



Polymedication & Misuse of Medicines®



Facts and Figures

- Across Europe, **32.1%** of the older adults take **5 or more medications per day**.
- One study by Avery et al. found that over a 12-month period, the rate of **prescribing or monitoring error** for patients receiving five or more medications was **30.1%**. For those receiving 10 or more medications, the error rate was **47%**.
- In the EU, up to **40%** of **prescriptions** for nursing home residents may be **inappropriate or suboptimal**.
- Mismanaged polypharmacy contributed to **4% of the world's total avoidable costs** due to suboptimal medicine use. A total of **US\$ 18billion**, 0.3% of the global total health expenditure could be avoided by appropriate polypharmacy management.
- **194,500 deaths** per year in the EU due to misdose of and non-adherence to prescribed medication. Non-adherence is estimated to cost the European Union **€1.25 billion** annually.
- Excessive **polypharmacy** is associated with **decline in nutritional status, functional ability and cognitive capacity** in people aged 75 and older.

Please read these recommendations carefully in order to limit the negative effects of Polymedication and Misuse of Medicines®.

1



Ensure **appropriate prescribing** and **risk assessment** of prescribed medicines.

2

Ensure **regular medication reviews** which encourage alternatives to medical treatments and deprescription whenever possible.



3

Make the most of **new technologies** to support a greater collaboration of all actors involved in the care of individuals.



4



Guarantee a greater **involvement of patients and carers** in therapeutic decision-making.

5



Empower patients and carers by improving levels of health and digital literacy.

6

Foster the **positive health approach** and favour non-medical solutions, whenever possible.



7



Build the **evidence** to ensure a more comprehensive understanding of the problem of polypharmacy & a more efficient response.

Sources.