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Polypharmacy and deprescribing safely: a patient-centred method

Professor Nina Barnett

Consultant Pharmacist,
Care of Older People, London North West Healthcare NHS Trust
Medicines Use and Safety Team, Specialist Pharmacy Service
Visiting Professor, Institute of Pharmaceutical Science,
Kings College London

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Professional medicines advice

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Polypharmacy and patient care

"Do listen to your patients; always have them at the centre of your thinking, that's what makes the big, big difference"

NHS Improving Quality (NHS Institute for Innovation and Improvement)
http://www.institute.nhs.uk/qipp/joined_up_care/patient_centred_care.html

…. an NHS that is 'genuinely centred on patients and carers'

Kings fund comment on White Paper Equity and Excellence: liberating the NHS July 2010
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213823/dh_117794.pdf

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The importance of language

Polypharmacy

"too many medicines"

- the right amount for you

Deprescribing

"stopping your medicines"

- trial and review

Multimorbidity.....

……?

- "the presence of two or more long-term health conditions"

What about Deprescribing?

Be careful with terminology……

"There was a clear consensus, and many comments, that the term is not appropriate for use with patients and carers, and that from the PR / public domain perspective it would be open to misinterpretation as cost-oriented rather than toward the quality of care or safety of the patient."

Cahill. L 2014.Prescqipp Polypharmacy and Deprescribing landscape review

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What about deprescribing?

Prescribing vs deprescribing

- How are prescribers taught?
- Pre and post NHS....

What do patients think about deprescribing?

- Welcome
- Fearful
- Attaching other meaning?

What is Deprescribing?

DTB 52:2014

The complex process required for the safe and effective cessation (withdrawal) of inappropriate medication. Takes into account the patient's physical functioning, co-morbidities, preferences and lifestyle

Prescqipp Polypharmacy and Deprescribing landscape review

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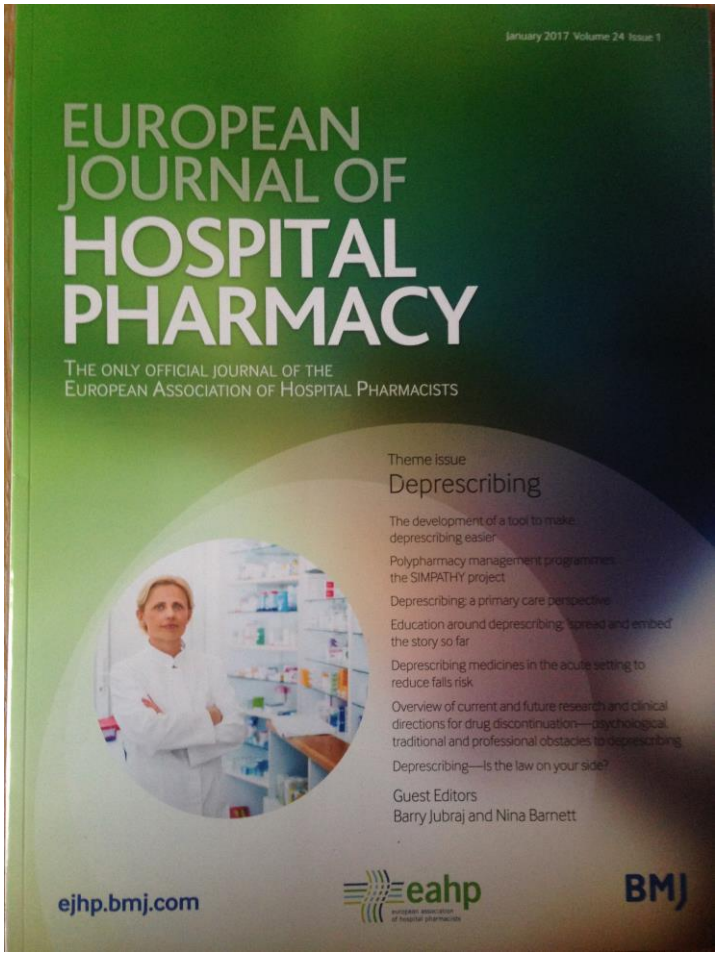
Cahill. L 2014.

Read about Deprescribing

A themed issue on Deprescribing

EJHP 2017:24 (1) including

- Tools to support deprescribing
- Multiple deprescribing
- UK primary care setting
- Law and deprescribing
- Patient perspective
- Falls……



http://ejhp.bmj.com/content/24/1?current-issue=y

Reminder: What's out there to help?

NHS Scotland and The Scottish Government 2012, updated 2015 : Polypharmacy Guidance, **update 2017…**

Kings Fund 2013: Polypharmacy and medicines optimisation : Making it safe & sound

NHS Wales Health Board 2013: Polypharmacy: Guidance for Prescribing in Frail Adults Practical guide, full guidance, BNF sections to target

PrescQIPP NHS Programme 2011 - : Polypharmacy & Deprescribing webkit, Improving Medicines and Polypharmacy Appropriateness Clinical Tool (IMPACT), Bulletin176 Polypharmacy and deprescribing – A practical guide to deprescribing

What are the main tools?

- Beers criteria

(explicit, US)

- Medication appropriateness index (implicit)
- STOPP/START tool

(recently revised)

- Algorithms e.g. GPGP
- Medstopper www.**medstopper**.com
- RxISK Polypharmacy Index https://rxisk.org/tools/polypharmacy-index/

Where is the gap?

- Polypharmacy resources provide
  - Background and context for the issues
  - Evidence for optimal use of medicines
  - Tools to support safe review
- Deprescribing resource
  - Few available, even less validated
  - consideration of the law
  - How to conduct a “Montgomery compliant” consutlation

Focus on the patient perspective

Managing polypharmacy and deprescribing collaboratively with patients

- Clinician identifies a problem (evidence based). Patient is not aware of the problem
- Patient identifies a problem (patient centred, ADE, adherence) Clinician isn't aware of the problem

Use of the patient centred approach combines an evidence based and patient centred approach to optimising medicines medication review and safe, concordant deprescribing.

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Patient-centred polypharmacy process

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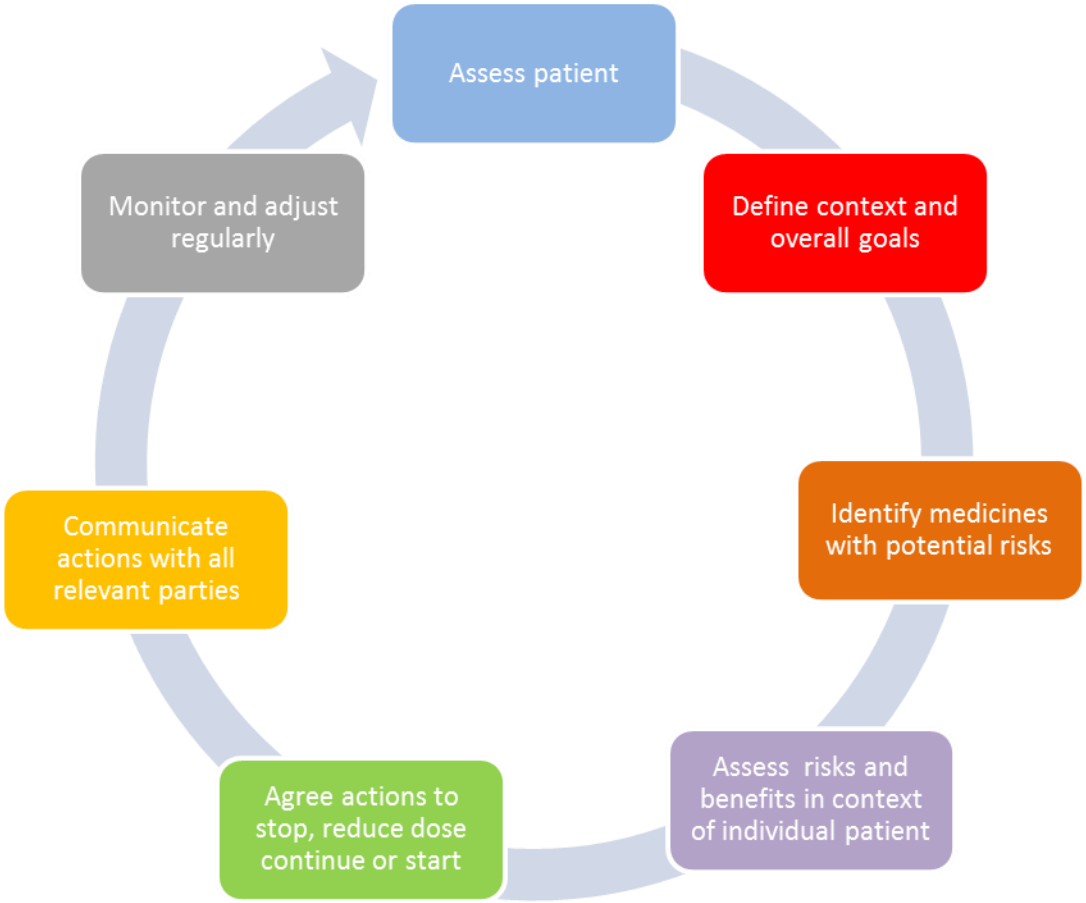

Identify medicines for review

- **Assess patient:** identify medicines related problems and establish the patient's perspective and priorities first
- **Define goals**: discuss how medicines use fits in with or impacts on the patient's overall health goals
- **Identify medicines of concern:** consider ALL the medicines the patient is taking and identify potential risks vs benefits according to the best evidence and patient perspective
- **Agree priorities for review**: identify medicines according to appropriateness based on the patient's current priorities and immediate clinical priorities

Agree and action

- **Agree to stop, reduce, continue dose or start medicine:** this is a collaborative decision between clinician and patient - communicate to prescriber as appropriate
- **Communicate with other relevant parties:** facilitate the implementation of medication-related actions and ensure support from all relevant parties as appropriate
- **Monitor and adjust regularly:** maintain continuity of care by ensuring a robust chain of professional responsibility

Collaborative care

- Clinician identifies a problem (evidence based) but the patient is not aware of the problem
- Patient identifies a problem (ADE, adherence) and the clinician isn't aware of the problem

This method is an optimal combination of an evidence based and patient centred approach to medication review and safe, concordant deprescribing.

Process in practice

- Consultations usually short (5-15 min)
- Agree to prioritise one or two issues per consultation

- Balance of
  - Importance to patient
  - Current evidence
  - Risk/benefits

Communication with patient/carers and other health professionals is key to success (actions and follow up)

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Link to medicines optimisation…..

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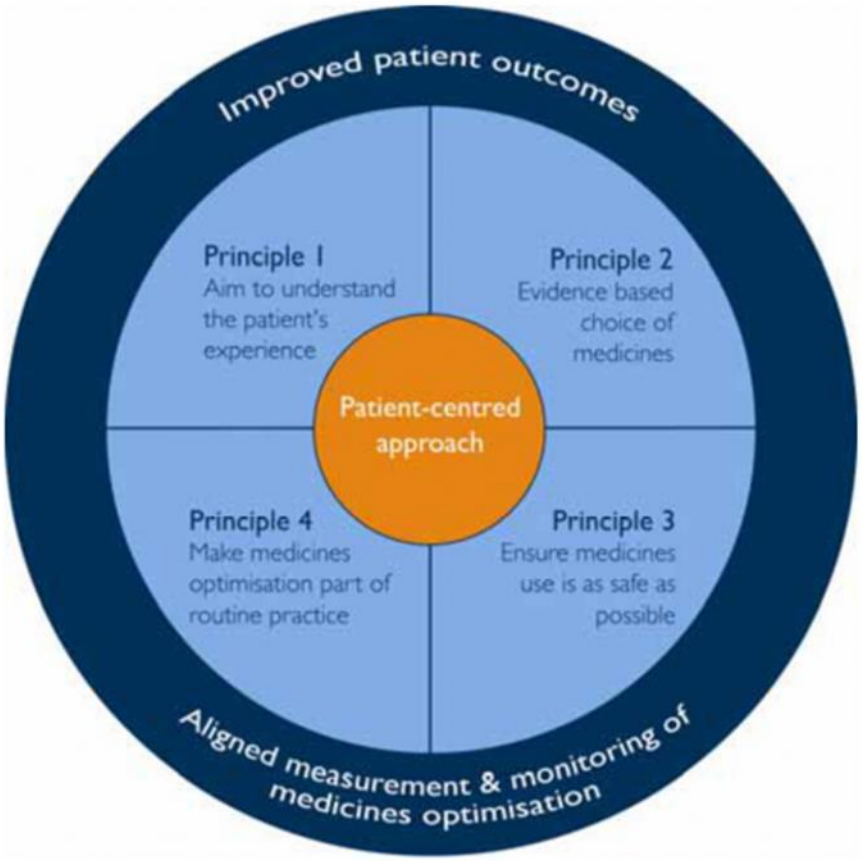
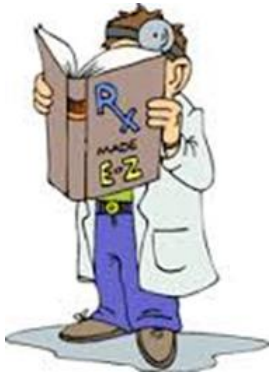


RPS four principles

- *Aim to understand the patient's experience*
- *Evidence based choice of medicines*
- *Ensure medicines use is as safe as possible*
- *Make medicines optimisation part of routine practice*

Key messages



Clinicians identify medicines for review supported by evidence based tools

Patient identifies what they want from their medicines for their health and well being.

Working together is the route to medicines optimisation

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Thank you