

Benefits of Polypharmacy Review by Perioperative Team for Frail Vascular Surgical Patients

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Introduction:

Polypharmacy is commonly defined as the concomitant use of five or more medications.

Polypharmacy review in frail vascular surgical patients is not a routine practice in the vascular surgical wards.



Method:

Retrospective study

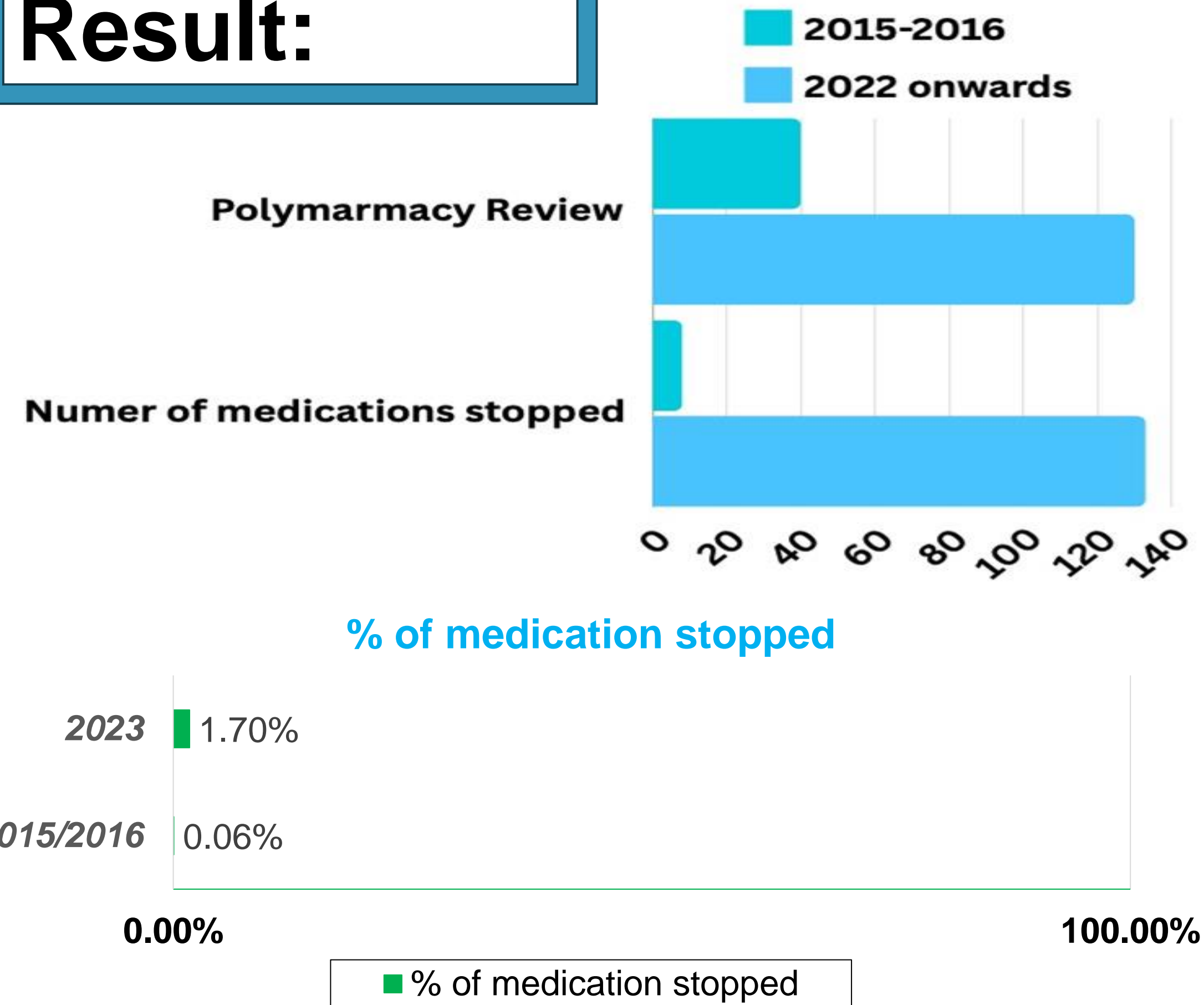
Timeframe: Vascular inpatients from 2015-2016 and after the set-up of the perioperative services in 2022-23 were compared.

Inclusion Criteria :

- Age 65 or more, with CFS 4 or more
- 2 or more co-morbidities'.

In total 130 patients were selected from each group

Result:



In 2015-16, polypharmacy was reviewed only if there was an adverse effect to the drug

Causes of discontinuation of medicines were:

- Falls
- Confusion
- Postural hypotension
- Drowsiness
- Electrolyte imbalance
- medication no longer needed.

Conclusion:

Routine Polypharmacy optimisation in frail vascular surgical patients is essential because:

- Avoidance of undesirable side-effects.
- Improves patient compliance to medications.
- Has a huge financial benefit from deprescribing

References:
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Tegegn Henok et al. *PLoS one* 2019;14(3): e0214191.