



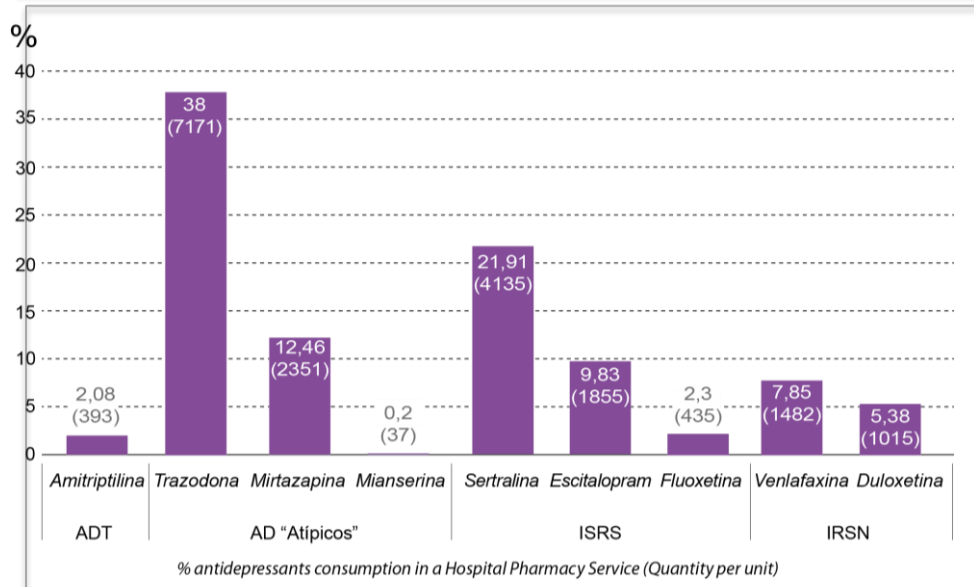
## Study of the antidepressant drugs consumption in a Hospital Pharmacy Service.

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**Background and objectives:** Depression is a disabling disease, actually it affects more than 300 million of people around the world, being the risk 2-3 higher in women than men. Taking into account the high incidence of depression and the increasing consumption of antidepressants in recent years, this project aims to quantify and analyze the consumption of this therapeutic group in a Hospital Pharmacy Service, located in Santa Cruz de Tenerife.



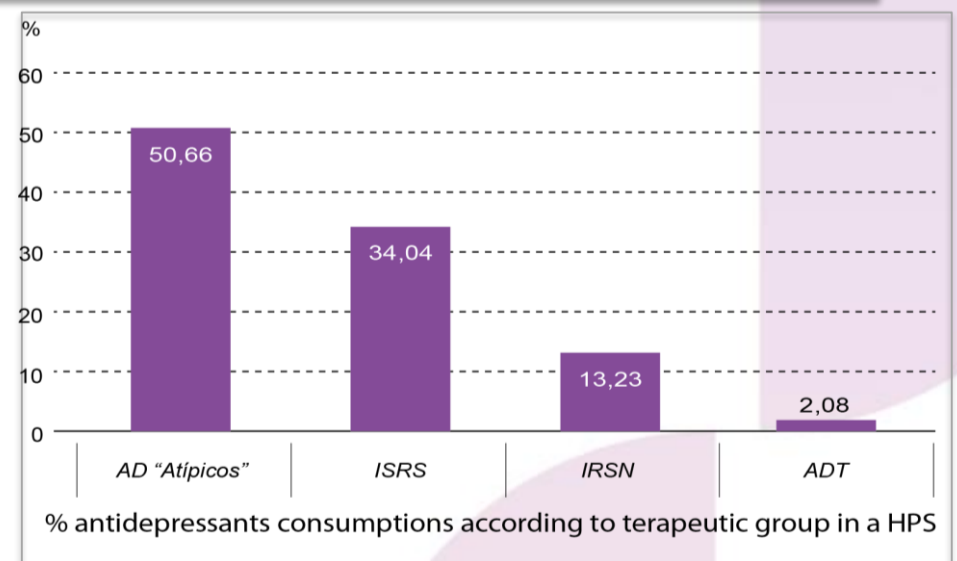
**Materials and methods:** Antidepressant drug's dispensations of the classification ATC "N06A. Antidepressants" group were assessed for one year, between January and December 2016, in the Hospital Pharmacy Service.

**Results and discussion:** In 2016 in the Hospital Pharmacy Service, 18,874 units in unitary dose were dispensed and the most commonly group used, which included trazadone and mirtazapine, was the named "atypical" antidepressant (50,66%). Because of its broad therapeutic spectrum, this group seems to be the most adequate for elderly patients, commonly users of the hospital under study. Selective Serotonin Reuptake Inhibitors drugs, headed by sertraline, were the second most commonly group prescribed. Their adequate profile of adverse effects, which usually results in a very low drop-out rate together with a lower incidence of drug interactions, makes them a good therapeutic option for eminently polymedicated elderly people. It is well known that the effectiveness of the antidepressant drugs depend mostly on an adequate and long term treatment adherence. For this reason, the hospital pharmacist interventions are necessary in order to guarantee the right compliance and reduce the treatment withdrawal rate.

**Conclusions:** The high consumption of the antidepressant drugs and its effectiveness depend mostly on an adequate and long term treatment adherence. For this reason, the hospital pharmacist interventions are necessary in order to guarantee the right compliance and reduce the treatment withdrawal rate.

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