EVIDENCE BASED DEPRESCRIBING GUIDELINE SYMPOSIUM 2018

Monday, March 26th – Wednesday, March 28th 2018 - Program

Ottawa Conference and Event Centre, 200 Coventry Road, Ottawa, Ontario Canada

Monday, March 26th 2018	
7:45 – 8:30	Registration and breakfast
8:30 – 9:15	**Welcome Address** **Inaugural experiences dveloping deprescribing guidelines** Barbara Farrell, BScPhm, PharmD, FCSHP - Scientist, Bruyère Research Institute Over the last five years, a methodology for developing evidence-based deprescribing guidelines has been proposed and used to generate four deprescribing guidelines. In this presentation, Dr. Farrell will discuss progress with the methodology and introduce the goals of the symposium.
9:15 – 10:00	**Keynote: Why do we need a high quality method for developing deprescribing recommendations?** Kevin Pottie, MD, MClSc, CCFP, FCFP - Scientist, Bruyère Research Institute and GRADE Working Group methodologist Kevin Pottie will discuss the value of evidence based guidelines versus expert opinion based guidelines. The crux of the discussion will focus on the science and rigour of systematic reviews and systematic guideline development for clinical guidelines, curriculum and policies. The perspectives of the Guidelines International Network Methods Working Group and the GRADE Methods Working Group will inform this presentation and encourage discussion about the central role for transparent, trustworthy and rigorous clinical practice guidelines for the deprescribing field.
10:00 – 10:15	Morning Break
10:15 – 11:45	**How do we make sure guidelines are developed efficiently and effectively while meeting the needs of users?** Panel discussion: ▪ Health care provider perspective – Candra Cotton, BSc Pharm, BSc Nutrition, clinical pharmacist at the Dr. Everett Chalmers Regional Hospital ▪ Patient/public perspective – Johanna Trimble, Member, Patients for Patient Safety Canada and the BC Patient Voices Network ▪ Payor perspective – Ned Pojskic, PhD, Pharmacy Strategy Leader, Green Shield Canada (GSC) ▪ Policy perspective – Barry Jones, BPharm, Senior Policy Analyst, Health Canada Developing evidence-based guidelines takes time and energy. The perspectives of users are important to ensure that their needs are met by the guidelines that are developed. This session will help us understand the balance between rigorous guideline development and usefulness.
11:45 – 12:00	**Instructions for small working group afternoon discussions**
12:00 – 1:00	Lunch Break

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1:00 – 2:30	**Small working group discussions:** **1. Getting started on an evidence-based clinical guideline** (choice of priority therapeutic topic areas – e.g. statins, opiods) Lisa McCarthy, BScPhm, PharmD, MSc, Scientist, Women's College Research Institute at Women's College Hospital, Lise Bjerre, MD, PhD, CCFP, Scientist, Bruyère Research Institute, and Feng Chang, RPh, BScPhm, PharmD, Associate Professor, School of Pharmacy, University of Waterloo These workshops will meet the needs of those who would like to start developing a deprescribing guideline. Workshops will be organized by therapeutic category (e.g. statins, opioids). Additional topics may be chosen depending on attendee interest. Participants will use a Deprescribing Guideline Development guide to walk through steps in the development process, which include: identify potential guideline development team members, target funders, generate a PICO question, discuss methods for identifying relevant content such as benefits/harms of continuing the medication, or reducing/stopping it and to generate relevant clinical consideration questions. Each group will develop a plan to continue work on the topic following the symposium. **2. Incorporating deprescribing recommendations within existing clinical practice guidelines** Carlos R. Fernandez, BSc(Pharm), PharmD, Health Outcomes Research Consultant Most currently available prescribing guidelines do not incorporate deprescribing recommendations. The development of stand-alone evidence-based deprescribing guidelines is moving forward but this approach is expensive and time-consuming. In this session, we will brainstorm about the process and advocacy options that could be directed toward clinical guideline developers to facilitate inclusion of deprescribing recommendations within prescribing guidelines and how such initiatives could be funded. **3. Planning a GRADE deprescribing special interest group** Lisa Dolovich BScPhm, PharmD, MSc, Ontario College of Pharmacists Professorship in Pharmacy Practice, Leslie Dan Faculty of Pharmacy, University of Toronto and Kevin Pottie, MD, MClSc, CCFP, FCFP, Scientist, Bruyère Research Institute, GRADE Working Group methodologist Those who are already skilled at developing evidence-based guidelines will be interested in exploring how GRADE can be applied to deprescribing and whether modifications to GRADE tables or aspects of literature synthesis are needed. The goal for this session is to arrive at a process for completing an application for a GRADE Deprescribing Special Interest Group
2:30 – 2:45	Afternoon Break
2:45 – 4:00	**Moving deprescribing guideline initiatives forward** Panel discussion: ▪ Therapeutic topics perspective ▪ Existing clinical practice guidelines perspective ▪ GRADE deprescribing special interest group perspective This panel discussion will include perspectives from the leads of the different working groups, followed by a moderated discussion culminating with the identification of next steps to move guideline initiatives forward internationally.

4:00 – 4:15	**Reflection and next steps** Lisa McCarthy, BScPhm, PharmD, MSc - Scientist, Women's College Research Institute at Women's College Hospital We will end the day with a summary of the day's learnings and an introduction to how this material will be considered during the remaining days of the symposium.
Tuesday, March 27th 2018	
7:45 – 8:30	Registration and breakfast
8:30 – 8:45	**Welcome** James Conklin, PhD - Associate Professor, Applied Human Sciences at Concordia University We will set the stage for the day by illustrating that the problem of polypharmacy is a human problem that can have a devastating impact on people who are struggling with difficult health conditions, an impact that spreads to family members and broader social networks, and that produces challenges for health care providers.
8:45 – 9:30	**Keynote: The long and winding road: moving a good idea into routine practice** Frank Federico, RPh - Executive Director, Strategic Partners, Institute for Healthcare Improvement Deprescribing guidelines have the potential to help with the needs of a high performing health care system – including better access, improved quality and greater efficiency. The IHI International Program in Health Policy and Practice Innovations selected deprescribing guidelines as a key innovation to implement in the US. In this presentation, Frank Federico will contextualize deprescribing within the overall patient safety movement and provide an overview of the transferability of the guidelines within the US IHI Innovators Network.
9:30 – 10:30	**Learning from implementation experiences in different care contexts** Panel discussion: ▪ Vittorio Maio, PharmD, MS, MSPH, Thomas Jefferson University, the Italian experience ▪ Tonya Thomas, PharmD. Clinical Pharmacist Ascension Innovator Network member, Institute for Healthcare Improvement, the IHI experience in the United States ▪ Barbara Farrell, BScPhm, PharmD, FCSHP, Bruyère Deprescribing Guidelines team, the Ontario experience Three panelists will share their experiences in implementing deprescribing guidelines in Italian, US and Canadian health care contexts including family practices, long-term care, and institutional practices. Panelists will highlight their successes and setbacks, and will summarize key learnings. Audience members will have the opportunity to ask questions and offer comments.
10:30 – 11:00	Morning Break
11:00 – 12:15	**Deprescribing guideline implementation – what works and what doesn't: Opportunities to learn from each other** Small group discussions Participants will be invited to gather at tables to discuss a variety of topics related to implementing deprescribing guidelines health practices. Each table will have a facilitator who will help to guide the discussion and a note-taker who will capture salient points. The discussions offer an opportunity for participants to broaden their networks and to learn together about implementation opportunities and challenges. The notes from the sessions will be summarized in a report that will be made available to all participants shortly after the conclusion of the symposium.
12:15 – 1:00	Lunch Break

1:00 – 1:30	**Moving deprescribing forward – what needs to happen so deprescribing becomes a routine part of health care?** Alan Cassels, CD, MPA - Drug Policy Researcher, Faculty of Human and Social Development, University of Victoria Alan Cassels has seen the problems of polypharmacy through three lenses--as a journalist, researcher and, most recently, as a family caregiver. He'll share what he's learned in publicizing the problems of polypharmacy, his research from interviewing clinicians around challenges in deprescribing, and how knowledge, courage and compassion may not even be enough to overcome real-time barriers to cutting back on his mother's medications. Alan will make suggestions on what he thinks is needed to overcome the barriers to reducing polypharmacy, including systems-level structures that continue to feed far too much medicine to our seniors with all the harms, costs and medical consequences that result.
1:30 – 2:30	**Concurrent sessions** 1. **Changing healthcare provider behaviour: how do psychological approaches help us understand barriers to deprescribing and develop de-implementation interventions?** Nicola McCleary, PhD, Postdoctoral Fellow Clinical Epidemiology Program, Ottawa Hospital Research Institute This session will outline opportunities for utilizing approaches from Health Psychology and Behavioural Science in deprescribing research. Key approaches will be discussed, including the application of dual process theories to investigate the role of habit and routines in healthcare provider practice and inform interventions to target routines impeding deprescribing. A project using theory-based audit and feedback to encourage deprescribing will also be presented. The session will provide an opportunity to discuss ways in which these approaches can be capitalized on to support deprescribing efforts. 2. **What role can policy play in the implementation of deprescribing initiatives?** Justin Turner, BPharm, MClinPharm, PhD, Senior Advisor, Science Strategy, Canadian Deprescribing Network (CaDeN), Postdoctoral Fellow, Centre de recherche Institut universitaire de gériatrie de Montréal This session will investigate the potential for policy to facilitate deprescribing and how we can influence policy makers to prioritize deprescribing. An overview of international policies that have been implemented to reduce potentially inappropriate medications will be presented. An entertaining and interactive discussion will identify policies with potential to encourage or facilitate the implementation and use of deprescribing guidelines in Canada and beyond. 3. **Engaging with the public – aiming for collaborative care for deprescribing** Emily Reeve, BPharm(Hons), PhD, Research Fellow, Kolling Institute of Medical Research, Northern Clinical School, Faculty of Medicine, The University of Sydney This session looks at the importance of public engagement to facilitate the adoption and use of deprescribing guidelines. Key principles and frameworks of public engagement will be discussed with presentations from consumers. This session will provide an opportunity for attendees (particularly members of the public) to provide feedback, comments and ask questions about public engagement in deprescribing guidelines.

2:30 – 3:00	Afternoon Break
3:00 – 3:30	**Creating sustainability for deprescribing guideline implementation** Panel discussion: ▪ Collaboration and communication within and across contexts of care ▪ Policy initiatives needed for deprescribing guideline adoption ▪ Strategies for public engagement and involvement The three expert panelists who led the concurrent sessions will share ideas about the role and importance of strategies that aim at implementing deprescribing guidelines within and across contexts of care, influencing policy agendas, and promoting public engagement and involvement. The panelists will share thoughts that came up during the concurrent session discussions, and participate in a further discussion with the audience.
3:30 – 4:00	**Why deprescribing is a "wicked" problem and what to do about it** James Conklin, PhD - Associate Professor, Applied Human Sciences at Concordia University James Conklin will explain why the implementation of deprescribing guidelines is an adaptive challenge that will require a process that combines multiple tactics that unfold over a lengthy period of time. He will summarize some of the highlights from the earlier sessions, and will emphasize the importance of targeted actions that occur within the scaffolding offered by supportive groups and organizations such as IHI and CFHI. Members of the audience will have the opportunity to offer brief concluding comments.
4:30 – 6:00	**Canadian Deprescribing Network (CaDeN) Sponsored reception – wine & cheese**
Wednesday, March 28th 2018	
7:45 – 8:30	Registration and breakfast
8:30 – 8:45	**Welcome** Lalitha Raman-Wilms, BScPhm, PharmD, FCSHP - Professor and Dean, College of Pharmacy, Rady Faculty of Health Sciences, University of Manitoba The day will highlight two components: the importance of including deprescribing guideline development and the process of deprescribing into health professional curricula, as well as the effective evaluation of guideline implementation and quality improvement in clinical practice.
8:45 – 9:30	**Keynote: Deprescribing guidelines education and research – the interplay and the way to move forward** Lisa Dolovich, BScPhm, PharmD, MSc - Ontario College of Pharmacists Professorship in Pharmacy Practice, Leslie Dan Faculty of Pharmacy, University of Toronto Ivy Oandasan, MD, CCFP, MHSc, FCFP - Associate Director, Academic Family Medicine, College of Family Physicians of Canada In this session Ivy Oandasan and Lisa Dolovich will each present some reflections on the relationship between research and education including how the deprescribing guidelines or deprescribing research in general can influence curricular planning and how education and training can encourage deprescribing research. Ivy and Lisa will each take 10-15 minutes to present their thoughts followed by a 15-20 minute guided casual discussion that will engage with the larger group.

9:30 – 12:00	**Educator breakout stream** **Learning to be a better prescriber** Zubin Austin, BScPhm MBA MISc PhD FCAHS Professor and Murray Koffler Chair in Pharmacy Management This session will start with a presentation by Zubin Austin, followed by discussions in small and large groups. Participants will reflect upon the processes by which health care professionals learn to become prescribers and consider what are quality prescribing practices. This will lead to a discussion of deprescribing and strategies for teaching and of this within curricula. Working group: How do clinicians learn to prescribe and deprescribe?	**Researcher breakout stream** **Participatory vs Expert-led Evaluation: competing factors in guideline implementation and evaluation** Malcolm Maclure, ScD - Academic Chair in Patient Safety and Professor in the Department of Anesthesiology, Pharmacology and Therapeutics at UBC Dr. Maclure will outline approaches to evaluating guideline/quality improvement implementation (e.g. design methods and outcomes). He will discuss approaches to capturing process and qualitative experiences, quality improvement, clinical and economic outcomes, while promoting participatory evaluation. This will be illustrated with an antipsychotic deprescribing case study from British Columbia with several approaches to evaluation and challenges faced striving for rigour at the same time as engaging clinicians. **Deprescribing Research: Past and Future** Wade Thompson, PharmD, MSc, PhD (Candidate) University of South Denmark Wade Thompson will provide a brief overview of deprescribing research (e.g. clinical, economic, values/preferences) to date, with a focus on gaps in evidence . He will also highlight work done by researchers at Queen's University Belfast on developing core outcome sets for research on polypharmacy and deprescribing in older persons. **World Café: Deprescribing research priorities and important outcome measures for developing guidelines** The world café format allows for sharing of knowledge and creation of new ideas using iterations of small group discussions. In this world café, Emily Reeve and Wade Thompson will facilitate discussion on two key questions: (1) What are priorities for future deprescribing research (e.g. drug classes, patient populations, types of studies)? (2) What outcome measures are important to inform future deprescribing guidelines? Session attendees will work together in small groups to share and develop thoughts on these questions and then come together in a large group to discuss and synthesize their ideas.
Morning Break 10:30 – 11:00		

12:00 – 1:00	Lunch Break	
1:00 – 2:30	**Educator breakout stream continued**	**Researcher breakout stream continued**
	Developing a national approach to quality prescribing and deprescribing Zubin Austin, BScPhm, MBA, MISc, PhD, FCAHS Professor and Murray Koffler Chair in Pharmacy Management As a guide to support the development of deprescribing curricula in health professional education, discussion will include competencies, highlights of effective teaching practices, assessment methods, and how to influence development of curricular change. Who should contribute to the drafting of the white paper and its endorsement and uptake, as well as dissemination and scholarship, will be discussed. Working group: Developing a national approach to quality prescribing and deprescribing.	**Evaluating deprescribing guideline implementation initiatives** Rapid fire presentations: Ongoing research Frank Moriarty, BSc (Pharm), MPharm, PhD, MPSI HRB Centre for Primary Care Research, Ireland This session will focus on how the effectiveness of deprescribing guideline implementation can be evaluated, including both implementation success and the outcomes of implementation. Firstly, there will be rapid presentations from researchers who have evaluated deprescribing guideline implementation. They will share their evaluation approach/methods and findings, which will provide attendees with an overview of previous research that has been conducted in this field. This will be followed by a World Café, which aims to identify optimal methods and approaches for evaluating different aspects of deprescribing guideline implementation. Selected day three registrants will be invited to present short, high-level overviews of completed, ongoing or upcoming work in evaluating deprescribing initiatives. Frank Moriarty will facilitate discussion between presenters and other session attendees to allow opportunities to learn from the experiences of others and for future collaboration on evaluation projects. **World Café: Evaluating the implementation and effectiveness of deprescribing guidelines** In this final café, Emily Reeve and Wade Thompson will facilitate discussion on identifying methods and approaches for evaluating implementation of deprescribing initiatives moving forward. Discussions will focus on topics such as study design, evaluating the process and outcomes of implementation and what 'successful' implementation might look like.
2:30 – 3:00	Afternoon Break	

3:00 – 3:45	**Reconvening for summary, reflection and next steps** **Educator stream:** Zubin Austin, BScPhm, MBA, MISc, PhD, FCAHS - Professor and Murray Koffler Chair in Pharmacy Management **Researcher stream:** Frank Moriarty, BSc (Pharm), MPharm, PhD, MPSI - HRB Centre for Primary Care Research, Ireland **Reflection and next steps:** Lalitha Raman-Wilms, BScPhm, PharmD, FCSHP - Professor and Dean, College of Pharmacy, Rady Faculty of Health Sciences, University of Manitoba Leads from each of the Educator and Research streams, Zubin Austin and Frank Moriarty, will share a summary of key learnings from the day. We end the day with Lalitha Raman-Wilms speaking to the interplay between research and teaching and implications for future work related to deprescribing in these areas.
3:45 – 4:00	**Closing remarks** Barbara Farrell, BScPhm, PharmD, ACPR, FCSHP Scientist, Bruyère Research Institute