

#WorldSmartMedicationDay

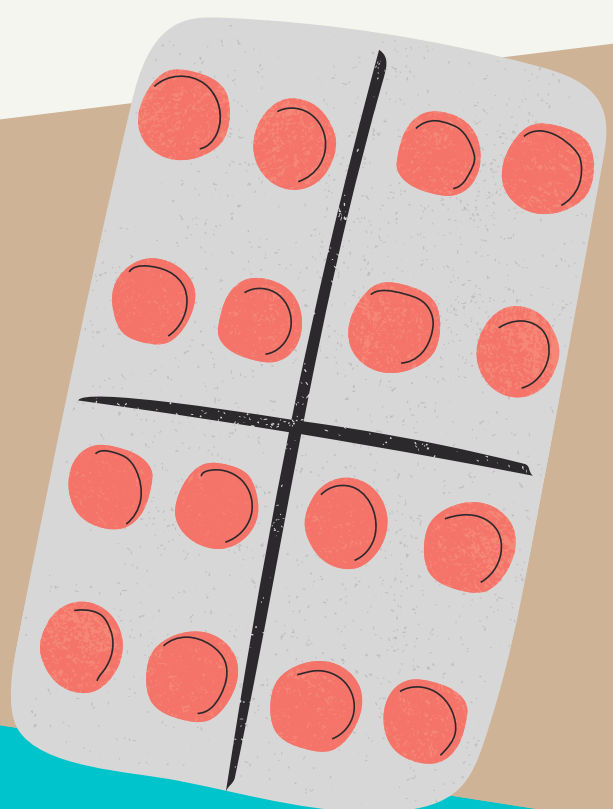
Safe Medication in Poly-Pharmacy

University of Malaga (UMA)



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**

OBJECTIVE:
SAFE PRESCRIPTION

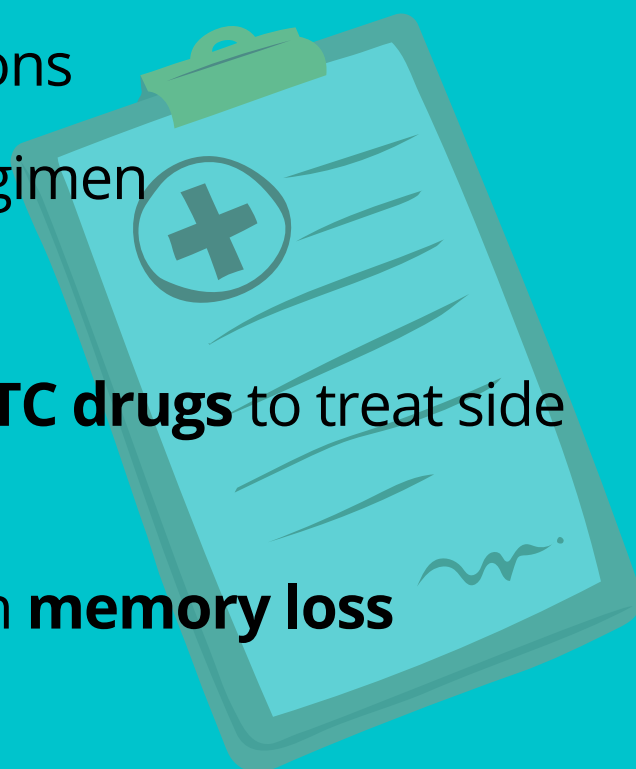


45 ELDERLY
% PATIENTS ↗



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

María Dávila Sánchez
Marta Fernández Díaz
Pedro Fernández Martín
María Gómez Figueroa
Olga González Angulo

