

# SPS Overprescribing Resources

Nicola Wake, Pharmacy Integration (PhIF) Project Lead

The first stop  
for professional  
medicines advice



@NHS\_SPS



specialist-pharmacy-service



# POLYPHARMACY GUIDANCE

- 4 general resources authored by Nina Barnett
- 1 specific resource to support managing cardiovascular disease in frail older people (Lelly Oboh currently reviewing)

Guidance Events Planning Training Publications Q Search

COVID-19 PGDs Administering Cautions and contraindications Dosing Monitoring More ▾

## Polypharmacy

Q Search Polypharmacy **5 results** Sort · Newest first ▾

**Applied filters**  
Polypharmacy ✕

Care Setting  
 Care of the elderly  
 Primary Care and PCNs

Guidance  
 Polypharmacy

Specialty  
 Cardiovascular system disorders

Guidance > Polypharmacy  
**Understanding polypharmacy, overprescribing and deprescribing**  
12 January 2022 · The process of managing non-beneficial or potentially harmful multiple medicines including reducing or stopping medicines, and explanations of terminology

Guidance > Polypharmacy  
**Taking a person-centred approach to managing polypharmacy**  
12 January 2022 · A framework that may be helpful when conducting a structured medication review

Guidance > Polypharmacy  
**Using resources to support medication review**  
16 December 2021 · This page contains a selection of resources that health care professionals may find helpful when undertaking medication review

Guidance > Polypharmacy  
**Using tools to support medication review**  
16 December 2021 · This page contains a selection of tools that health care professionals may find helpful when undertaking medication review

Guidance > Polypharmacy  
**Optimising medicines for Cardiovascular Disease in older people living with frailty**  
24 November 2020 · Cardiovascular medicines are the most frequently prescribed drug class in older people. Yet clinicians face challenges when prescribing or deprescribing these medicines because of the...

## ON THE COUCH WEBINARS

Informal discussions between primary care & specialist pharmacists on a specific topic; attendees join in via the chat box

- 4 pilot webinars
- 50 responses to survey
- 90% reported that at least one webinar had benefited their practice
- 95% said SPS should continue with this type of webinar
- 25 future topics suggested



Popular format:

- Interactive
- Responsive
- Less preparation time needed for speakers

*'Really practical information discussed that can be used on a day-to-day basis for real patients. Liked that the audience could ask questions relating to their patient that the expert pharmacist could give pointers about how to approach tricky topics or help where there isn't necessarily a "right" answer. This is so helpful when people are working in more isolated practice than they may be used to and very useful to have pharmacist peers to discuss with.'*

# MAKING PATIENT FOCUSED CLINICAL DECISIONS: WEBINAR & PODCASTS

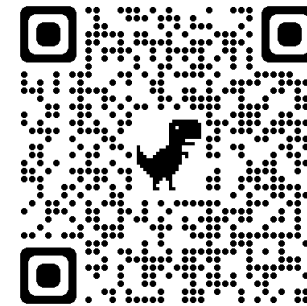


Experienced pharmacists share stories, learning and reflections of making complex clinical decisions where there are no clear answers to clinical or communication related dilemmas.

*'The podcasts are great – useful listening to how people have made their decisions, information about different situations and tips to support my own decision making...they covered exactly the type of areas that challenge our thinking'*



Podcast series  
[soundcloud.com/nhs\\_sps](https://soundcloud.com/nhs_sps)



Webinar recording


## MEDICINES MONITORING

Developed & built a dynamic web tool that lists recommended blood tests:

- At baseline
- After starting or changing a dose of a medicine
- Until stable
- Ongoing once stable

Includes information about

- When to seek specialist advice
- Actions to take if results are abnormal



The screenshot shows the Specialist Pharmacy Service website interface. A blue magnifying glass highlights the text "Mainly desktop access" in the navigation area. A green magnifying glass highlights the text "On average, 100,000 page views per month" overlaid on a table of medicines. An orange magnifying glass highlights the text "Over 1 million views since launch" overlaid on the same table. The table lists medicines such as ACE inhibitors and angiotensin receptor blockers, and Acetylcholinesterase, with columns for frequency and condition, tests, and last modified dates.

Medicine	Frequency and condition	Tests	Last modified
ACE inhibitors and angiotensin receptor blockers monitoring		Blood pressure Estimated glomerular filtration rate (clearance) Serum potassium Serum sodium Urea	24 Jun 2021
Acetylcholinesterase	Baseline	Estimated glomerular filtration rate - for galantamine and rivastigmine only	5 Jul 2021

## ACCESS TO MEDICINES INFORMATION EXPERTS

Improve user experience & equity of access by:

- Standardising accessibility across England
- Enabling different ways of communicating with the service
- Ensuring a similar experience, irrespective of chosen communication route

Changed to a single national telephone number & email:

**0300 770 8564**

**[asksps.nhs@sps.direct](mailto:asksps.nhs@sps.direct)**



Other routes to follow:

- Text / WhatsApp
- Webchat
- Social media

## BENEFITS OF SPS WEBSITE REGISTRATION

- SPS Weekly update email
- Email invitations to webinars & conferences
- Medicines Supply Tool (latest information on supply issues, actions to take, alternatives to use, and expected resolution dates)
- Annual Prescribing Outlook (supporting planning, implementation & budget planning)

