

Practice Plus Webinar

**15th March
2023**

Steve Williams

Lead Clinical Pharmacist
PrescQIPP Practice Plus

PrescQIPP
Practice 

TAILORING MEDICINES: deprescribing medicines in older people living with multimorbidity and polypharmacy

Joanne Reeve PhD FRCGP

GP and Professor of Primary Care



Tailor
MEDICATION
SYNTHESIS 

NIHR HTA 17/69/02

@joannelreeve

@HYMS_APC

The burden caused by medicines...

- ▶ Practical stuff about getting my medicines
- ▶ Worry about taking my medicines
- ▶ Control over the brand/type of medicine
- ▶ Choice of when and how to use my medicines, tailoring
- ▶ Beliefs about the benefits and risks of my medicines
- ▶ Interfering with daily activities
- ▶ Being listened to about my medicines
- ▶ Living with side effects
- ▶ Planning my medicines
- ▶ “My life revolves around my medicines”

Medicines and Your Day-to-Day Life – Living with Medicines Questionnaire

The following statements cover different aspects of using medicines.

Please read each statement carefully and tick the response box that is closest to your personal opinion. Please tick only one box for each statement.

	Strongly agree	Agree	Neutral opinion	Disagree	Strongly disagree
I find getting my prescriptions from the doctor difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find getting my medicines from the pharmacist difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with the effectiveness of my medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am comfortable with the times I should take my medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worry about paying for my medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<https://pubmed.ncbi.nlm.nih.gov/28405159/>

Stop...Think...Refocus...



PRIORITISING
(Etz et al 2021)



TAILORED DEPRESCRIBING
(Reeve et al 2022)

PRIORITISING... a primary care view

- Comparing a condition-specific (specialist) and whole-person (generalist) approach (Etz et al)
- Is not (just) about triaging disease risk
- But prioritising work of daily living



**Family
Medicine**

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SPECIAL ARTICLES

Simple Rules That Guide Generalist and Specialist Care

Rebecca Etz, PhD | William L. Miller, MD, MA | Kurt C. Stange, MD, PhD

Fam Med. 2021;53(8):697-700.

DOI: 10.22454/FamMed.2021.463594

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Specialist and Generalist priorities...

SPECIALIST

- Identify and classify disease
- Interpret through specialist knowledge
- Generate & implement EB mmt plan

GENERALIST

- Recognise a range of problems
- Prioritise attention and action to promote HFDL
- Personalise care

WHAT DOES YOUR PATIENT NEED?

TAILORED DEPRESCRIBING



Tailor MEDICATION SYNTHESIS

NIHR | National Institute for
Health and Care Research

Journals Library

Check for updates

Health Technology Assessment

Volume 26 • Issue 32 • July 2022
ISSN 1366-5278

Deprescribing medicines in older
people living with multimorbidity
and polypharmacy: the TAILOR
evidence synthesis

Joanne Reeve, Michelle Maden, Ruairadh Hill, Amadea Turk, Kamal Mahtani, Geoff Wong,
Dan Lasserson, Janet Krsko, Dee Mangin, Richard Byng, Emma Wallace and Ed Ranson

TAILOR: Thinking differently about prescribing - A new knowledge work resource

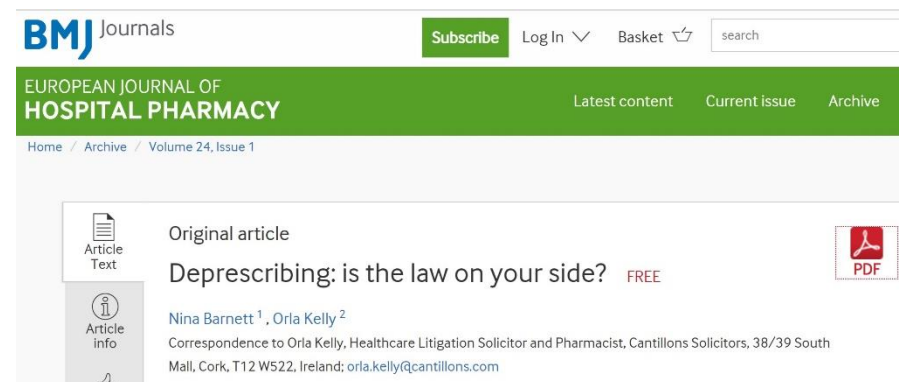
WiseGP is partnering with **NIHR Learn** to support knowledge work in every day practice. You'll
find a host of great resources on **NIHR Learn** to help you get involved.



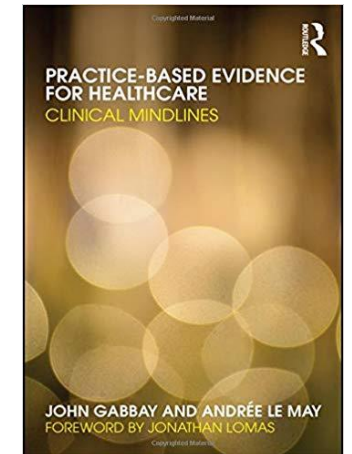
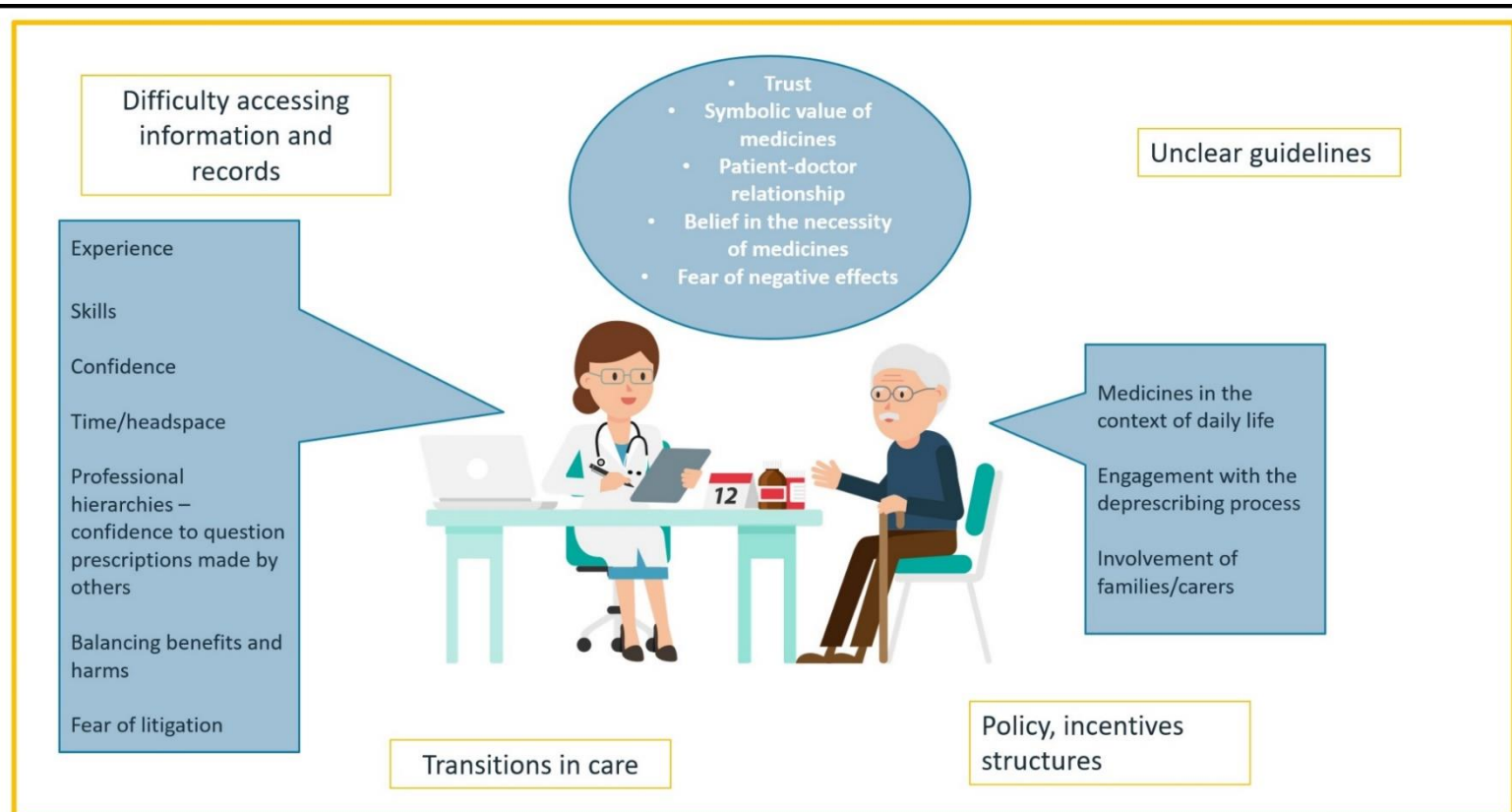
As part of our new partnership, we are delighted to announce the launch of the TAILOR On-
line Learning resources on **NIHR Learn**.

The Evidence gives us **PERMISSION** to Tailor

- Deprescribing is **acceptable, safe and potentially effective**...if we use a **structured** approach
- No evidence for one **tool** over another
- Uncertainty is inevitable so we also need to build in follow up and learning
- Legally, the law on deprescribing is no different to prescribing



TAILOR realist review – the complexity of tailoring...



The NEW ENGLAND JOURNAL of MEDICINE

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Perspective FREE PREVIEW

Medical Education in the Era of Alternative Facts

Richard P. Wenzel, M.D.

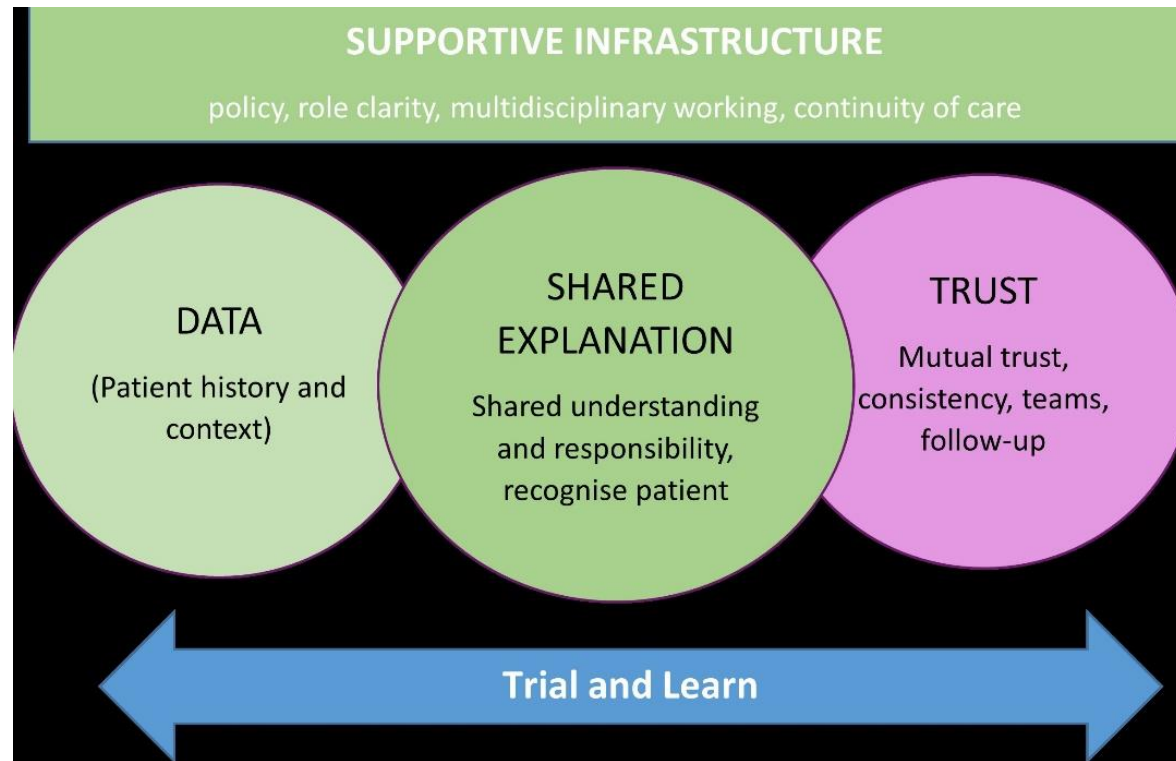
August 17, 2017
N Engl J Med 2017; 377:607-609
DOI: 10.1056/NEJMp1706528

In an era of distrust of large institutions and erosion of truth, how can medical educators merit the trust of future physicians and instill in students a lifelong appreciation for the importance of hypothesis testing, peer review, and critical analysis of research?

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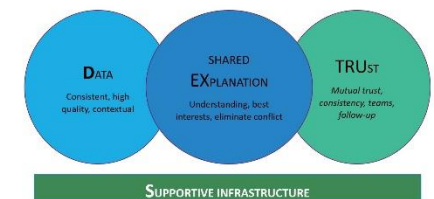
CHANGES IN HEALTHCARE SYSTEMS NEEDED...



The importance of EXPLANATION in tailored medicines use

- CMOC17: when patients believe medicines are providing benefits (C), they may be reluctant to discontinue them (O) because they are afraid of negative consequences (M)
- CMOC22: When hcp involve patients in decision making process (C) they are more likely to make defensible decisions about medicines (O) because of their shared responsibility (M)
- CMOC10: when hcp don't have dedicated time (C) they are less likely to make changes to medications (O) because they do not have the emotional and cognitive capacity to consider complex issues(M).

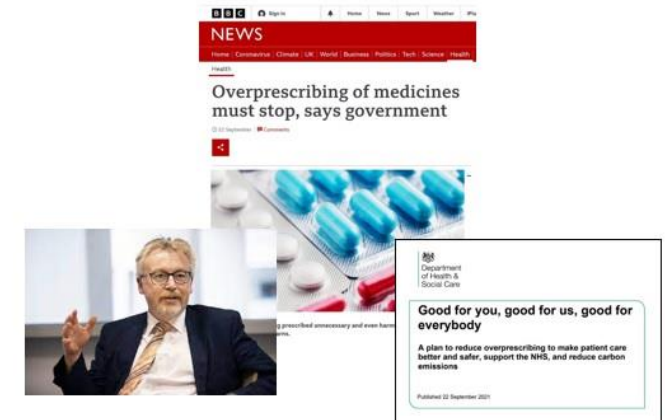
The DExTruS Framework



Stop...Think... Refocus

New focus on

- 🌀 Data (different data, sharing data)
- 🌀 Prioritising the Clinical approach
- 🌀 Skill set in our Team
- 🌀 Expectations of medicines and medicines mmt



Stop...Think... Refocus

In your teams...

- 🌀 Are you tailoring prescribing? (and to who?)
- 🌀 Are you DExTruS? (and what do you need to become so?)
- 🌀 Do you want to learn more? (TAILOR on NIHR Learn)



Future Practice Plus Webinars

Date	Key themes	Guest Presenters
19th April 2023	Pharmacy Technicians in Primary Care	Kerry Street Lead Pharmacist – Education, Training & Safety Dorset Pharmacy Workforce Faculty Lead Michelle Phillips Senior Pharmacy Technician Living Well PCN
24th May 2023	SMRs in patients with active Cancer	Emma Foreman Consultant Pharmacist at The Royal Marsden NHS Foundation Trust
21st June 2023	Patient Decisions Aids for SDM around preventative medicines	Dr Julian Treadwell Research Fellow and GP Nuffield Department of Primary Care Health Sciences