

Are your  
medicines  
**w**orking  
for you

**NHS**

# Deprescribing in Primary Care: Getting started

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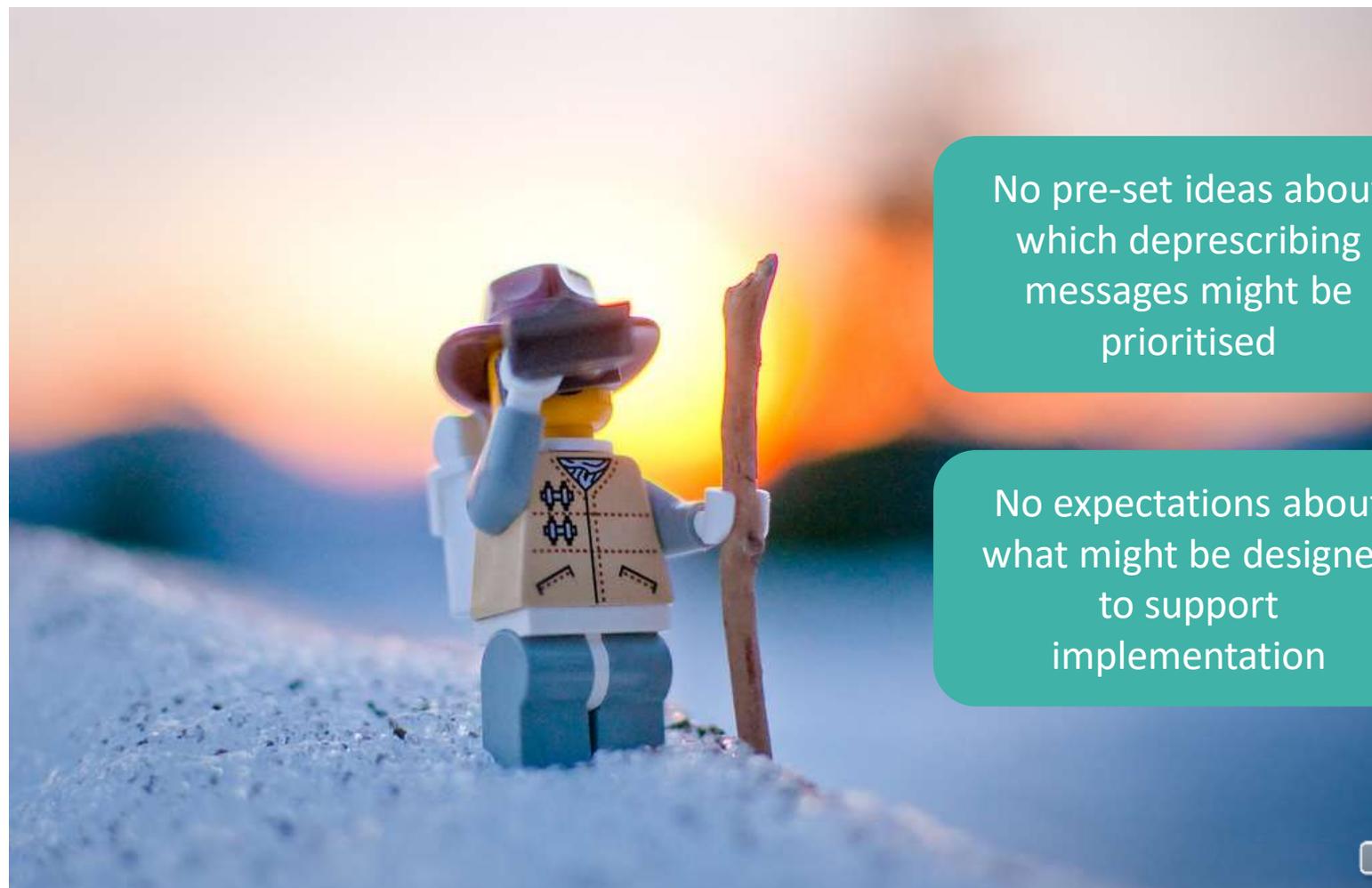


## Our starting point

- Sunderland CCG ranks 13<sup>th</sup> highest in England for the average number of medicines prescribed per patient
- Within the CCG Medicines Optimisation Team feedback from prescribers was that they didn't know where to start with deprescribing
- To try and build confidence with deprescribing, our project initially aimed to:
  - Prioritise a small number of deprescribing messages for focused implementation in primary care
  - Co-design a set of tools with primary care clinicians which would support these messages
- But that isn't exactly where we ended up!



## Taking an exploratory approach



No pre-set ideas about which deprescribing messages might be prioritised

No expectations about what might be designed to support implementation



## But using recognised methods...

- Deprescribing messages for potential selection were drawn from recognised prescribing tools
  - STOPP, Beers Criteria, CaDEN, IMPACT etc.
- Nominal Group Technique was used with a group of hospital specialists to prioritise deprescribing messages within their own discipline, and then across disciplines
- Human Centred Design using the model by IDEO.org was used to structure two co-design workshops with clinicians from primary care
- Patients were also included in the final workshop to provide feedback on the ideas generated



## How might we...

- One of the suggested activities as part of the co-design process in IDEO's Human Centred Design
- Starts with 'insight statements' which describe what we know about the design problem
  - E.g. Patients don't expect a conversation about stopping medicines if there aren't any problems
- Then re-frame these to identify possible opportunities
  - E.g. How might we prepare patients to have a conversation about stopping medicines, even if they don't perceive any problems



## Three designs

How deprescribing recommendations could be incorporated into local clinical guidelines

A communications campaign about the risks/benefits of medicines and the benefits of deprescribing

An alternative to the phrase “you’ll be on this for the rest of your life”



## Are they working?

- Prompting patients and clinicians to ask if medicines were working for the patient was a common theme to all three designs
- Guidelines should aim to highlight how clinicians could evaluate if medicines were working
- Clinicians should adopt phrases such as “as long as they’re working for you” when responding to queries about prescription duration
- Patients should be prompted to evaluate if their medicines are working for them
- Working can mean different things to different people



# Deprescribing materials



Are your medicines **w**orking for you?

**NHS**

**Q1:**  
Do you think your medicines are improving your health, or your health from getting worse? If so, in what way are they?

**Q2:**  
When was the last time you stopped taking at least one of your medicines? Why was this?

**Q3:**  
Have you experienced any side effects from your medicines? If so, what have you noticed?

**Are the medicines working for the patient?**

**Q1:**  
Does the patient think their medicines are working for them?

**Q2:**  
Are there any medicines prescribed without an indication?

**Q3:**  
Are the agreed therapeutic objectives for the patient being met?

Are your medicines working for you?

For some medical conditions, tracking your symptoms can help you and your healthcare professional find out if your medicines are working for you.

Write down when you experience:

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

This symptom tracker will be reviewed by you and your healthcare professional during your appointment on: \_\_\_\_\_

Symptom Trackers

Two checklists, one for patients and one for clinicians to support medication review

**Are the medicines working for the patient?**

A visual cue for deprescribing recommendations in guidelines



## Next steps

- Materials to be trialed for use with Primary Care Network Clinical Pharmacists in General Practice for Structured Medication Reviews in Sunderland
- Evaluation of the impact of materials in Sunderland
- Materials to be made available via the AHSN NENC website for wider use

## Thank you for listening!

Thanks to AHSN NENC for funding the initial design project, to all those who attended the workshops and their employing organisations who released them for participation, Magpie for developing the creative materials and NHS Sunderland CCG for funding the creation of the 'Are your medicines working for you?' materials.

