

Ingride Trevidic Martins¹, Anissa Houane¹, Angel Peria¹, Maria Leonor Brandão¹, Patrícia Cavaco Silva² ¹Egas Moniz School of Health & Science, Almada, Portugal ² Egas Moniz Centre for Interdisciplinary Research (CiiEM), Egas Moniz School of Health & Science, Almada, Portugal

CHARACTERIZATION OF POTENTIALLY INAPPROPRIATE MEDICINES IN INSTITUTIONALISED ELDERLY USING THE EU(7)-PIM LIST

INTRODUCTION

Ageing, combined with multimorbidity and polypharmacy, increases older adults' susceptibility to adverse drug reactions. The use of potentially inappropriate medications (PIMs) poses a significant risk, often linked to serious clinical outcomes. The EU(7)-PIM list, adapted to the Portuguese context, helps identify medicines whose risks may outweigh their benefits in this population. This study applied the list to an institutionalised elderly group to assess PIM prescribing and associated risks.

AIMS

To identify and characterise the prescription of potentially inappropriate medications (PIMs) in institutionalised elderly patients using the EU(7)-PIM list adapted to the Portuguese context. The study also aimed to assess associated risks, such as adverse drug reactions and interactions, and to clinically appropriate therapeutic propose alternatives where applicable.



RESULTS & DISCUSSION



confusion, risk of falls

CONCLUSIONS

This study revealed a high prevalence of potentially inappropriate medications (PIMs) among institutionalised elderly, with an average of 2.3 PIMs per patient, highlighting their vulnerability to avoidable adverse events and functional decline. The EU(7)-PIM list, adapted for Portugal, proved effective in identifying high-risk drug classes and guiding prescription review. These findings emphasise the need for regular, multidisciplinary medication reviews, where clinical pharmacists play a key role in ensuring safer, more effective, and personalised treatment. Such reviews can reduce adverse events, improve quality of life, and optimise healthcare resources in institutional settings.

<u>Referências:</u>

[1]. Rodrigues DA, Herdeiro MT, Thürmann PA, Figueiras A, Coutinho P, Roque F. Operationalisation for Portugal of the EU(7)-PIM List for Identification of Potentially Inappropriate Medicines in Older Adults. Acta Med Port. 2021;34(3):194-200.