

Identification of Potential Inappropriate Prescriptions in Primary Care Elderly Patients in Mexico Using Combined Beers and STOPP-START Criteria

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SUMMARY. Potential inappropriate prescriptions (PIP) may lead to serious health problems in the elderly population; hence the use of medications should be monitored using specific guidelines and interventions like Beers and STOPP-START criteria. The aim of this study was to identify PIP through the combined use of Beers and STOPP-START criteria in elderly patients. A descriptive, cross-sectional study of 371 patients was conducted in a primary care setting in Mexico. Participants were ≥ 65 years-old, with polypharmacy, and their diagnosis and medication prescriptions analyzed from clinical records using Beers and STOPP-START criteria. A total of 25.6% of the sample revealed PIP using the Beers criteria, 34.2% had PIP with STOPP criteria. Glyburide was the medication most associated with the PIP. Potential omissions were found in the 18.3% of the patients using the START criteria. The analysis allowed the identification of PIP and demonstrated the value of the combined use of the criteria.

RESUMEN. Las prescripciones potencialmente inapropiadas (PPI) pueden conducir a serios problemas de salud en los ancianos, por lo que el uso de medicamentos debe monitorearse con herramientas como los criterios de Beers y STOPP-START. El objetivo de este estudio fue identificar las PPI mediante el uso combinado de los criterios de Beers y STOPP-START en ancianos. Se realizó un estudio descriptivo y transversal de 371 pacientes en una unidad ambulatoria en México. Los participantes tuvieron ≥ 65 años de edad con polifarmacia y sus diagnósticos y prescripciones farmacológicas fueron analizadas mediante los criterios mencionados. El 25.6% de los participantes tuvieron PPI usando criterios Beers y el 34.2% tuvo PPI según STOPP. La glibenclamida fue el medicamento principalmente involucrado con los PPI. Omisiones potenciales se encontraron en 18.3% de los pacientes de acuerdo a START. El análisis permitió la identificación de PPI y validó el valor del uso conjunto de los criterios.

KEY WORDS: Beers, potential inappropriate prescriptions, STOPP-START criteria.

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