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Evaluation of prescribing pattern in geriatric patients with polypharmacy

Mohammed Usama S, Y P Reddy and Mohan Raj Rathinavelu

Raghavendra Institute of Pharmaceutical Education and Research (RIPER), India

Polypharmacy is wide spread in the population, especially among the elderly. The concomitant use of several drugs increases the risks of DRP and Drug Related Costs. There is also a clear relation between falling and the use of higher number of medications. The prevalence of many disease increases with advancing age and as a result, elderly population often suffer from multiple coexisting conditions. This is a result of physiological changes that occurs with advancing age resulting in altered pharmacokinetics and pharmacodynamics for many drugs. The objective of current cross sectional study with 150 study population was to evaluate the prescribing pattern of medications in elderly patients. The results in patients of mean age was 72.3 and use of inappropriate drugs in 90 patients (60%), patients taking drugs violating Beers-drug criteria are 50 (33%), ineffective drugs prescribed was seen in 82 patients (54%), underuse drugs was found in 94 patients (63%). Both inappropriate and underuse drugs was 68 (45%). When total number of drugs taken was assessed, the occurrences of inappropriate drug use rise harshly of mean 0.4 in patients taking 6 to 7 drugs, to 1.2 in patients taking 8 to 9 medications, to 1.8 in patients taking more than 10 or more medications ($P < 0.012$). The average occurrence of underuse drugs is 1 per patient. The study concludes that inappropriate drug use and drug underuse were frequent in geriatric patients, prescribing approaches can be made by following the guidelines and close monitoring is essential.

Biography

Mohammed Usama currently is a student pursuing Doctor of Pharmacy Program in Raghavendra Institute of Pharmaceutical Education & Research (RIPER) affiliated to Jawaharlal Nehru Technological University Anantapur (JNTUA) Anantapur, Andhra Pradesh. He is a student member of ISPOR - India (International Society for Pharmacoeconomics & Outcome Research, Andhra Pradesh - Regional chapter). He has practiced in various areas of Pharmacovigilance including detection, assessment and management of Drug related problems and interested in achieving innovative things in Pharmacy practice of international standards.

mdusama18@gmail.com