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

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. Advanced nursing practice requires the generation of scientific knowledge for the monitoring and prevention of polypharmacy in older adults.

Methods: For this study a predictive correlation design is proposed. The population is integrated of older adults of 60 years or more residents of Saltillo, Coahuila and its metropolitan area. The sample size will be calculated with the nQuery Advisor 7.0 software, participants will be selected using non probabilistic sampling. 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 spss v24.

Results: Descriptive statistical analysis (measures of central tendency and dispersion), inferential statistical, (correlation and regressions) that seek to identify which variables are the main predictors of the risk of polypharmacy in the sample of older adults studied.

Conclusion:

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.

Title:

Socio-Demographic and Health Determinants as Predictors of Risk of Polypharmacy in Mexican Older Adults
Keywords:
OLDER ADULTS, POLYPHARMACY and SOCIO-DEMOGRAPHIC AND HEALTH DETERMINANTS

References:


Abstract Summary:
This work seeks the improvement of clinical practice in the field of gerontogeriatric nursing, in addition it is intended with the results to generate the knowledge base for the prevention of polypharmacy in elderly Mexicans.

Content Outline:
Introduction
Justification
Aim.
Theoretic Framework.
Methods.
Design, population, sample and sampling.
Inclusion and exclusion criteria.
Recruitment process.
Ethics consideration.
Measurement and assessments.
Collecting and analyzing data.

Outcomes.

Discussion and conclusions.

References.

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