Safe Medication in Poly-Pharmacy

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What is polypharmacy?
It is defined as the chronic consumption of 5 or more medications; this includes over the counter, prescription and/or traditional or complementary medicines.

Polypharmacy can seriously impact patients' health, often leading to ADR. This affects both health and finances.

What causes polypharmacy?
- Three or more chronic diseases that need treatment
- Multiple prescribers and lack of communication
- Illogical and ineffective prescriptions
- No global review of medication regimen
- Inadequate treatment duration
- Prescribing cascades and use of OTC drugs to treat side effects of prescription medication
- Elderly patients may be dealing with memory loss

Possible solutions
- Define the patient's problem
- Specify the therapeutic target: What do we want to achieve? Is there an actual indication for medication?
- Check if the treatment is adequate, taking into account its safety and effectiveness
- Give information, instructions and warnings about medication
- Monitor and stop, if necessary, treatment

OBJECTIVE: SAFE PRESCRIPTION

45 ELDERLY % PATIENTS

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