



Oral Frailty Initiatives at a Health Support Pharmacy

~ The Power to Eat is the Power to Live ~

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[Background/Objective]

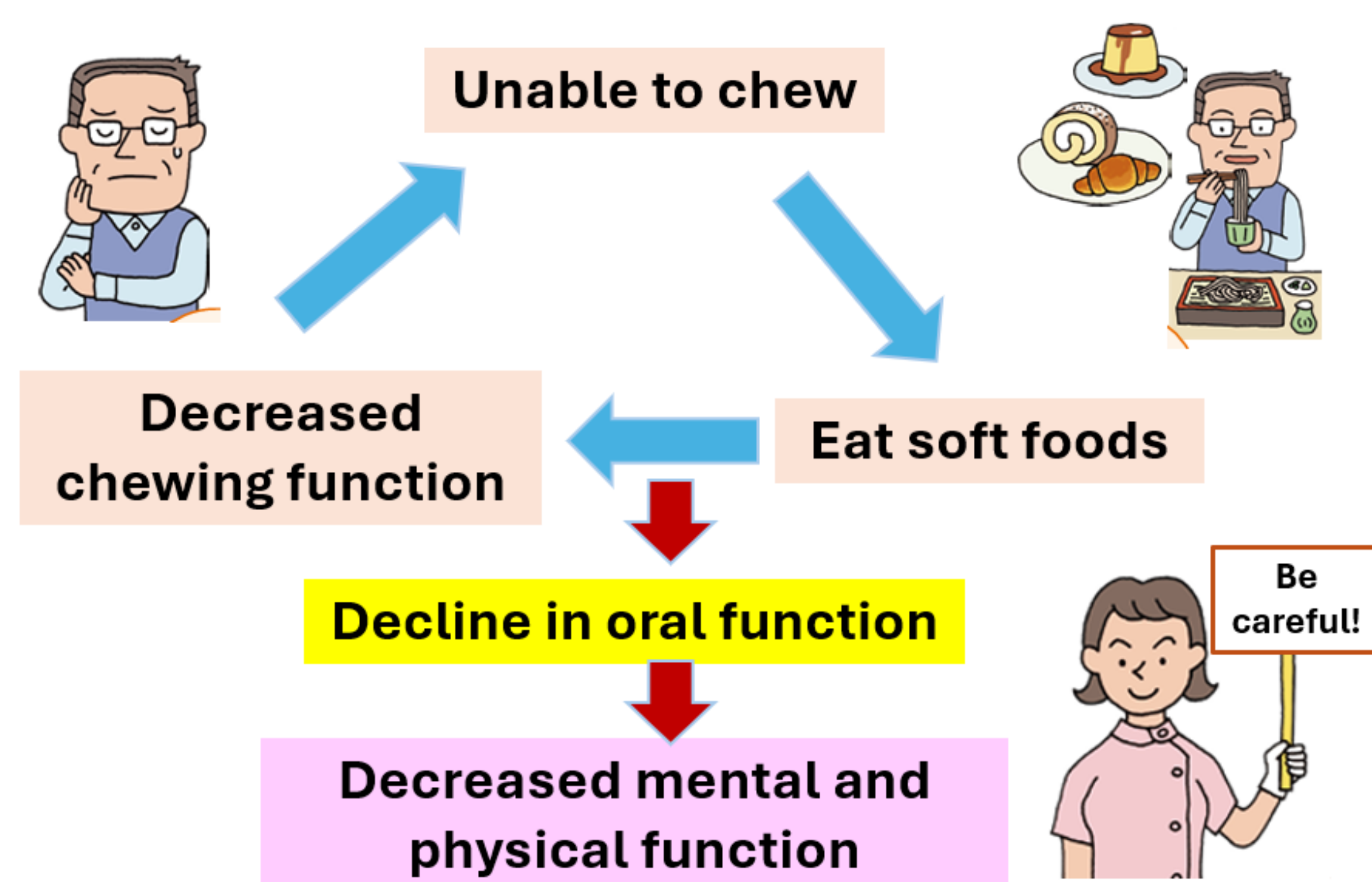
Suzuran Pharmacy is a certified Health Support Pharmacy working daily on health education or frail prevention for patients and community. Oral frailty is a concept to raise alarm about negative chain effects that may occur if minor oral deterioration is left unchecked or not properly addressed, leading to oral function decline, eating disorder, or physical and mental deterioration.

In order to explore how oral frailty prevention can be addressed by a community pharmacy, we attempted to assess oral frailty of pharmacy users.

[Methods]

Oral frailty status was assessed using the Oral Frailty Checklist during a four-week period from September 18 to October 14, 2023. At the same time, patients' own pill-taking status was also assessed using the PILL 5 or Japanese version of the Swallowing Assessment Tool.

A negative cycle of functional decline



PILL-5 Assessment Tools

Please circle the response that indicates how frequently you experience these symptoms.

0 = Never; 1 = Almost Never; 2 = Sometimes; 3 = Almost Always; 4 = Always

1. Pills stick in my throat	0	1	2	3	4
2. Pills stick in my chest	0	1	2	3	4
3. I have a fear of swallowing pills	0	1	2	3	4
4. My problem swallow pills interferes with my ability to take my medicine	0	1	2	3	4
5. I can't take my pills without crushing, coating, or using other forms of assistance	0	1	2	3	4

ビルファイブ
PILL-5 [日本語版]
アセスメントツール



日付 年 月 日
氏名 性別 男 女 年齢 才

1. 5つの質問で、あてはまる点数をチェックしてください。あなたがこれらの症状をどれくらいの頻度で経験するかを○で囲んでください。

1. 錠剤が喉につかえる	0	1	2	3	4
2. 錠剤が胸のあたりにつかえる	0	1	2	3	4
3. 錠剤を飲むことに怖さを感じる	0	1	2	3	4
4. 錠剤を飲むのが難しく、必要な量で飲みこむことができない	0	1	2	3	4
5. 粉砕したり、包んだりなど何かしら調整をしないと錠剤を飲むことができない	0	1	2	3	4

※錠剤には、「錠剤」と「カプセル」を含む

3. PILL-5は、錠剤・カプセルを服用するときの嚥下の機能を測るためのものです。合計点数が12点以上の場合、錠剤・カプセルの服用に関して、専門医にご相談ください。

判定基準	判定結果	対処法
0~6未満 (0≦PILL-5<6)	正常	錠剤やカプセルの服用において錠剤嚥下障害はほとんどないため、薬の変更は必要ありません。
6~12未満 (6≦PILL-5<12)	軽度から中等度の錠剤嚥下障害	錠剤やカプセルの服用において軽度から中等度の錠剤嚥下障害が考えられます。錠剤嚥下補助薬 [®] の使用が推奨されます。 ※錠剤嚥下補助薬：錠剤を包み込むことで飲み込みを助け、薬の崩壊を防ぐゼリーやペースト状のオブラート
12以上 (PILL-5≧12)	中等度から重度の錠剤嚥下障害	錠剤やカプセルの服用において中等度から重度の錠剤嚥下障害が考えられます。薬の剤形変更が推奨されます。専門医にご相談ください。

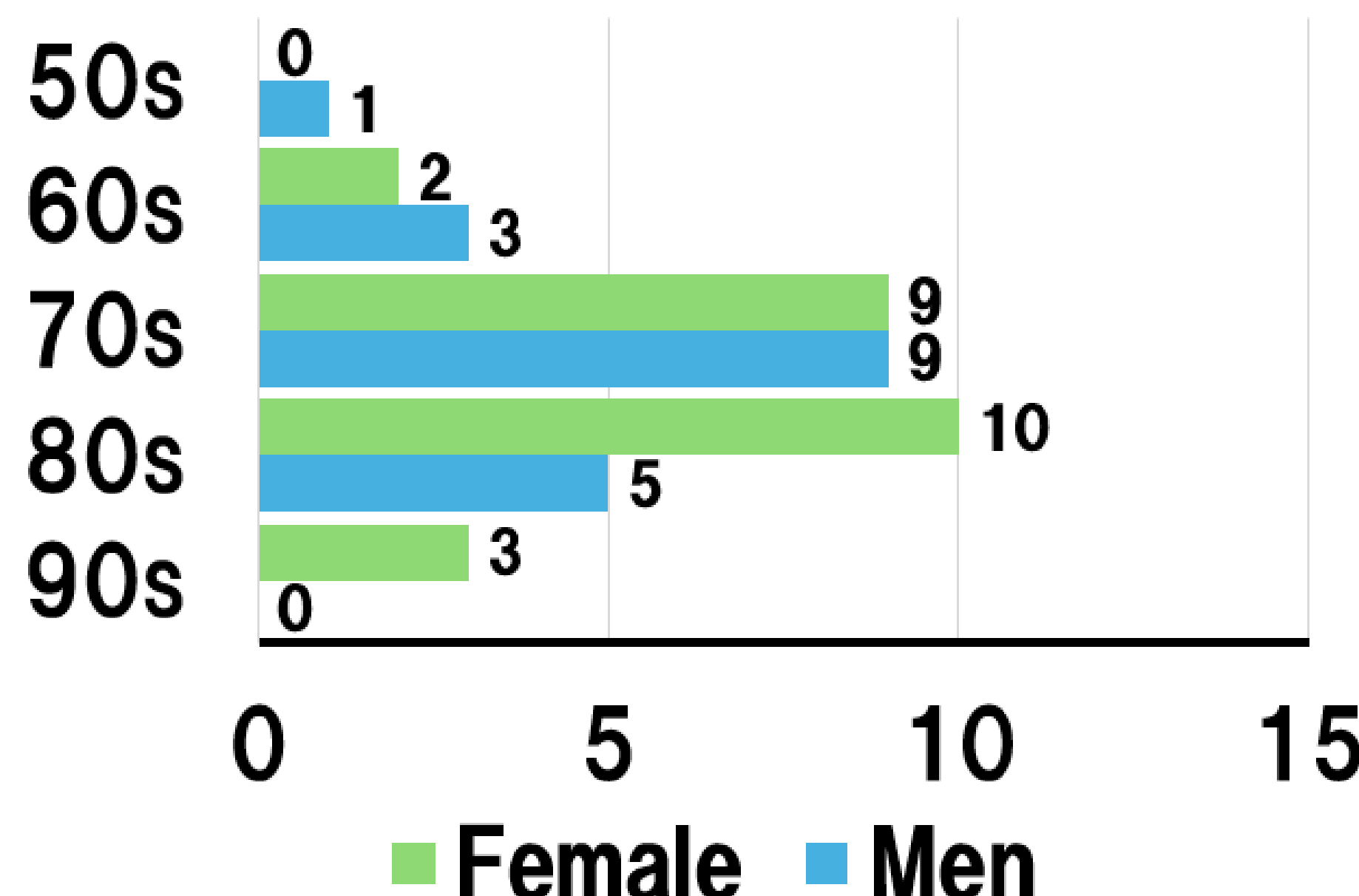
PILL-5 [日本語版] アセスメントツールは、ニュートリー株式会社とライセンス契約を結んでいます。
PILL-5 [日本語版] アセスメントツールは、Peter C. Belafsky によって開発された PILL-5 assessment tool を日本語訳したものです。

[Results]

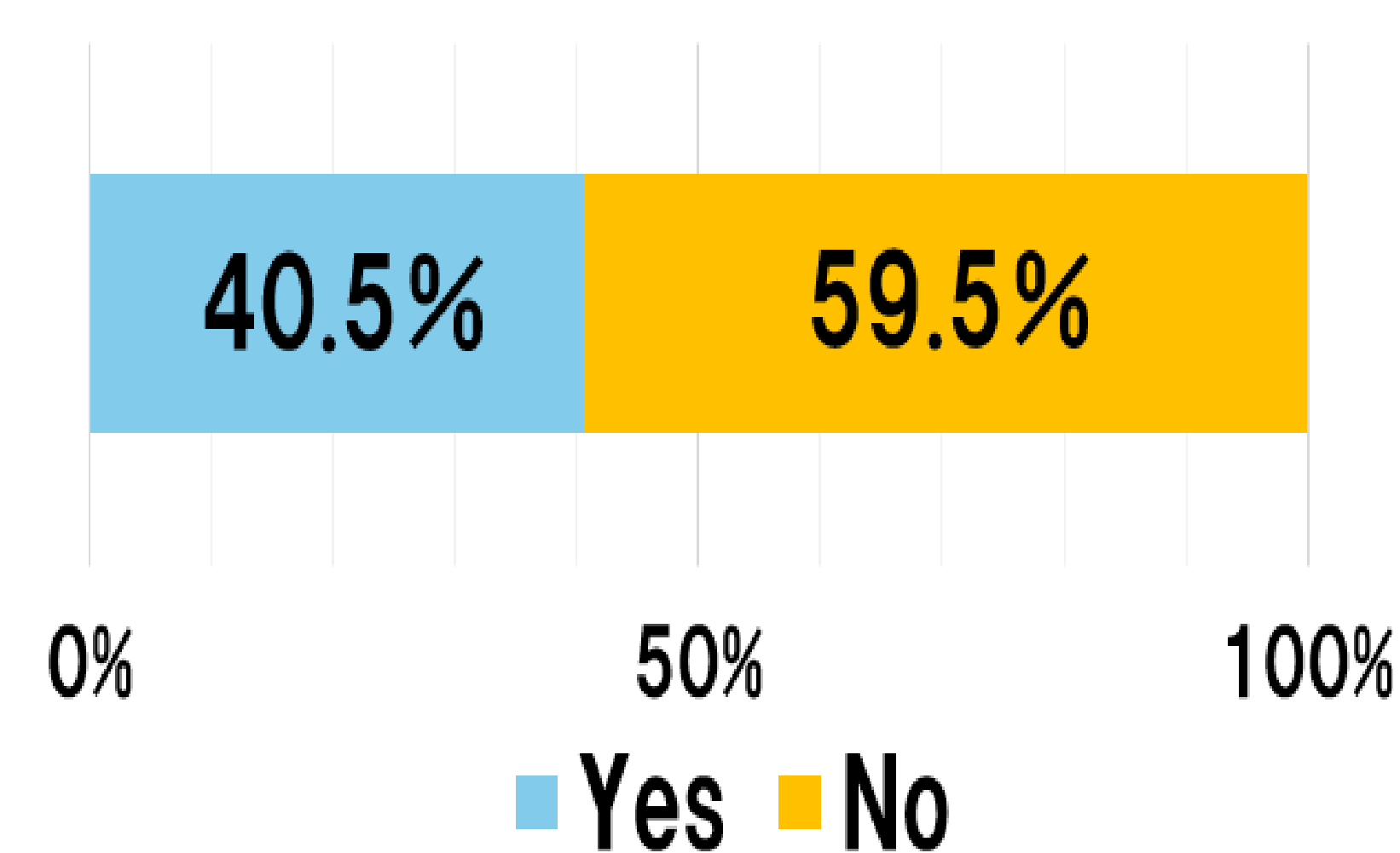
During the study period, 42 patients, with 39 outpatients and 3 home patients, were assessed. On the oral frailty assessment score, 7 patients or 16.7% scored 2 or less meaning unlikely to have oral frailty. 11 patients or 26.2% scored 3 meaning possible. 24 patients or 57.1% scored 4 or more meaning highly likely.

All results were normal for swallowing status in PILL 5 test.

Gender and age composition



Percentage of people visiting the dentist



[Discussion]

The checklist score increases by +2 points when a patient uses dentures. Therefore, elderly people may tend to have higher scores due to increased use of dentures. Patients who used dentures had lower scores for oral frailty, suggesting that proper use of dentures can help prevent oral frailty.

[Conclusion]

The survey results indicated that a large number of our pharmacy users were at high risk for oral frailty, suggesting the need for prevention against oral frailty at our pharmacy. Our pharmacists should interview about risk factors of oral frailty during medication instruction, provide education on prevention, and promote the use of oral health products. Pharmacists should also evaluate the relationship between prescribed medication and oral frailty and, if necessary, collaborate with dentists.

COI Disclosure Information

Naoko NISHIDA

I have no financial relationships to disclose.