# Polypharmacy Risk Reduction in the Community

# 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 session is to facilitate a discussion with a local group of community physicians on improving their meaningful medication review approach, including collaboratively working with other health care providers in the community and across transitions of care into and out of acute care.

# LEARNING OUTCOMES

# Physicians will have an awareness of:

* Polypharmacy risk and how to safely reduce that risk
* Opportunities to move from current to enhanced approaches to meaningful medication reviews, in the context of the support in their local communities

# View the Shared Care Polypharmacy site for useful links:

# <http://www.sharedcarebc.ca/resources/polypharmacy-risk-reduction>

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| Local CommunityThe community BLCS provides the opportunity for a local group of community physicians to more deeply discuss how to improve their meaningful medication review approach, amongst themselves and involving other community health care providers, including pharmacists, as well as acute care providers working on transitions of care. Next steps can be determined, particularly improvement support from their local Division of Family Practice. | |
| DISCUSSION ITEM | LEAD |
| Welcome & Introductions | Determined locally |
| Overview(Resource: Overview slides-a compilation provided) | Determined locally(Determine how many slides to speak to per length of time for the whole session-may only be a few slides so as to leave enough time for discussion) |
| Case review – Mrs. Pisa(Resource- Case scenario) | Ask the attendees, in groups of 2-4, to quickly read the case and then discuss what changes they would make to the medications and why. Give them 10 minutes- this is a quick ‘energizer’Then, going around the room, ask each group to quickly tell the whole group what 2 medications they would change and why-- |
| Basics-Why, Opportunities, Clinical Resources(Resources- in this order: PPT-this is a ‘running’ slide deck intended for the balance of the workshop; the following resources can be handouts and are referred to in the PPT: community approach slide and clinical frailty scale; med review template; Statin and PPI You Decide sheets; PPI deprescribing algorithm for prescribers plus the patient pamphlet; NO TEARS tool) | Determined locally |
| Table and Group Discussion: Evolving Local Approaches for Meaningful Medication Reviews (Resource: Enhancing the Local Approach to Polypharmacy Risk Reduction table | Discussion of current approach, desired enhanced approach and what supports may be required to move to that enhanced approach (Discussion first at each table and then highlight key points in a whole group discussion) (May want to facilitate) |
| Next Steps | Local group/Practice Coach |