portugal has an older population nowadays. There is no geriatric medical speciality. The geriatric care is an important role of family practitioners. In this context, the polymedication and the Potential Inappropriate Medication has an important factor of worry from primary care health professionals.

**Objective:** To determine the medication consumption in the older people from a central area of Oporto; determine the prevalence of prescription of potentially inappropriate medication and to analyze the polypharmacy and other important connected factors.

**Design, Setting and Patients:** Cross-sectional study with a sample of 747 patients older than 64 years, who were attended in a Primary care health centre: USF Rainha D. Amélia – Oporto – Portugal.

**Main outcome measures:** Identification of all medication prescribed from electronic registers. Polypharmacy was considered more than 5 medications prescribed and potential inappropriate medication was identified by Beers criteria 2012. The socio-demographic factors, diagnosis and health care services use were registered too. Logistic regression analysis was used to determine the association between co-variables.

**Results:** There were 89.2% (CI95%:87.6-92.0) of the studied population with at least one prescription. The polypharmacy was present at 59.2% (CI95%:55.7-62.7) of people. The Potential Inappropriate Medication was present in 37.0% (CI95%:33.5-40.5) of the cases. The potential inappropriate medication was related to increasing age, [OR=1.02(CI95%: 1.00–1.05)], polypharmacy [OR=4.45 CI95%(3.12–66.26)], and be diagnosed with Depression/anxiety [OR=2.18 CI 95%(1.36–3.51)] and/or Arthrosis [OR= 1.64 CI 95%(1.11–2.42)].

**Conclusion:** The rate of medication prescribed, polypharmacy and the prescription of potentially inappropriate medication are very high in the Portuguese population studied. The polypharmacy is the most important factor related to this potential inappropriate medication. The physician needs to have carefully with prescription of the anxiolytic and anti-inflammatory pain drugs.