

EVALUATION OF MEDICAMENTS USAGE BY THE CLIENTS OF HOME FOR ELDERLY AND INFIRM PEOPLE IN POZEGA

Maja Župan¹, Damir Matoković^{2,3}, Božica Lovrić², Tihomir Jovanović⁴, Jelena Jovanović Tomac⁵, Sabina Cviljević²

¹Home for the elderly and infirm persons Požega, Filipa Potrevice 2a, Požega, Croatia

²General County Hospital Požega, Osječka 107, Požega, Croatia

³Faculty of Medicine Osijek, Josipa Huttlera 4, Osijek, Croatia

⁴General County Hospital Pakrac and Hospital of Croatian Veterans, Bolnička ul. 74, Pakrac, Croatia

⁵High School Pakrac, Matije Gupca 10, Pakrac, Croatia

majakresevljak@gmail.com

Abstract

Introduction: The life expectancy of people from decades in the decade is prolonged, and thus the share of older people in the total population has significantly increased. In Europe, the aging population is increasingly pronounced, not only because of the reduction in the number of births, but also because of the reduction of mortality, especially in elderly people which is stimulated by the advancement of medicine and better living conditions, leading to a prolonged life expectancy. Elderly persons are a very special and vulnerable age group because they often suffer from multiple chronic illnesses at the same time, therefore they take more medication than any other age group.

Aims: the objectives of the study are to answer whether age, gender and mobility of the respondents affect the average daily consumption of drugs, determine what percentage of respondents are exposed to polytherapy, are certain groups of medicines used according to global trends, and identification, statistical description and comparison with the rest of the respondent groups and the sample as a whole.

Methods: The conducted study is an observational cross-sectional research. The sample consisted of 120 respondents, located in the Nursing Home in Požega. The criterion for the selection of the respondents was that they were older than 65 and that the prescribed medicines were distributed by a nurse. Data on the type and quantity of drugs used by the respondents were collected directly from the primary health care physician and from the records of nurses about the distribution of the therapy. The drugs were classified according to the ATK classification system.

Results: HSD test results proved significant difference between the average daily consumption of medications and age groups. The smallest number of medications is taken by 48 oldest respondents – 5.8 medications per day, and the most by the middle-aged group – 7.3 medications per day. The average daily consumption of drugs of all respondents was 6.6 medications (the median is 6) and most used medications are from the groups N3, C2 and A1, which can be compared to similar studies conducted out in the world and in our country. 72.5% of respondents take five or more medications a day (polytherapy). Six clusters are recognized that make up the whole of the four characteristics (total consumption of medications, age, gender and mobility).

Conclusion: A large number the elderly are exposed to polytherapy. The results are an indication of the need for continuous education of primary care physicians, gerontologists and nurses to provide safe and rational use of medications in older persons.

Keywords: polytherapy, polypragmasy, older persons

POVEZANOST ZDRAVSTVENE PISMENOSTI S KOMPLIKACIJAMA ŠEĆERNE BOLESTI NA DONJIM EKSTREMITETIMA

Katarina Vukas¹, Damir Matoković^{1,2}, Anita Vukšić³, Božica Lovrić¹

¹Opća županijska bolnica Požega, Osječka 107, Požega, Hrvatska,

²Medicinski fakultet Osijek, Josipa Huttlera 4, Osijek, Hrvatska

³Srednja škola Pakrac, Matije Gupca 10, Pakrac, Hrvatska

katarina.hruska@gmail.com

Sažetak

Uvod: Šećerna bolest smatra se jednim od najvažnijih problema javnog zdravstva i peti je vodeći uzrok smrti širom svijeta. Samo zdravstveno pismene osobe mogu donositi odluke koje se tiču zdravstvene zaštite, prevencije bolesti i promocije zdravlja u svakodnevnom životu s Ciljem da se održi ili unaprijedi kvaliteta života.

Cilj: Ispitati razinu zdravstvene pismenosti kod bolesnika oboljelih od šećerne bolesti. Utvrditi povezanost socio-demografskih podataka s razinom zdravstvene pismenosti. Ispitati povezanost razine zdravstvene pismenosti sa znanjem o šećernoj bolesti, učestalošću komplikacija i učestalošću komplikacija na donjim ekstremitetima.

Metode: U istraživanju je sudjelovalo 130 ispitanika oboljelih od šećerne bolesti, prosječne dobi 66,79 godina (od 18 do 90 godina). Istraživanje je provedeno u OŽB Požega od lipnja do kolovoza 2018. godine. Podaci su prikupljeni upitnicima koji obuhvaćaju sociodemografske podatke, pitanja o šećernoj bolesti, SAHLSA-50 za procjenu zdravstvene pismenosti te pregledom stopala i analizom medicinske dokumentacije.

Rezultati: U radu je sudjelovalo 46,9% muškaraca i 53,1% žena. Najviše ispitanika završilo je srednju školu i živi s bračnim partnerom. 52,3 % ispitanika zdravstveno je pismeno. U testu znanja najlošiji odgovor je na pitanje 8: Kako se skraćuju nokti na nogama?. Samo 5,4% ispitanika zaokružilo je odgovor *rašpicom*, a čak je 63,1% dalo odgovor *malim škaricama za nokte*. Najčešća mikrovaskularna komplikacija je polineuropatija sa 64,6%, makrovaskularna kardiovaskularne bolesti 55,4%. Hipertenzija je prisutna kod 83% ispitanika. Od promjena na stopalima najučestalije su hiperkeratoze (46,2%), promjene na noktima (34,6%) te suha koža (18,5%).

Zaključak: Nešto više od polovice ispitanika zdravstveno je pismeno. Postoji povezanost u razini zdravstvene pismenosti s obzirom na sociodemografske podatke, pitanja o šećernoj bolesti, učestalošću komplikacija i učestalošću komplikacija na donjim ekstremitetima.

Ključne riječi: komplikacije šećerne bolesti, šećerna bolest, zdravstvena pismenost

THE CONNECTION OF HEALTH LITERACY WITH DIABETES COMPLICATIONS ON LEWER EXTREMITIEST

Katarina Vukas¹, Damir Matoković^{1,2}, Anita Vukšić³, Božica Lovrić¹

¹General County Hospital Požega, Osječka 107, Požega, Croatia

²Faculty of Medicine Osijek, J. Hutlera 10, Osijek, Croatia

³High School Pakrac, Matije Gupca 10, Pakrac, Croatia

katarina.hruska@gmail.com

Abstract

Introduction: Sugar disease is considered to be one of the most important public health problems and fifth is the leading cause of death worldwide. Only health-care personnel can make decisions regarding health care, disease prevention, and health promotion in their daily lives with a view to keep it or improve the quality of life.

Aim: To examine the level of health literacy with diabetes patients. To determine the connection of socio-demographic data with health literacy level. To examine the connection of health literacy levels with the knowledge of diabetes, frequency of complications and complications frequency on lower extremities.

Methods: 130 diabetes patients participated in the research, average age was 66,79 (from 18 to 90 years of age). The research was conducted in General County Hospital Požega from June until August 2018. The data was collected via questionnaires which included socio-demographic data, diabetes questions, SAHLSA-50 for the health literacy assessment and feet checkup and medical documentation analysis.

Results: 46,9% men and 53,1% women participated in the study. Most of participants finished highschool and live with their spouses. 52,3% participants are health literate. From all 10 questions, the highest percentage of accurate responses was 65,4% to question 7: „Which feet changes should be told to your doctor?“, and the lowest was to question 8: „How do you clip your toenails?. Only 5,4% participants circled the answer nail file, and 63,1% chose the answer toenail scissors. The most common microvascular complication is polyneuropathy with 64,6% and then retinopathy with 33,1% of participants. Out of all macrovascular complications, 55,4% have cardiovascular diseases. Hypertension is present with 83% of participants. Hyperkeratosis (46,2%), toenail changes (34,6%) and dry skin(18,5%) are most common in feet changes.

Conclusion: More than a half participants are health literate. There is a connection in health literacy level regarding socio-demographic data, questions about diabetes, complications frequency and complications frequency on lower extremities. Insufficient knowledge level of proper feet hygiene was noticed with participants.

Keywords: diabetes complications, diabetes, health literacy