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Modified stopp-start criteria for Sri Lanka: a delphi study

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Introduction & Objectives:

'Screening tool of older people's prescriptions (STOPP) and screening tool to alert to right treatment (START)' criteria are widely used to assess the appropriateness of medicines among the elderly. As there were limitations when applying these criteria in the local context, we aimed to modify the criteria (2014 version) to suit Sri Lanka.

Methods:

Based on findings of a preliminary study using the 2014 criteria, two researchers (a senior clinical pharmacologist and a pharmacist) reviewed and flagged criteria that were unfeasible to Sri Lanka. A Delphi consensus methodology was conducted among six experts, including geriatricians, clinical pharmacologists, physicians and a pharmacist, to review each criterion (including those flagged by the researchers) for suitability to Sri Lanka.

Results:

Two Delphi validation rounds were conducted. A final meeting was held with the participation of all experts to resolve disagreements and to establish 100% consensus. The expert panel agreed on a list of 104 criteria, including 71 STOPP and 33 START criteria. Modifications included complete removal (n=11), re-wording (n=6), and shifting (n=1) of original criteria. Main reasons for modifications were unavailability of some medicines in the country, unavailability or inaccessibility of specific clinical information required for assessment of criteria, and adherence to changes in treatment guidelines commonly used in the country.

Conclusion:

A list of 'Modified STOPP/START criteria for Sri Lanka' were established. These criteria will be validated through a multicentre study soon.