

Dysphagia in the Elderly and its Implications in the Administration of Oral Dosage Forms

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Introduction:

Dysphagia is defined as difficulty in swallowing and is more prevalent in advanced ages. To overcome this difficulty, the elderly resort to altering the physical form of the medication, resulting in consequences for themselves and for the therapy.

Objectives:

To identify the main difficulties in administering solid oral dosage forms in individuals over 60 years of age.

Methods:

An exploratory questionnaire study was developed through an interview between December 2016 and May 2017.

Results:

The study investigated 102 individuals over 60 years of age. About half of them have difficulties swallowing drugs with solid oral pharmaceutical form, being the size the characteristic that most influences this difficulty (55%). Despite this, only about 11% of participants discontinued therapy.

Conclusions:

The presence of difficulties in swallowing solid oral dosage forms is very prevalent among the elderly, often leading to changes in the physical form of the drug and having implications for adherence to therapy