

Control Poly-Pharmacy: Elderly Patients' Perception

Background: Poly-pharmacy has previously been recognized as a key predictor of potentially inappropriate prescription in the elderly. The number of medicines used is not always symptomatic of Poly-pharmacy since all of the prescriptions may be clinically required and acceptable for the patient; nevertheless, as the number of prescribed drugs grows, so does the likelihood of Poly-pharmacy. **Aim of the study:** The study aims to assess the level of knowledge regarding Poly-pharmacy among old-age patients. **Design:** Descriptive cross-sectional study design was used. **Subjects & Setting:** sample size was 114 elderly patients from elderly patients visiting outpatient clinics monthly. **Tool:** An interview questionnaire to assess geriatric patient's Poly-pharmacy knowledge. **Results:** Two-thirds of the study sample (66.7%) were taking medications based on their own previous experience, 41.2% was unaware of the Poly-pharmacy definition, 36.8% didn't know about Poly-pharmacy contributing factors, 38.5% was unaware of GIT side effects related to Poly-pharmacy, 35.9% was unaware of the Poly-pharmacy impact on their cognitive function, 29.8% didn't know the measures that are reducing Poly-pharmacy. **Conclusion:** The prevalence of Poly-pharmacy and its consequences among the elderly is significantly consequent to the level of education. **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, knowledge