

# A periodic medication review in frail older people from a community with chronic kidney disease



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## 1 Introduction

Chronic kidney disease (CKD) is associated with polypharmacy and adverse drug events [1]. A periodic medication review (MR) in older people with CKD leads to optimize drug use.

## 2 Objective



Describing baseline situation, frailty, polypharmacy, inappropriate prescription (IP), calculate therapeutical complexity and anticholinergic/sedative burden of patients with CKD.

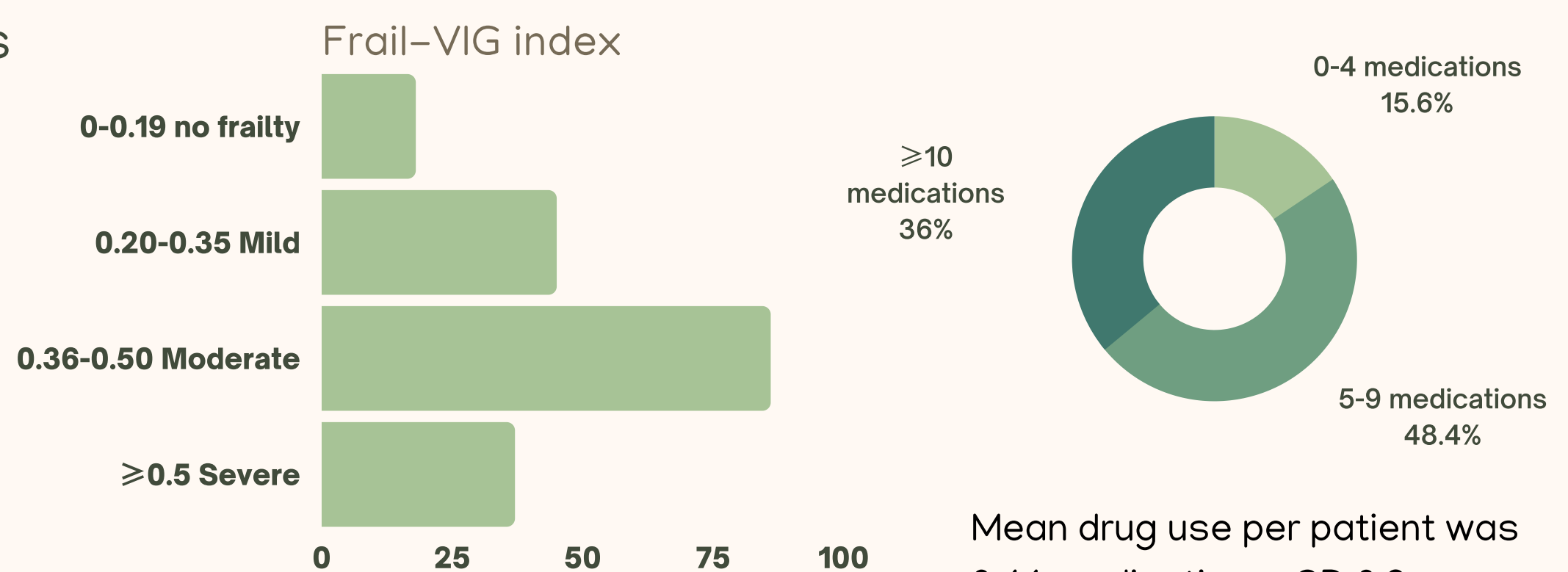
## 3 Methodology

- Prospective, descriptive, observational study from June 2019 to October 2020 on patients  $\geq 65$  years with CKD and multimorbidity from a community.
- Data collected: Clinical and pharmacological data. Degree of frailty: Frail-VIG index [2]. Polypharmacy: Moderate (5–9 medications) and excessive  $\geq 10$ . Therapeutical complexity: MRCI and anticholinergic and/or sedative burden using DBI.
- MR was carried out through the application of the Patient-Centred Prescription (PCP) model [3].

## 4 Results and Analysis

Mean age 87.71 (SD 6.61)

 N=186  
 Female 43.5%



$\geq 2$  IP were detected in 78.5% of patients.

14% of patients presented high DBI ( $\geq 2$ ) and 29.6% had a high MRCI ( $\geq 40$ ).

## 5 Conclusions

Patients  $\geq 65$  years with CKD who lived in a community present a relevant degree of frailty. Up to 84.4% have polypharmacy. PCP model identifies a high proportion of patients with  $\geq 2$  IP.

### Related literature

1. Sommer J, Seeling A, Rupprecht, H. Adverse Drug Events in Patients with Chronic Kidney Disease Associated with Multiple Drug Interactions and Polypharmacy. Springer Nature Switzerland AG 2020 Drugs & Aging. <https://doi.org/10.1007/s40266-020-00747-0>.
2. Amblàs-Novellas J, et al. Índice frágil-VIG: diseño y evaluación de un índice de fragilidad basado en la Valoración Integral Geriátrica. Rev Esp Geriatr Gerontol. 2016.
3. Molist Brunet N, Espauella Panicot J, Sevilla-Sánchez D, Amblàs Novellas J, Codina-Jané C, Altimiras-Roset J, et al. A patient-centered prescription model assessing the appropriateness of chronic drug therapy in older patients at the end of life. Eur Geriatr Med. 2015;6:565-9.