

Poly- Pharmacy among Elderly Patients: Perception and Practices

Background: Poly-pharmacy can worsen frailty, a term that refers to the collection of health problems an older adult may face. This includes delirium and cognitive impairment, falls, and decreased functional ability. Poly-pharmacy has also been documented as a major risk factor for adverse drug reactions in the developed countries.

Aim of the study: The study aims to assess of knowledge and practices regarding Poly-pharmacy among old-age patients.

Design: Descriptive cross-sectional study design was used.

Subjects & Setting: convenient sample consisted of 114 elderly patients visiting outpatient clinics affiliated to Beni-Suef university hospital.

Tools: (1) an interview questionnaire to assess geriatric patient's Poly-pharmacy knowledge; (2) A checklist to assess poly pharmacies' alternative practices.

Results: two-thirds of the study sample (66.7%) was taking medication based on their previous experience, 57% depended on the pharmacist's prescription, 44.7% took medication based on the experience of a family member, 32.5% are aware of the meaning of Poly-pharmacy while 23.7% are aware of the Poly-pharmacy contributing factors.

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, life style, Practices