SOCIO-DEMOGRAPHIC AND HEALTH DETERMINANTS AS PREDICTORS OF RISK OF POLYPHARMACY IN MEXICAN OLDER ADULTS

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**Purpose:**
To identify if socioeconomic determinants and health conditions are predictors of polypharmacy risk in older adults in Saltillo, Coahuila, Mexico.

**Introduction:**
In Mexico, sociodemographic conditions and the presence of chronic diseases such as hypertension, diabetes and depression in older adults entail the frequent use of multiple drugs, and with it, the risk of presenting polypharmacy. In addition, the interactions of various drugs and the adverse reactions that occur in these interactions are considered as inappropriate use of medications, which represents a major public health problem.

**Methodology:**

<table>
<thead>
<tr>
<th>Design</th>
<th>Predictive correlation</th>
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<tbody>
<tr>
<td>Population</td>
<td>Older adults of 60 years or more residents of Saltillo, Coahuila and its metropolitan area.</td>
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<tr>
<td>Sampling</td>
<td>Be calculated with the nQuery Advisor 7.0</td>
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<tr>
<td>Sample</td>
<td>Non probabilistic sampling</td>
</tr>
</tbody>
</table>

**Data collección:**
Sociodemographic data will be collected (age, gender, schooling, family monthly income, place of residence, marital status and occupation), nursing assessment of physical, emotional, clinical, cognitive, and functional health status will be collected (Henderson, will use mini mental state examination and CES- D, march and balance, basic and instrumental activities of daily life). The data will be analyzed with the statistical package spsss v24.

**Conclusions:**
The result obtained will be discussed in terms of the literature reviewed, seeking concordances and differences and discussing their implications for the improvement of clinical practice in the field of Gerontogeriatric nursing, in addition to the results contribute to the knowledge base for development of nursing interventions to prevent polypharmacy in Mexican older adults.

**References:**