DEPRESCRIBING

Past and future

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#deRx2018

Session resources available at deprescribing.org/TBD
DEPRESCRIBING RESEARCH

Early 2000s

Today

http://persistenceofpoverty.blogspot.dk/2016/03/actually-even-rich-people-woud-be.html
http://peterubel.com
http://teacherspaysiteachers.com
http://hackaday.com
DEPRESCRIBING RESEARCH: CLINICAL EVIDENCE

Systematic reviews

Interventions

Medication-specific

Page 2016
Gnjidic 2012
Iyer 2008
Patterson 2014
Johansson 2016
INTERVENTIONS

NO CLEAR BENEFIT

- Mortality
- Falls
- Hospitalization
- Quality of life

POSSIBLE BENEFIT

- Number of medications
- Inappropriate medication use
MEDICATION-SPECIFIC STUDIES

GENERAL FINDINGS

- Deprescribing feasible
- Success rates vary

LIMITATIONS IN EVIDENCE

- Clinical outcomes
- Sustainability

Icons from Noun Project: Linseed Studio
CHALLENGES AND FUTURE SUGGESTIONS

Population

Study design

Interventions

Outcomes
CONSISTENCY IN OUTCOMES - developing a core outcome set

Identify and refine long list of outcomes

Cochrane review
Qualitative interviews

Delphi

3 rounds (n=92)
MDs, nurses, pharmacists, patients
How important to measure outcome?

Core outcome set

Core Outcome Set for Trials Aimed at Improving the Appropriateness of Polypharmacy in Older People in Primary Care

Audrey Rankin, PhD
Cathal A. Cadogan, PhD
Cristin Ryan, PhD
Barbara Clynne, PhD
Susan M. Smith, PhD
and Carmel M. Hughes, PhD

J Am Ger Soc 2018; 10.1111/jgs.15245
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<tr>
<th>THEME</th>
<th>OUTCOME</th>
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<td>Harms</td>
<td>Falls</td>
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<td>Serious ADEs</td>
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<td>Clinical outcomes</td>
<td>Mortality (all cause)</td>
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<td>Knowledge</td>
<td>Patient knowledge</td>
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<td>Medication related outcomes</td>
<td>Adherence</td>
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<td>Medication appropriateness</td>
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<td>Clinically significant drug interactions</td>
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<td>Regimen, complexity</td>
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<td>Prescribing errors</td>
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<td>Patient-related outcomes</td>
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<td>Patient perception of treatment burden</td>
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Patient values and preferences
Shared decision-making

Cost-effectiveness
Study continuation versus discontinuation of long-term medications

Consistency in outcomes and outcome definitions

Implement strategies that incorporate goals and preferences into decisions