

IMPORTANCE OF MONITORING THE USE OF DIRECT ORAL ANTICOAGULANTS IN OLDER PATIENTS IN COMMUNITY PHARMACIES IN SERBIA

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The use of direct oral anticoagulants (DOACs) in older patients carries a higher risk of both thromboembolic events and anticoagulant-associated bleeding, in comparison to younger patients. The aim of this study was to identify drug-related problems (DRPs) and pharmacists' interventions related to DOACs. A prospective survey was conducted at Pharmacy Kragujevac from 2019 to 2022. Data were obtained for patients aged ≥ 65 with DOACs prescription, using a questionnaire that was filled out during a conversation with the patient. The study included 78 patients, aged 71 ± 8 years, 68% of whom were men. On average, patients had 3 ± 1 diagnoses and 5 ± 2 medications. Apixaban was used by 44%, rivaroxaban 31%, dabigatran 25%. Atrial fibrillation was present in 59% and deep vein thrombosis in 41%. A total of 102 DRPs were detected: inappropriate drug use in 24% (e.g. taking rivaroxabane without food, opening dabigatran capsules), adherence in 38%, low dose in 12%, high dose in 9%, while potential interactions were present in 41%. Among the significant risk factors, 23% had unstable blood pressure, 33% were not informed about the importance of renal function monitoring during the drug use, and one patient had low hemoglobin level. Two patients were referred to a doctor, one of whom had an episode of bleeding. Pharmacists educated all the patients about the importance of adherence, proper application of DOACs and the importance of DOACs alert card. The results demonstrate the necessity of monitoring the use of DOACs in elderly patients by implementing standardized pharmaceutical services at the primary level of health care.

References

1. Roberti R, Iannone LF, Palleria C, et al. Direct Oral Anticoagulants: From Randomized Clinical Trials to Real-World Clinical Practice. *Front Pharmacol.* 2021;12:684638.

ZNAČAJ MONITORINGA PRIMENE DIREKTNIH ORALNIH ANTIKOAGULANASA KOD STARIJIH PACIJENATA U APOTEKAMA JAVNOG TIPRA U SRBIJI

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Primena direktnih oralnih antikoagulanasa (DOAK) kod starijih pacijenta nosi veći rizik od krvarenja, ali i od tromboembolijskih događaja, u poređenju sa mlađim pacijentima. Cilj istraživanja bila je identifikacija terapijskih problema i intervencija farmaceuta na primarnom nivou zdravstvene zaštite. U Apoteci Kragujevac u periodu 2019-2022. godine sprovedeno je prospektivno istraživanje koje je uključilo pacijente starosti ≥ 65 godina koji su primenjivali DOAK. Za potrebe istraživanja kreiran je upitnik koji je popunjavao u toku razgovora sa pacijentom. Istraživanjem je obuhvaćeno 78 pacijenata, prosečne starosti 71 ± 8 godina, od kojih su 68% bili muškarci. Pacijenti su u proseku imali 3 ± 1 dijagnoze i 5 ± 2 lekova u terapiji. Apiksaban je koristilo 44%, rivaroksaban 31%, dabigatran 25%. Indikacije za primenu bile su atrijalna fibrilacija 59% i venski tromboembolizam 41%. Uočena su 102 terapijska problema. Skoro četvrtina pacijenata (24%) nije ispravno primenjivala lek (npr. uzimanje rivaroksabana našte bez hrane, otvaranje dabigatran kapsula), 38% imalo je problem sa adherencom, 12% primenjivalo je nisku dozu leka, 9% visoku dozu leka, dok su potencijalne interakcije bile prisutne kod 41%. Od značajnih faktora rizika, 23% pacijenata imalo je nestabilan krvni pritisak, 33% nije obavješteno o značaju praćenja renalne funkcije tokom primene leka, i jedan pacijent je imao nizak nivo hemoglobina. Dva pacijenta su upućena lekaru, od kojih je jedan imao epizodu krvarenja. Farmaceuti su sve pacijente edukovali o važnosti adherence i pravilnoj primeni DOAK i obavješteni su o značaju posedovanja kartice sa upozorenjima. Rezultati pokazuju neophodnost monitoringa primene DOAK kod pacijenata ≥ 65 godina sprovođenjem standardizovane farmaceutske usluge na primarnom nivou zdravstvene zaštite.

Literatura

1. Roberti R, Iannone LF, Palleria C, et al. Direct Oral Anticoagulants: From Randomized Clinical Trials to Real-World Clinical Practice. *Front Pharmacol.* 2021;12:684638.