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Pharmacist Interventions for a Frail Elderly Population in Primary Care

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INTRODUCTION

- Polypharmacy, specific high risk medications, and adverse drug reactions are significant contributors to medication related hospitalizations in the older adults¹⁻⁶
- Several clinical trials have demonstrated the positive impact of pharmacy services on health outcomes among the geriatric population that include:⁷⁻⁹
 - Effectiveness, safety, appropriateness and patient adherence to pharmacotherapeutic treatments
 - Hospitalization
 - Therapeutic outcomes
- In 2013, the Centre for Family Medicine Family Health Team initiated a new program called the "Case-Finding for Complex Chronic Conditions in seniors 75+ (C5-75)"
 - Systematically screen for frailty amongst all persons aged 75 years older
 - Address medical conditions appropriately to avert crises
 - Pharmacist intervention developed to address medication related problems (MRPs)

OBJECTIVE

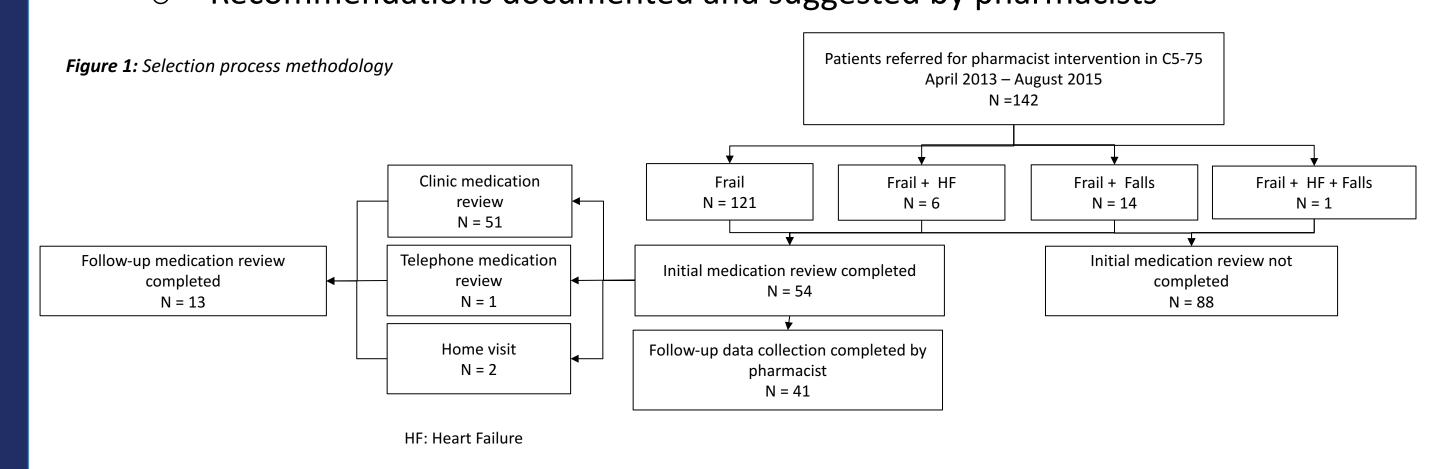
 To describe medication use in the frail elderly population referred and activities performed by a pharmacist intervention the C5-75 program

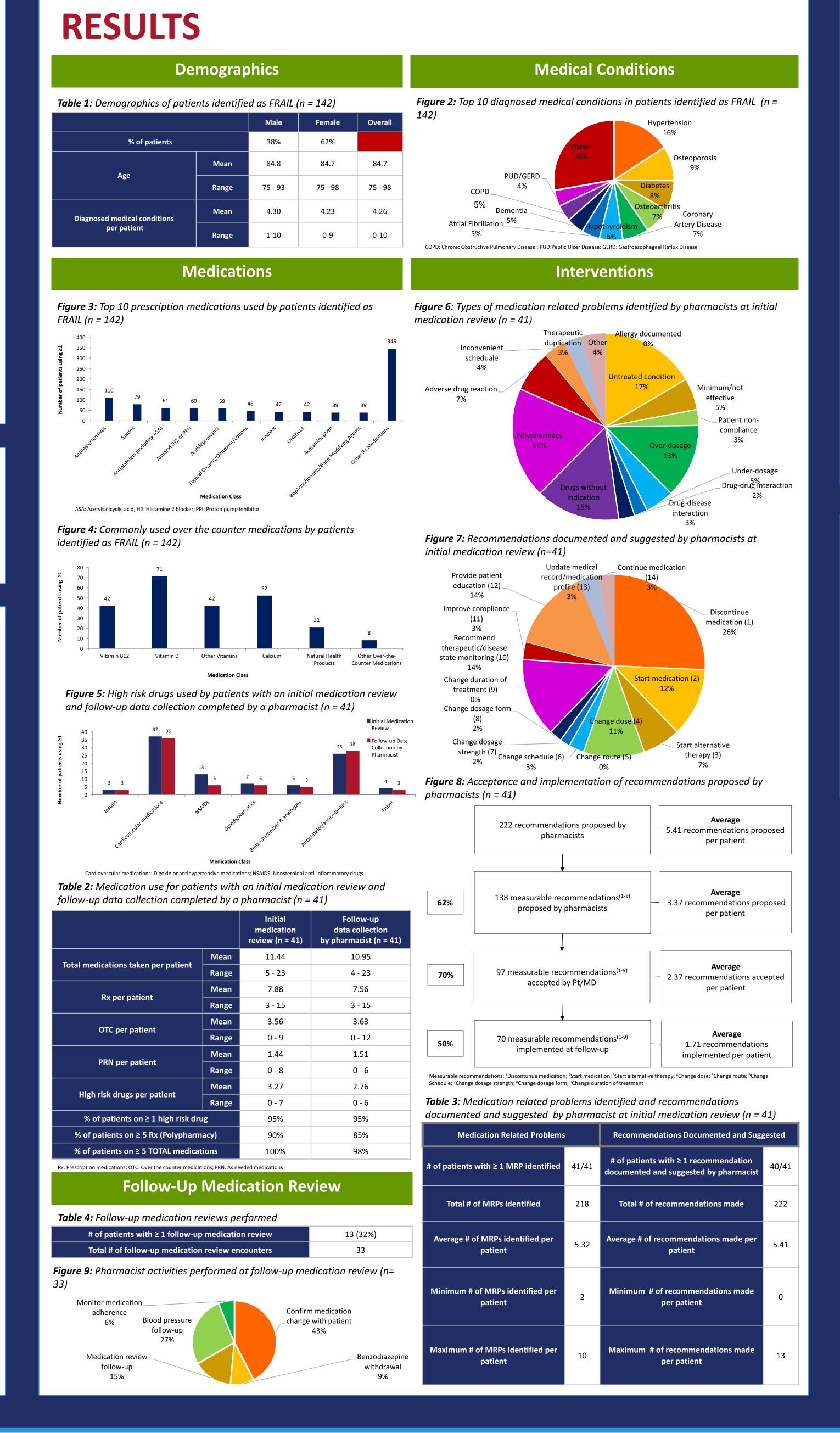
METHODS

- Retrospective medical records review
- Frail elderly patients seen by pharmacists in the C5-75 program
- April 2013 to August 2015
- Inclusion criteria
 - Frail based on gait speed of >6 seconds/4 meter walk test and/or CSHA CFS score
 of ≥4
 - Age ≥ 75 years
 - Taking at least one medication (prescription, over-the-counter, natural health products)

• Data abstracted

- Demographics
- Medications (prescription, over-the-counter, natural health products)
 - Polypharmacy: use of ≥ 5 prescription medications
 - High risk drugs: Insulin, cardiovascular medications (digoxin, antihypertensive medications), nonsteroidal antiinflammatory drugs, opioids/narcotics, benzodiazepines & analogues and antiplatelets/anticoagulants
- Medication related problems
- Recommendations documented and suggested by pharmacists





CONCLUSIONS/DISCUSSION

- Of the 142 frail community dwelling elderly population examined, hypertension was the most frequently noted medical condition and antihypertensives the most prescribed prescription medication
- Vitamin D was the most prominent over the counter medication used by all patients identified as FRAIL (28% of overall over-the-counter medications being used)
- Cardiovascular medications were the most frequently used high risk medication
- Polypharmacy, high-risk medication use and medication related problems are highly prevalent in the frail community-dwelling elderly in primary care
- Discontinuing medication was the top recommendation made by pharmacists (26% of all recommendations made)
- Of the 138 measurable recommendations, 70% were accepted by physicians however only 50% were implemented at the most recent follow-up
- Future studies could investigate the concordance and communication between health care practitioners to increase implementation of recommendations provided by pharmacists
- Limitations of this study include accuracy bias as data collection was conducted through a retrospective chart review

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Réseau canadien des soins aux personnes fragilisées

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