

Medication-related problems at hospital admission in adults with mental illness

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Background

Medicines are the most common therapy for mental illness in Australia. There is no literature on hospital admissions caused by medication-related problems (MRPs) for Australians with mental illness.

Objectives

To identify the number and type of MRPs at hospital admission for people with mental illness.

Methods

- Multicenter (two-site) retrospective study conducted from 1 July 2019 until sample size of 50 admissions per site.
- Patients 18 years and older admitted to mental health wards were included.
- Psychiatric patients admitted to non-mental health wards and patients with unavailable medical records were excluded.
- Medical records, blood tests, medication charts and best possible medication histories (BPMHx) were reviewed to identify and classify MRPs using the Cipolle criteria: adverse drug reactions, unnecessary medications, untreated indication, ineffective medicine, sub-therapeutic/supra-therapeutic dose and medication non-adherence.

Results

104 patients were audited. 60 (58%) were male, all were aged between 18-65 years with 0-10 comorbidities. 99 (95%) had existing mental illness, most commonly, schizophrenia 27 (26%). 70 (67%) were taking medications on admission, most commonly psychotropics (n=65, 63%). BPMHx was undertaken by a pharmacist for 53 (51%) patients.

A total of 105 MRPs were identified; 78 (75%) patients had at least one MRP on admission and 22 (21%) had more than one MRP. The most common MRPs were medication non-adherence (n=29, 28%), untreated indication (n=21, 20%) and adverse drug reaction (n=21, 20%).



3 out of 4 people had a MRP on admission

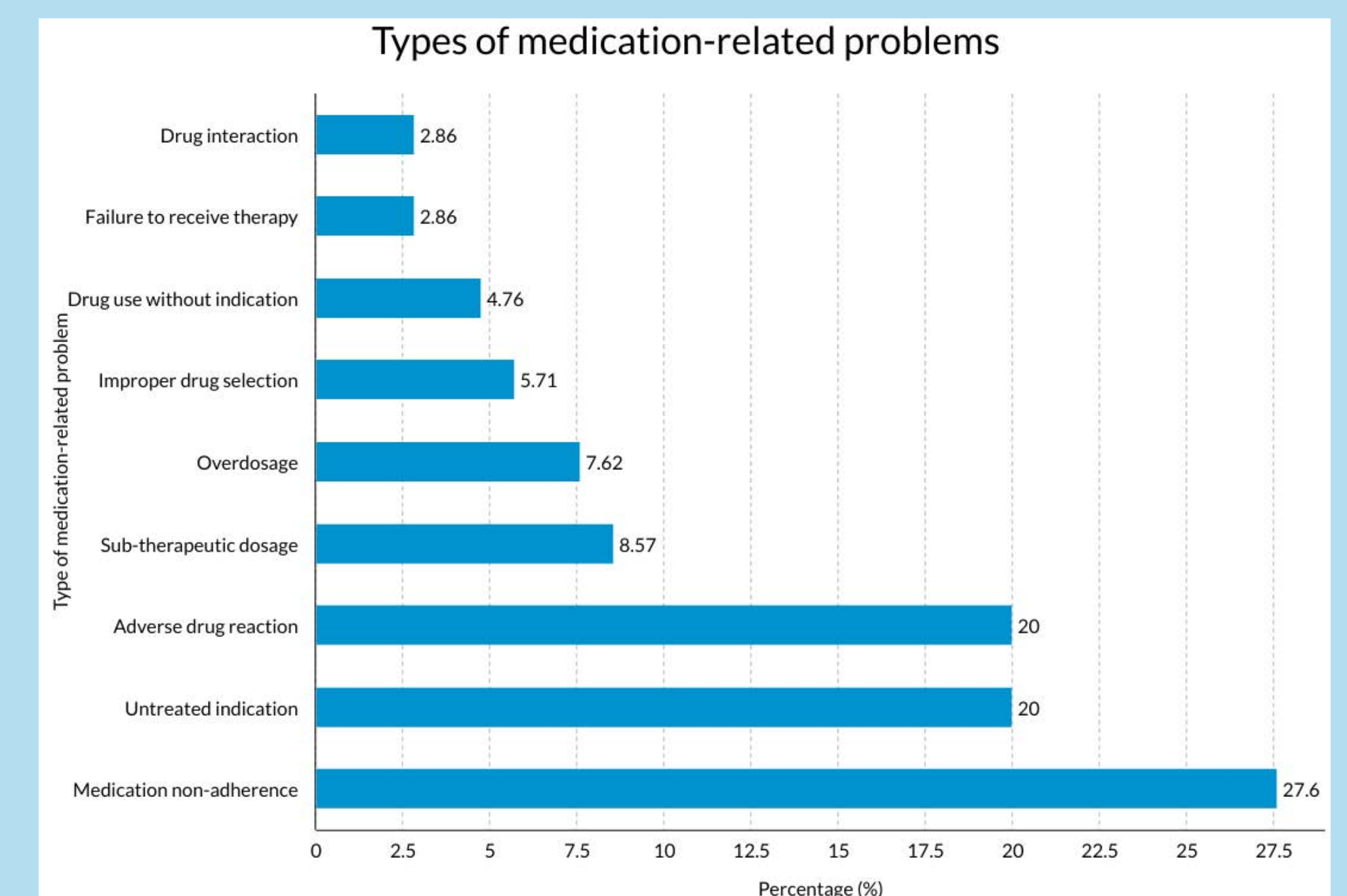


Figure 1: Types of medication-related problems

Discussion

These findings support the need for targeted interventions to improve medicine use and prevent hospitalisation for adults with mental illness.


Mental health pharmacists are well placed to improve rates of BPMHx, empower patient choice, provide clinician advice and ensure early identification and resolution of MRPs.



For more information

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