

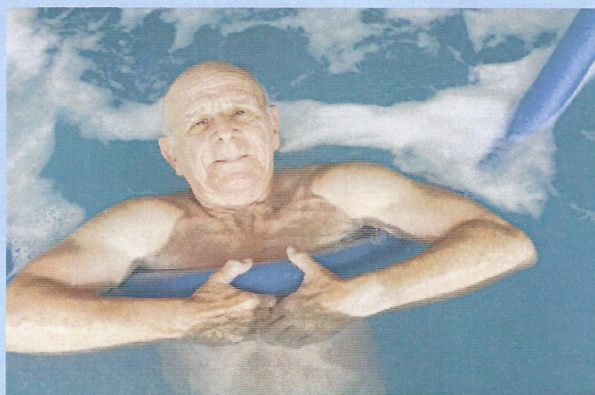
# Medication quality and quality of life: Drug treatment in the elderly

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## Background

The problem of polypharmacy and inappropriate medication within the growing population of elderly is well known worldwide. This is hazardous and affects the elderly patient since it causes adverse drug reactions and hospitalization.

Important problem areas that deserve special attention are; many caregivers involved, unclear responsibilities and lack of systematic work and follow-up. Empowerment of patient participation in drug treatment is necessary since the main outcome should be quality of life not treatment goals per se.

## Objectives

To examine if a lower medication quality was associated with lower quality of life.



## Methods

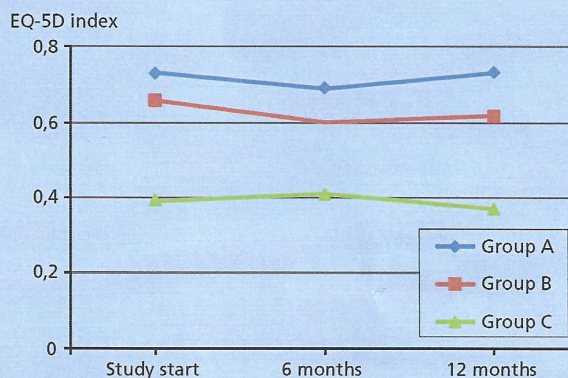
A cohort study with measurement of medication quality (measured by Medication Appropriateness Index) at study start and objective quality of life (measured by EQ-5D) and self-rated quality of life (measured by EQ VAS) at study start, 6 and 12 months.

The study population consisted of 150 patients recently discharged from hospital. Inclusion criteria were  $\geq 75$  years,  $\geq 5$  drugs and living in ordinary homes.

## Lessons learnt

We have learnt that there is a statistically significant correlation between medication quality and quality of life illustrated by the diagram below.

Group A was the group with the highest medication quality while group C had the lowest medication quality. The difference in medication quality resulted in a significant decrease in quality of life measured by EQ-5D between the three groups (with group A having the highest quality of life). The same results were found for EQ VAS.



## Message for others

Drug treatment in the elderly is a huge challenge for healthcare. Since drug quality is related to the patients' quality of life, there is immense reason to continuously evaluate every prescription and treatment.

The evaluation and if possible deprescribing should be done as a process where both the patient and physician are involved.

We declare no conflict of interest