

P-716 - USE OF PSYCHOTROPIC DRUGS IN THE ELDERLY. DATA FROM AN ITALIAN POPULATION BASED STUDY

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Introduction: The use of psychotropic medications in late-life is widespread although few population-based studies are available in literature.

Aim: To evaluate drugs utilisation in elderly with special regard to psychotropic medications.

Methods: 462 subjects (mean age 85.09±6.86 years, 53.2% women) were administered the Cambridge-Mental-Disorders of the Elderly-Examination and were clinically evaluated in order to investigate their mental health status (DSM-VI criteria) (Dementia N=88, Major Depressive Episode N=8, Generalized Anxiety Disorder N=66).

Results: One out of three participants used five drugs or more (antihypertensive: 68%, antiplatelet: 44%, psychotropic: 26.1%). Among psychotropic agents, the most frequent were benzodiazepines (25.7%) particularly those with short half-life. Antidepressant treatment was also common (13.5%), especially SSRI (73%): sertraline and paroxetine were the most frequently prescribed (39.8 %, 33.7 % respectively) followed by citalopram and escitalopram (20.4%) and fluoxetine (8.2%). Less than 1% of the sample received tricyclic antidepressants, trazodone and mirtazapine.

Out of 462 participants, 29 used typical antipsychotics: butirrofenoni (34.3%), phenothiazine (23.4%) and benzamides (23.4%). Atypical antipsychotic agents were not widely used, in particular only 3 subjects used risperidone and 2 amisulpiride. Finally, 1.7% used cholinesterase-inhibitor, 1.1% citicolina and 0.4% psychostimulants.

Conclusions: One out of four community-dwelling elderly take at least one psychotropic drug; 38 persons used two psychotropic drugs or more.