# Polypharmacy Risk Reduction

# Building Local Capacity & Sustainability through Meaningful Medication Reviews

# OVERALL GOAL

# To achieve polypharmacy risk reduction (PPhRR) in the elderly across British Columbia

# BLCS GOAL

# The Goal of the BLCS sessions is to facilitate a discussion with a local group of physicians, involved in residential care, on improving their inter-disciplinary meaningful medication review approach.

# LEARNING OUTCOMES

# Physicians will have an awareness of:

* Polypharmacy risk and how to safely reduce that risk
* How using dementia trajectory concepts as well as goals of care sets the context for the benefits of PPhRR
* The opportunities for using clinical resources and strategies that have been developed to facilitate the PPhRR process
* Local interdisciplinary approaches to Meaningful Medication Reviews within the Residential Care Initiative

# PRE-WORK

# Please watch the following videos on polypharmacy risk reduction: <http://www.sharedcarebc.ca/resources/polypharmacy-risk-reduction>

# Building Local Capacity & Sustainability

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| 2nd SESSION BLCS 2 provides the opportunity for a local group of physicians involved in residential care to more deeply discuss how to improve the inter-disciplinary meaningful medication review approach, amoungst themselves and involving care home pharmacists and staff. Next steps can be determined, particularly improvement support from their local Residential Care Initiative leaders. |
| Meal & Networking |  |
| Welcome and Recap from Session 1 (Resources: PPT which is for the whole workshop, Fraser Health pictorial slide, Goals of Care med review template-blank) | Highlights from BLCS 1, in particular reference to the Goals of Care Med Review template; may give a handout on a med review prep form, particularly if one has been developed locally |
| Special Circumstances – Antipsychotics (Resources-AP You Decide sheet-link, Victoria-Mt St Mary’s Medication Review Preparation Form) | Antipsychotic use a perhaps the most difficult issue to address so highlighting what needs to happen to achieve appropriate use demonstrates the need for working in an inter-disciplinary way |
| Profile of the local Interdisciplinary Approach for Meaningful Medication Reviews | Local Team (No formal presentation necessary- best done as a brief example care conference showing how the health care providers work together) |
| Table and group discussion: Interdisciplinary Approach for Meaningful Medication Reviews(Resource**-** BLCS 2-Interdisciplinary Approach- Discussion outline) | Discussion of current approach, desired enhanced approach and what supports may be required to move to that enhanced aproach (Discussion first at each table and then highlight key points in a whole group discussion) (May use the discussion table to focus the discussion; may want to facilitate)  |
| Case Review- Putting the Interdisciplinary Approach for Meaningful Medication Reviews into Practice(Resources-Rosenberg abbreviated one page case outline, Rosenberg-MedStopper (VJan 13, 2017-JN-needs labelling at the top), Rosenberg -Goals of Care template with meds)  | Discuss the desired enhanced approach in the content of a real clinical scenario (All- Facilitate) |
| Putting the pieces together in the context of the RCI and Next steps | RCI Leads |
| Wrap-up & Evaluation |  |