

## CORRELATION BETWEEN POLYPHARMACY AND FALLS IN SENIORS WITH HIP FRACTURE IN GREECE.

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**Aim:** Polypharmacy is closely related with elderly's falls, while falls are associated with increased morbidity, mortality, undesirable events, unplanned admissions to emergency departments, whereas fear of falling leads to isolation and resignation. The aim of the study is to investigate the possible association of polypharmacy and falling among older patients.

**Material-Method:** We randomly selected 61 elderly patients (51 women, 10 men) with an average age of 83,39 years who were hospitalized in our clinic for hip fracture due to falling. As a control group, we randomly selected 60 patients (38 women and 22 men) with an average age of 72,98 years who were hospitalized in our department for degenerative diseases. In the hip fracture group, we had  $4,77 \pm 2,9$  drugs per day per patient, while in the control group the average was  $3,6 \pm 1,85$ . It is worth noting that only 31,1% of patients with hip fracture received less than four medications, while the subjects in degenerative disease group only 41,7 % received four or more medications. Hip fractured patients are closely related with falls, as the hip fracture is a consequence of at least one fall. It is worth noting a trend we have seen for polypharmacy of all patients. The correlation of the number of drugs consumed of each group showed a p-value of 0,085, a value very close to statistical significance and this should be noted.

**Conclusions:** Several studies have linked polypharmacy with falls and for this reason polypharmacy until 2000 was considered as an independent risk factor for falls. However, more important seems to be the type of drugs that potentially can cause falls, like anticholinergics or sedatives. Our study also shows the increased use of drugs in the group of patients with falls and hip fractures. Elderly people who receive more than three drugs or drugs that induce falls should be considered as "candidates" for fall and should be properly recognized and consulted. Evaluation of elderly's medication is mandatory when physicians manage such patients.

### References:

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