

DEPRESCRIBING

Past and future

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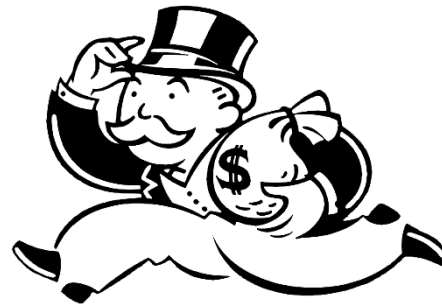
#deRx2018



DEPRESCRIBING RESEARCH



Early 2000s



Today

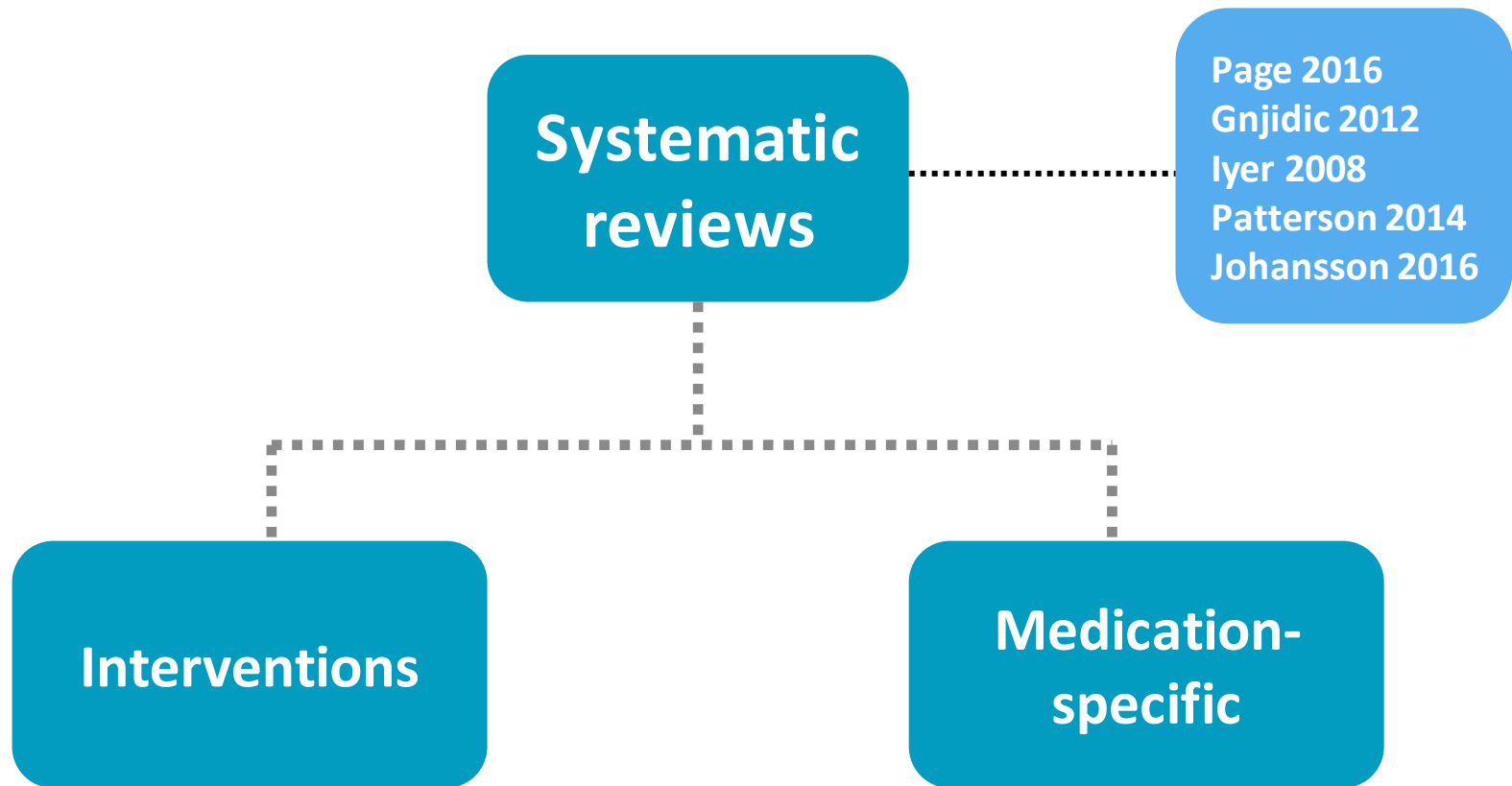
<http://www.browardpalmbeach.com/news/palm-beachs-wealthiest-make-forbes-400-list-of-filthy-rich-people-6464668>
<http://persistenceofpoverty.blogspot.dk/2016/03/actually-even-rich-people-would-be.html>
<http://peterubel.com>
<http://teacherspayteachers.com>
<http://hackaday.com>



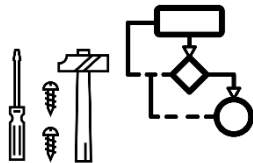
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DEPRESCRIBING RESEARCH: CLINICAL EVIDENCE



INTERVENTIONS



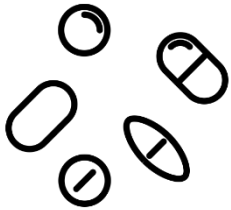
NO CLEAR BENEFIT

- Mortality
- Falls
- Hospitalization
- Quality of life

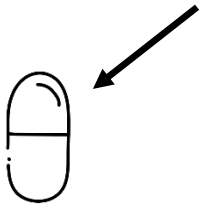
POSSIBLE BENEFIT

- Number of medications
- Inappropriate medication use

MEDICATION-SPECIFIC STUDIES



Medication class



Individual medication

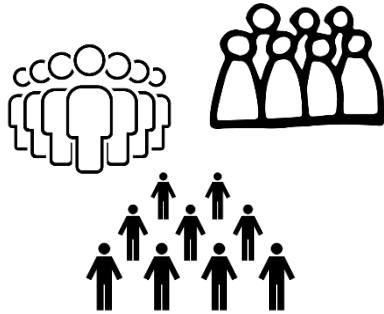
GENERAL FINDINGS

- Deprescribing feasible
- Success rates vary

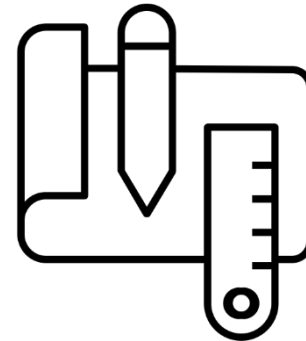
LIMITATIONS IN EVIDENCE

- Clinical outcomes
- Sustainability

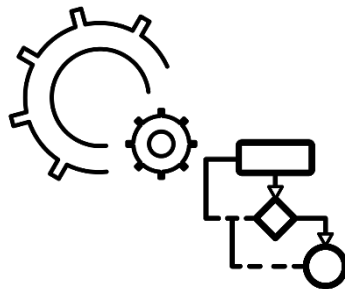
CHALLENGES AND FUTURE SUGGESTIONS



Population



Study design

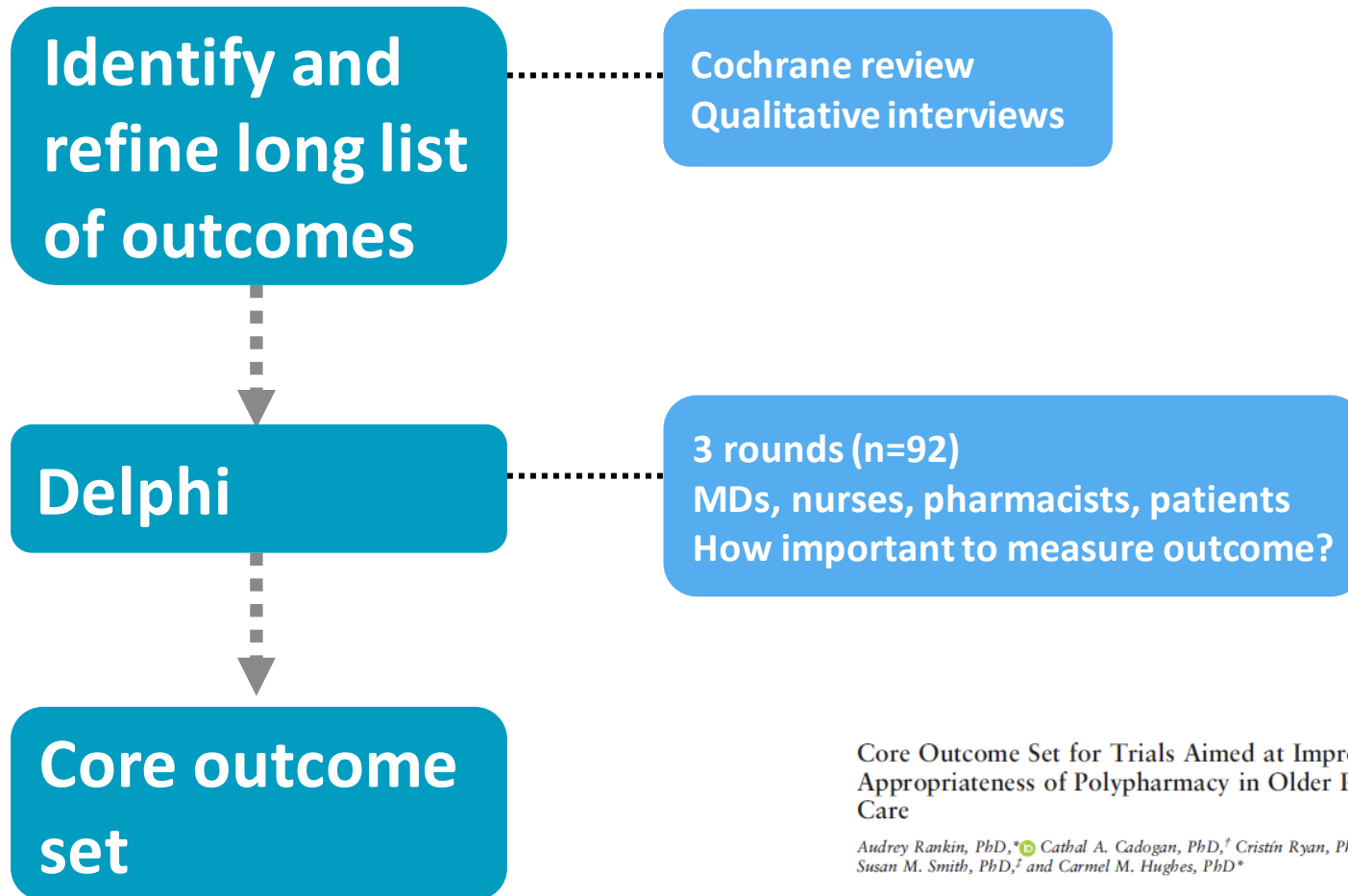


Interventions



Outcomes

CONSISTENCY IN OUTCOMES- developing a core outcome set



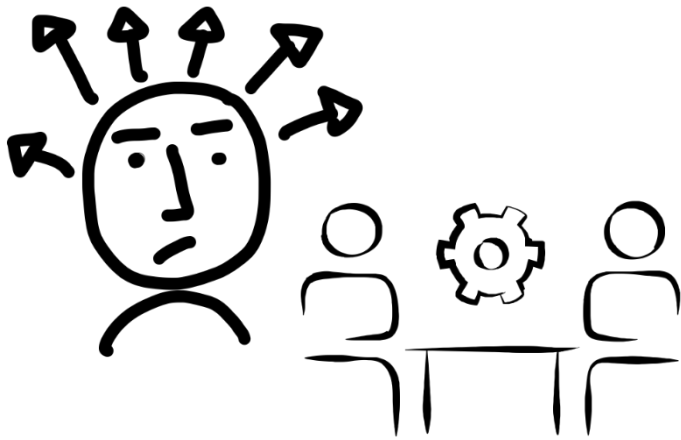
Core Outcome Set for Trials Aimed at Improving the Appropriateness of Polypharmacy in Older People in Primary Care

Audrey Rankin, PhD,*¹ Cathal A. Cadogan, PhD,¹ Cristin Ryan, PhD,¹ Barbara Clyne, PhD,² Susan M. Smith, PhD,³ and Carmel M. Hughes, PhD*

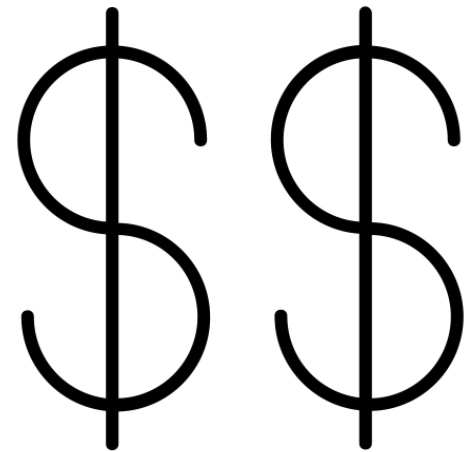
CORE OUTCOMES (n=16)

THEME	OUTCOME
Harms	Falls
	Serious ADEs
Clinical outcomes	Mortality (all cause)
Healthcare utilization	Hospitalizations
Knowledge	Patient knowledge
Medication related outcomes	Adherence
	Medication appropriateness
	Clinically significant drug interactions
	Number of medications
	Therapeutic duplication
	Regimen, complexity
	AEs
	Prescribing errors
Patient-related outcomes	Cognitive function
	Quality of life
	Patient perception of treatment burden

OTHER AREAS



**Patient values and preferences
Shared decision-making**



Cost-effectiveness

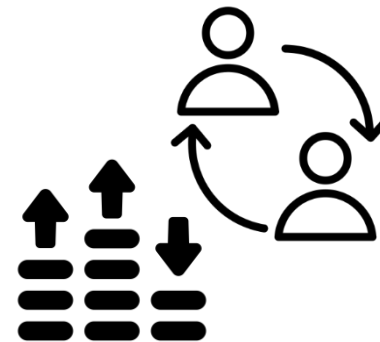
RESEARCH PRIORITIES FOR OPTIMIZING GERIATRIC PHARMACOTHERAPY



Study continuation versus discontinuation of long-term medications

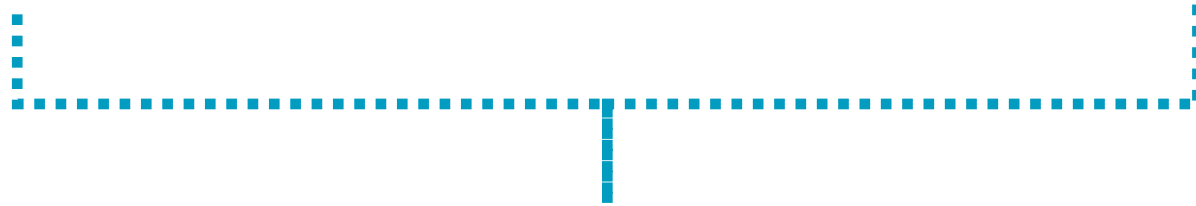
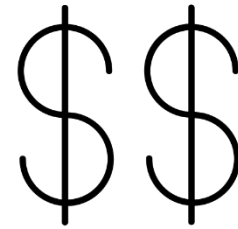


Consistency in outcomes and outcome definitions



Implement strategies that incorporate goals and preferences into decisions

DEPRESCRIBING GUIDELINES



RECOMMENDATIONS



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