A secondary care led deprescribing approach for care home patients in Wales

Claire Thomas

All Wales Therapeutics and Toxicology Centre

Introduction

'We dislike polypharmacy as much as is possible, and we would never exhibit a remedy of any kind unless we had a scientific reason for so doing and unless we were prepared to defend our method of treatment'

W Newnham, Provincial Medical & Surgical Journal, 1848

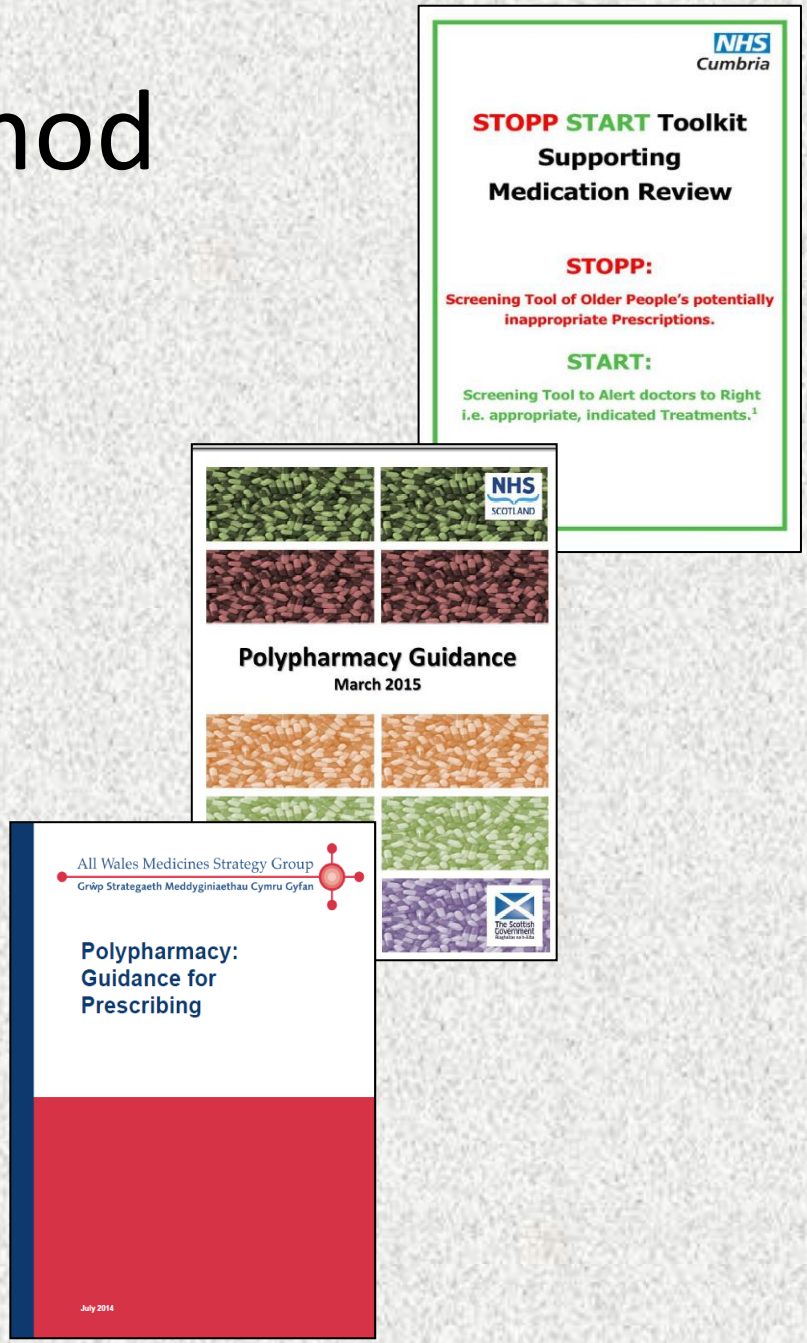
Background

Retrospective study by Care of the Elderly (COTE)
Consultant identified inappropriate polypharmacy as a problem in patients over 65

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Cwm Taf University Health Board

Method

- Medication review tool developed
- Care home identified
- GP invited to information session



Method

Primary care medical records screened by prescribing adviser

Care home visit with registrar to review notes and MAR chart

Agree interventions with Consultant

Letter sent to GP detailing suggested interventions

GP implemented changes as deemed appropriate

Results

Recommendation	No. suggested	No. implemented (%)
Stop medication	199	163 (82%)
Monitoring	30	25 (83%)
Prescribing Issue	25	23 (92%)
Dose reduction	22	16 (73%)
Switch medication	17	17 (100%)
Start medication	13	10 (77%)
Amend directions	8	6 (83%)
Total	**314**	**260 (83%)**

Results

	Pre-review	Post-review	Reduction (%)
Total no. meds	938	757	181 (19%)
Equates to 1.7 medicines per patient			
Total no. doses	1486	1199	287 (19%)
Equates to 2.6 doses per patient			

Annual saving (13x28 days)	
Total	£33,979
Per patient	£309
Per intervention	£108

Conclusions

- Higher rate of recommendations accepted and implemented
- Reduction in the number of medicines and doses taken
- Financial saving
- Multidisciplinary team work

Thank you

Dr Raja Biswas, COTE Consultant

Dr Ceri Hathway, COTE Registrar

Caroline Craven, Prescribing Adviser

Lucy Higgins, Prescribing Adviser

Residents and staff of Ty Porth Care Home and Rhondda Care Home

Rhondda GP Practices