Reducing inappropriate use of antipsychotics for patients with Behavioural and Psychological Symptoms of Dementia (BPSD) in Primary and Secondary care

Resources to support local delivery
Introduction
This publication is a collection of resources designed to support primary and secondary care pharmacists in reducing the inappropriate use of antipsychotics for patients with BPSD. The resources include outputs from the Medicines Use and Safety secondary care workshop held in London in 2012 and 2013, as well as other key background, links to websites and supporting information.

Background information on antipsychotic use in BPSD
In 2009 Professor Sube Banerjee produced the “Time for Action” report, commissioned by the Minister of State for Care Services. This highlighted the issue of overprescribing of antipsychotics in patients who experienced behavioural and psychological symptoms of dementia (BPSD). It also raised public awareness of the estimated 1800 excess deaths and 1620 severe cardiovascular adverse events per year that occur as a result of the use of antipsychotic medication in this patient cohort. The report suggested that an estimated 180,000 people with dementia were taking antipsychotic drugs, but that in only about one third of these cases were the drugs considered to be having a beneficial effect. The remainder were exposed to the risk of adverse effects, including sedation, extra-pyramidal symptoms, worsening cognition, gait disturbance leading to falls and fractures and an increased risk of stroke without medication benefits. This led to a Ministerial mandate to reduce antipsychotic prescribing in this patient group by two thirds at the end of 2011 and a “Call to Action” to professionals to ensure that people with dementia, receiving antipsychotic drugs, will have undergone a clinical review by March 2012. In April 2012, the national dementia Commission for Quality and Innovation payment (CQUIN) for hospitals was established, focussing on identification, assessment and referral of patients with dementia. Reducing inappropriate antipsychotic prescribing to people with dementia to improve quality of life is part of the Operating Framework 2012/13 and in October 2012, the Dementia Action Alliance launched a campaign to encourage all hospitals to become ‘dementia friendly’. As a result of these national drivers, which are continuing, there have been sector wide and local efforts to support implementation of this mandate. A summary of ongoing progress with the dementia challenge is available at http://dementiachallenge.dh.gov.uk/2012/11/08/health-care-achievements/

What does this mean for practitioners identifying patients who are prescribed antipsychotic medication for BPSD?
This resource is designed to help pharmacy and non-pharmacy staff to work with colleagues to ensure that initiation of treatment is appropriate and to manage patients who are already prescribed antipsychotics for BPSD. It contributes to the national “Call to Action” and signposts the reader to other national resources which will help to address organisational, individual and professional responsibilities around the implementation of the ministerial mandate. Readers are asked to note that due to the wide variety of support materials and rapidly developing nature of dementia services, this resource cannot be comprehensive.

How is the resource structured?
Section A: Overview resources
Section B: Knowledge and skills development
Section C: Audit resources
Section D: Commissioning and Implementation support
Section E: Further reading

Who is the resource for?
This resource is useful to individual pharmacists, pre-registration pharmacists and pharmacy technicians who work or liaise with patients who have BPSD. It may also be useful to other health professionals who wish to develop their knowledge and skills in the management of BPSD and to Education and training leads who are developing or reviewing training for their staff on reducing the inappropriate use of antipsychotics for patients with BPSD. This resource will contribute to continuing professional development.
### Section A: Overview resources

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<tr>
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<th>Organisation: Alzheimer’s society</th>
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<tr>
<td>A1</td>
<td>Website: <a href="http://www.alzheimers.org.uk">http://www.alzheimers.org.uk</a></td>
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**Summary:** Variety of documents in including “Optimising treatment and care for behavioural and psychological symptoms of dementia: A best practice guide”


**Overview:**

The Alzheimer’s society website gives an excellent overview of dementia and current treatments, including symptoms and management options for BPSD. This best practice guide has been designed to support health and social care professionals to determine the best treatment and care for people experiencing behavioural and psychological symptoms of dementia (BPSD). The guide includes a traffic light system of prevention, watchful waiting and specific intervention including medication for patients with BPSD. Clinical checklists and recommendations for each stage are available to download separately.

The “Optimising treatment and care for behavioural and psychological symptoms of dementia: A best practice guide” document also provides details of pathways for patients not yet prescribed antipsychotics and for those who have already been prescribed antipsychotics (pages 6 and 7).


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<tr>
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<th>Organisation: Royal College of Nursing</th>
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<tr>
<td>A2</td>
<td>Website: <a href="http://www.rcn.org.uk/development/practice/dementia/supporting_people_with_dementia/therapeutic_activities">http://www.rcn.org.uk/development/practice/dementia/supporting_people_with_dementia/therapeutic_activities</a></td>
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**Summary:** A signposting resource which provides links to many of the key documents around dementia including national guidance. Offers specific section on therapeutics and managing distress in patients with dementia, which includes managing antipsychotic medicines.
| A3 | **Organisation:** Dementia action alliance  
Website: [http://www.dementiaaction.org.uk/members_and_action_plans/filter/health](http://www.dementiaaction.org.uk/members_and_action_plans/filter/health)  
**Summary:** This website offers information on all aspects of dementia care from clinical, social and patient perspective.  
**Overview:** Through searching ‘antipsychotics’ this general websites gives access to a number of resources to support reduction of inappropriate use. The dementia action alliance website includes information on the **call to action** which aims improve the quality of life of people with dementia and their carers by reducing the inappropriate use of antipsychotics through collaborative working and change.  
**The right prescription**  
**Economic evaluation of alternatives to antipsychotics** |
| A4 | **Organisation:** Royal College of Psychiatrists  
Website: [http://www.rcpsych.ac.uk/PDF/BPSD.pdf](http://www.rcpsych.ac.uk/PDF/BPSD.pdf)  
**Summary:** Atypical antipsychotics and behavioural and psychiatric symptoms of dementia. Prescribing update for old age psychiatrists (2005)  
**Overview:** This resource is helpful to those who would like a concise introduction to the subject area, giving clear explanations for treatment rationale. The resource provides recommendations for when to use antipsychotic drugs including the treatment of specific symptoms. Note: although the document predates the Risperdal® licence, the majority of the content still relevant. |
| A5 | Organisation: National Prescribing Service, Australia  
Website:  
Overview:  
This resource provides a concise review of drug and non-drug management of BPSD and is a straightforward introduction to this subject. Although written for Australian practice, it is mostly applicable to the UK and is easy to read. |
|---|---|
|  | Link to antipsychotics and bpsd 2007  
Link to treating dementia 2008 |
## Section B: Knowledge and Skills Development

### B1
**Organisation:** Medicines Use and Safety Team, East & South East England Specialist pharmacy services  
**Web-site:** [https://www.sps.nhs.uk](https://www.sps.nhs.uk)  
**Summary:** Therapeutic update of treatment of BPSD for training others. BPSD case scenarios and answers and management options including tools for patient review.  
**Overview:**  
This is a presentation given at a learning event that can be used to train pharmacists working on general wards who encounter patients on antipsychotics for treatment of BPSD. The presentation provides an overview of symptoms of BPSD and treatment options and includes speaker’s notes. The case studies are provided with answers and were written by consultant psychiatrists and nurses to support learning in this area. They can be used on their own or with the presentation to embed learning. Tools for review of patients with BPSD are included in the case study answers. A “how to optimise the care of patients with dementia and bpsd” guide is appended below  
**Meeting content**  
- How to guide  
- Case history questions  
- case answers

### B2
**Organisation:** National Prescribing Centre  
**Web-site:** [http://www.npc.nhs.uk/therapeutics/cns/dementia/resources/pda_dementia_antipsychotics.pdf](http://www.npc.nhs.uk/therapeutics/cns/dementia/resources/pda_dementia_antipsychotics.pdf)  
**Summary:** MeReC bulletin February 2012 Antipsychotics in dementia, patient decision aid.  
**Overview:**  
This bulletin outlines concerns, rationale for use of antipsychotics, and evidence with links to key guidelines for prescribing which may be useful in updating clinical practitioners. There is a Patient Decision Aid for use of antipsychotics in dementia which supports practitioners who have the opportunity to discuss the benefits and risks of these agents with health and social care staff, patients, relatives and care...
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<td><strong>Summary</strong></td>
<td>e-learning package on antipsychotic use for patients with dementia, 2011</td>
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<td></td>
<td><strong>Overview:</strong></td>
<td>This programme is a comprehensive review of this clinical area. It is designed to provide the knowledge and skills for pharmacists and their teams to support reviews of patients with dementia who have been prescribed antipsychotic medication. Requires login.</td>
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<td><strong>Summary</strong>: <strong>Tips for 10 Top Target Areas to implement Medicines Management QIPP in care homes</strong> Version 1 July 2011 which includes reducing antipsychotic prescribing in care homes</td>
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<td><strong>Overview:</strong></td>
<td>This document is not specifically focussed on antipsychotic use in BPSD, however antipsychotic use in BPSD is included in the section focussed on dementia. The document covers a number of areas for medication review in care homes including antipsychotics, and has key recommendations for drug and non-drug treatment and guidance on when to refer patients.</td>
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<td><strong>Summary</strong>: Dementia needs assessment and portal to resources.</td>
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<td><strong>Overview:</strong></td>
<td>NHS London has been very active in supporting both primary and secondary care clinicians as well as generalist, specialist and Mental Health staff in providing better care for patients with dementia. There is a workstream around acute hospital innovation and support through GP practice. Training modules have been created to support all staff. Resources include the London Dementia Needs Assessment 2011 - Planning dementia services and delivering QIPP for London clusters as well as information on current services through the national audit (see section C). More information is available from the Project lead <a href="mailto:jen.watt@london.nhs.uk">jen.watt@london.nhs.uk</a>.</td>
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|   | Organisation: National Institute for Healthcare Excellence  
Website: [http://www.nice.org.uk/media/5EE/C1/Academic_detailing_aid_Low_dose_antipsychotics_in_people_with_dementia.pdf](http://www.nice.org.uk/media/5EE/C1/Academic_detailing_aid_Low_dose_antipsychotics_in_people_with_dementia.pdf)  
Summary: Support for education and learning: Academic detailing aid. Low dose antipsychotics in people with dementia  
Overview: This is a short document which summaries key issues, why this is important, what we can do and best practice for use of these medicines in patients with BPSD on one page. It includes a second page covering efficacy, safety, cost and patient factors to consider when prescribing antipsychotics for patients with BPSD. |
|---|---|
| B7 | Organisation: British Geriatrics Society  
Summary and overview: This is an e-learning pack for clinicians in primary care which provides information on timely diagnosis, care planning, optimization of clinical management, treatment of underlying conditions (E.g. pain) as well as treatment for dementia. It covers management of BPSD using non drug an drug approaches and consideration of the needs of carers. |
| B8 | Organisation: Alzheimers society  
Summary  
This links to training packages for care providers, hospital staff, community and to dementia trainers.  
Overview: This website provides access to information on training to deliver best practice in dementia care of common skills and knowledge, for staff teams in any organisation responsible for care and support of people with dementia. The website gives information on training for various staff groups, access to dementia trainers and information on workshops |
## Section C: Audit

| C1 | Organisation: Health and Social Care Information Centre  
Website: [http://www.ic.nhs.uk/services/national-clinical-audit-support-programme-ncasp/audit-reports/dementia](http://www.ic.nhs.uk/services/national-clinical-audit-support-programme-ncasp/audit-reports/dementia)  
**Training resource:** The National Dementia and Antipsychotic Prescribing Audit  
**Overview:** The NHS Information Centre has published the results of the National Dementia and Antipsychotic Prescribing Audit, which collected demographic and prescribing information for people with a diagnosis of dementia from primary care clinical systems, over a six year period (2006 to 2011). The results at a national and Strategic Health Authority (SHA) level were made available in July 2012 and results at local level (practice and PCT-level feedback) will be available from the middle of August 2012. |
| C2 | Organisation: NHS London  
Website: [www.london.nhs.uk](http://www.london.nhs.uk)  
**Training Resource:** London Antipsychotics Audit and Reduction Exercise in Primary Care.  
**Overview:** This is an audit template for use by GPs to review prescribing of antipsychotics for patients with BSPD against NICE guidelines and to ensure that the prescription has been reviewed in the last three months. The work addresses the issues of GPs managing patients who have been prescribed antipsychotics for BPSD while in hospital. The overall aim is to incentivise both London Acute Trusts and Mental Health Trusts, to review antipsychotic prescriptions prior to discharge and improve communication with GPs in order to improve prescribing in this area. The audit objectives are:  
1. To obtain a baseline of current levels of GP prescribing of antipsychotics to people with dementia across London.  
2. To establish whether prescribing is appropriate and in line with NICE guidance  
3. To identify patients where it is appropriate to reduce or discontinue antipsychotics and act on it |

*Link to doc*
| C3 | Organisation: Southampton City NHS Trust  
Website: [www.southamptonhealth.nhs.uk](http://www.southamptonhealth.nhs.uk)  
**Training Resource:** Audit of Antipsychotic Prescribing in Dementia Patients  
**Overview:** This audit is designed for use by GP practices to determine the current level of antipsychotic prescribing in dementia patients in NHS Southampton City. It aims to support reduction of use of these drugs and ensure good practice in the prescribing and reviewing of antipsychotic drugs, as per NICE and local guidelines. It can be used as a template to conduct audits in any GP practice. Tables for data collection and results are provided with examples of actions to take forward.  
[Link to Doc](#) |
|---|---|
| C4 | Organisation: Royal College of Psychiatrists  
Website: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)  
**Training Resource:** Report of the National Audit of Dementia Care in Hospitals  
**Overview:** This audit examines the quality of care received by people with dementia in the general hospital. It covered the majority of trusts and health boards in England and Wales. It includes a section on prescribing of antipsychotics on and during admission and at discharge.  
[Link to doc](#)  
Links to an overview of the audit, participating hospitals, audit materials and project team details are available from the website |
### Section D: Commissioning and Implementation support

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<th>Commissioning Organisation:</th>
<th>Website:</th>
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<tr>
<td>D1</td>
<td>NICE</td>
<td><a href="http://www.nice.org.uk/usingguidance/commissioningguides/dementia/home.jsp">http://www.nice.org.uk/usingguidance/commissioningguides/dementia/home.jsp</a></td>
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**Summary:**
- Support for commissioning dementia services, commissioning tool

**Overview:**
- NICE has published a resource to support commissioners, clinicians and managers to commission high-quality evidence-based care for people with dementia and their carers. A commissioning tool is also available.

- [Support-for-commissioning-dementia-care](http://www.nice.org.uk/usingguidance/commissioningguides/dementia/home.jsp)
- [Commissioning tool/dementia care](http://dementia.dh.gov.uk/dementia-commissioning-pack/commissioning-pack-resources-antipsychotics/)

**List of services commissioned:**

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Collation of resources used to reduce inappropriate use of antipsychotics in dementia Vs.2.1 – October 2013 (NB)
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<td>D3</td>
<td><strong>Summary:</strong> A dementia training DVD for carers of people with dementia at home and care home staff has been developed. The resources comprise a DVD and a CD Rom containing all learners' notes, exercises and facilitators' notes which can be purchased via the website. The training package contains four modules covering: the experience of dementia, communication and behaviour, person centred approaches and well being and relationships. Resources in clued dementia awareness training for residential care staff, dementia training for home care staff and a cascade programme for larger organisations.</td>
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<td>D4</td>
<td><strong>Summary:</strong> This project aims to commission Antipsychotic Prescribing Support Pharmacists to review and, where appropriate, reduce the prescribing of anti-psychotic medication in a supported manner for people living with dementia in Sussex. <strong>Overview:</strong> This project focuses on a holistic approach to dementia care for patients in care homes. It aims to improve overall quality of life through good practice in antipsychotic use. It is hoped that through education and embedding of good practice, the number of patients inappropriately prescribed antipsychotics will reduce thereby reducing associated morbidity, side effects and unscheduled admissions while upskilling primary care professionals in this area.</td>
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<td>D5</td>
<td><strong>Summary:</strong> Care support package for patients with dementia who live in care homes <strong>Overview:</strong> This resource provides examples of good practice for families and care home staff in order to ensure that older people with dementia living in care homes have high standards of service. The website provides an audio recording to support good care as well as links to resources to support good care and links to monthly newsletters from the National Dementia Strategy (NDS) Implementation Team which shares ideas to support improved care for people living with dementia in care homes.</td>
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| D6 | Primary care  
Organisation: Sussex Partnership NHS trust  
Summary: This is a document aimed at General Practitioners which provides guidance on reviewing antipsychotics and memantine and stopping antipsychotics prescribed for behavioural problems of dementia (BPSD). It includes an initial assessment document for patients with dementia prior to prescribing antipsychotics [http://www.sussexpartnership.nhs.uk/gps/policies/finish/2031/3568](http://www.sussexpartnership.nhs.uk/gps/policies/finish/2031/3568) |
|---|---|
| D7 | Community pharmacy  
Organisation: Medicines Use and Safety Team  
Website: n/a  
Summary: Support for community pharmacists on how they can deliver call to action through collaboration with carers and care home staff in reviewing efficacy and safety of prescriptions for antipsychotics in patients with dementia and BPSD. It includes key tips and questions to address issues and a simply worded, short fax template which allows community pharmacists to alert the GP to the need for review, having consulted the carer/care home staff  
Template letter to GPs  
Key questions to support effective interventions  
Key messages top tips for pharmacists |
Section E: Further Reading
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<th>Organisation</th>
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<th>Website</th>
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<tbody>
<tr>
<td>National field via NHS institute</td>
<td>Variety of documents from NHS organisations and others to support call to action (requires login)</td>
<td><a href="https://nhs.nationalfield.com/docs?categoryID=1&amp;archived=0">https://nhs.nationalfield.com/docs?categoryID=1&amp;archived=0</a></td>
</tr>
<tr>
<td>Pharmaceutical Journal</td>
<td>Article by Claire Anderson describing methods of communicating with patients who have dementia</td>
<td><a href="http://www.pjonline.com/content/communicating_with_patients_with_dementia_what_you_need_to_think_about">http://www.pjonline.com/content/communicating_with_patients_with_dementia_what_you_need_to_think_about</a></td>
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See also C2 London Antipsychotics Audit and Reduction Exercise in Primary Care appendix 13 reference list.