

Potentially Inappropriate Prescription Associated with Polypharmacy in Older Adults in a Social Security Hospital of the Central Department of Paraguay [†]

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Abstract: The potentially inappropriate prescription (PPI) of drugs in older adults is one whose risk of adverse events exceeds the expectations of clinical benefits compared to more effective, safe, and available alternatives; according to the WHO, polypharmacy is the consumption of three or more drugs simultaneously. The objective was to evaluate the frequency of patients with polypharmacy who presented some PPI through the application of the STOPP/START criteria in elderly outpatients of a Social Security Hospital of the Central Department, during the first four months of 2021, by reviewing the electronic prescriptions. Observational, descriptive, cross-sectional, and retrospective study, 354 prescriptions of elderly outpatients (65 years and over) of both sexes, were analyzed. The variables considered were: demographic characteristics, frequency of PPI according to the STOPP/START criteria, and frequency of polypharmacy. The prescriptions corresponded in 61.6% to women; the average age was 74.33 years (SD=7.06), 57.06% (95% CI 57.14-56.97) of the patients presented at least 1 STOPP or START criterion (n=202), and 92.65% (n=328) of them present polypharmacy. 54.52% (n = 193) of the patients had polypharmacy and, at the same time, some PPI. More than half of the patients present with polypharmacy and some PPI.

Keywords: older adults; potentially inappropriate prescriptions; STOP/START; polipharmacy.

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Conflicts of Interest

The authors declare no conflict of interest.