Evaluation of Attitude and Willingness of Old Age Home Residents on Deprescribing

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Abstract:
Deprescribing is a newly emerging concept which helps to reduce drug related problems, Adverse Drug Reactions (ADRs), pill burden and polypharmacy. Though the concept of deprescribing is beneficial to geriatrics, the attitude of old age home residents towards deprescribing is essential to implement it in clinical practice. The current study aimed to identify the attitude of old age home residents on deprescribing.

It is a questionnaire based observational study carried out from October 2017 to April 2018. The study included 24 old age home residents with 560 patients consuming medications and the prescriptions of all the patients were analyzed. A questionnaire based observational study was executed among the old age home residents with one and more drug to determine the attitude of patients on deprescribing by utilizing the 10-item Patients’ Attitude Towards Deprescribing (PATD) questionnaire.

Of the 560 prescriptions analyzed, 67 patients had prescriptions with polypharmacy. 271(48.75%) were males and 289(51.6%) were females. Of all, 85(15.1%) residents strongly agreed and 190(33.9%) residents agreed to reduce one or more medications consumed to be deprescribed, if their physician ensures it to be possible. 49(8.7%) residents strongly agreed and 188(33.5%) agreed to stop one or more of their medications based on financial constraints. 11(1.9%) residents strongly agreed and 12(2.1%) agreed that the side effects they experienced may be due to one or more of their medications. However, deprescribing interferences were liable to be acceptable by the old age home residents, and were willing to discontinue medications, if the physicians assure it as achievable. This focusses the significant role of healthcare experts in an individualized deprescribing.

Conclusion: The current study emphasizes the fact that, deprescribing may be implemented among the geriatrics in Indian hospitals. The willingness to deprescribe was appreciated by the patients, if it was done by the physician who suggested or prescribed the drug.