

Control Poly-Pharmacy: Elderly Patients' Practices

Background: Poly-pharmacy is an area of concern for the elderly. Poly-pharmacy was initially coined to refer to specific problems linked to multiple drug intake and excessive drug usage. Aim of the study: The study aims to assess practices used by old-age patients to control Poly-pharmacy. Design: Descriptive cross-sectional study design was used to answer the research questions. Subjects & Setting: sample size was 114 elderly patients from elderly patients visiting outpatient clinics monthly. Tools: A checklist to assess poly pharmacies' practices. Results: the majority of the study sample wasn't reading the labels of the medications nor adhering to the immunization system of the old age (79.8% and 78%, respectively). The highest satisfactory level (66.6%) of practice was for the university education, followed by the urban area residents (60%), and finally, in the third level were the secondary level of education 59.1%. Conclusion: The prevalence of polypharmacy and its consequences among the elderly is significantly affected by the level of education. University education was the highest satisfactory adherence to the alternative practices that control poly-pharmacy, followed by secondary education, then primary then illiterate. Recommended: Designing an educational program for the elderly to increase their awareness and knowledge about the phenomenon of drug abuse and its consequences.

Keywords: poly-pharmacy, old age, life style, practices