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Medication Use Patterns, Polypharmacy, and Potentially Inappropriate Medications among Institutionalized Older Adults in East Coast Malaysia: A Cross-sectional Study

By [Ismail, A](#) (Ismail, Azlini) ^[1]; [Mustafa, BE](#) (Mustafa, Basma Ezzat) ^[1]; [Mohd, FN](#) (Mohd, Farah Natashah) ^[2]; [Musa, MFC](#) (Musa, Muhd Firdaus Che) ^[3]; [Mustafa, NS](#) (Mustafa, Nazih Shaban) ^[2]; [Mokhtar, KI](#) (Mokhtar, Khairani Idah) ^[1]; [Ardini, YD](#) (Ardini, Yunita Dewi) ^[3]; [Qader, OAJA](#) (Qader, Omar Abdul Jabbar Abdul) ^[4]

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Abstract Objective:Older adults need comprehensive healthcare with particular attention to medication management to prevent drug-related problems while ensuring optimal therapeutic outcomes. This study aims to assess the pattern of medication use, prevalence of polypharmacy, and the use of potentially inappropriate medications (PIMs) based on the 2023 American Geriatrics Society Updated Beers Criteria (R).Methods:This cross-sectional study gathered demographic and medication use data from older adults (n = 73) at an institutional care facility in East Coast Malaysia, who met the inclusion criterion of taking at least one medication. Patterns of medication use, prevalence of polypharmacy, and PIM use were examined descriptively, while their associations with demographic characteristics were analyzed using IBM SPSS (R) Version 26 software.Findings:The mean age of this population was 72 +/- 9.07 years, with the majority being Malays (83.6%), males (50.7%), Muslims (86.3%), single (53.4%), bedbound (75.3%), and they were dependent on caretakers for their daily activities (75.3%). Polypharmacy occurred in approximately one-fifth of the population (21.9%). The most commonly prescribed medications were lipid-modifying agents and antihypertensives, followed by antiplatelet agents, anti-diabetic agents, and Vitamin B and iron supplements. Identified PIMs include prazosin, colchicine, lorazepam, and chlorpromazine, each prescribed to a minority of residents.Conclusion:The prevalence of polypharmacy in this study was moderate, reflecting the need for continued attention to medication management among institutionalized older adults. Despite the low prevalence of PIM, regular monitoring remains essential to minimize adverse drug reactions and improve the quality of care for this population.

Keywords Author Keywords: [Beers criteria](#); [medication use](#); [older adults](#); [pattern](#); [polypharmacy](#); [potentially inappropriate medication](#)

Author Information Corresponding Address: Ismail, Azlini (corresponding author)

▼ Int Islamic Univ Malaysia, Dept Fundamental Dent & Med Sci,
Kulliyyah Dent, Kuantan, Pahang, Malaysia

E-mail Addresses :

dr_azlini@iium.edu.my

Addresses :

▼ ¹ Int Islamic Univ Malaysia, Dept Fundamental Dent & Med
Sci, Kulliyyah Dent, Kuantan, Pahang, Malaysia

▼ ² Int Islamic Univ Malaysia, Dept Oral Maxillofacial Surg &
Oral Diag, Kulliyyah Dent, Kuantan, Pahang, Malaysia

▼ ³ Int Islamic Univ Malaysia, Dept Paediat Dent & Dent Publ
Hlth, Kulliyyah Dent, Kuantan, Pahang, Malaysia

▼ ⁴ Al Mashreq Univ, Fac Dent, Dept Oral & Maxillofacial
Pathol, Baghdad, Iraq

E-mail Addresses :

dr_azlini@iium.edu.my

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