

DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES

FOCUS ON ANTIPSYCHOTICS



As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.

Deprescribing is a way for health care providers to help you safely cut back on medications.

WHAT ARE ANTIPSYCHOTICS?



- Drugs used to treat problems like behavioural and psychological symptoms of dementia (BPSD), difficulty sleeping or psychiatric conditions like bipolar disorder and schizophrenia

- Examples include:

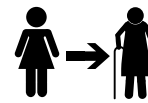
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| • Chlorpromazine | • Aripiprazole (Abilify®) | • Paliperidone (Invega®) |
| • Haloperidol (Haldol®) | • Clozapine (Clozaril®) | • Quetiapine (Seroquel®) |
| • Loxapine (Xylac®, Loxapac®) | • Olanzapine (Zyprexa®) | • Risperidone (Risperdal®) |



WHY CONSIDER REDUCING OR STOPPING AN ANTIPSYCHOTIC BEING USED FOR BPSD OR INSOMNIA?



- Antipsychotics can cause balance problems, falls, spasms, tremors, jerky movements, fatigue and dry mouth



- Some taking antipsychotics for BPSD could take them for short periods but remain on them for years



- There is little evidence that antipsychotics are useful or safe for insomnia



- The risk of harm is higher with longer antipsychotic use, and in older people

HOW TO SAFELY REDUCE OR STOP AN ANTIPSYCHOTIC



- Ask your health care provider to find out if deprescribing is for you; never reduce or stop an antipsychotic on your own



- Tell your health care provider about the antipsychotic deprescribing algorithm, available online: <http://deprescribing.org/resources/deprescribing-guidelines-algorithms/>



- Download the antipsychotic patient information pamphlet, available online: <http://deprescribing.org/resources/deprescribing-information-pamphlets/>

Ask questions, stay informed and be proactive.

Reference

Bjerre LM, Farrell B, Hogel M, Graham L, Lemay G, McCarthy L, et al. Deprescribing antipsychotics for behavioral and psychological symptoms of dementia (BPSD) and insomnia: an evidence-based clinical practice guideline. *Can Fam Physician* 2018;64:17-27 (Eng), e1-e12 (Fr)