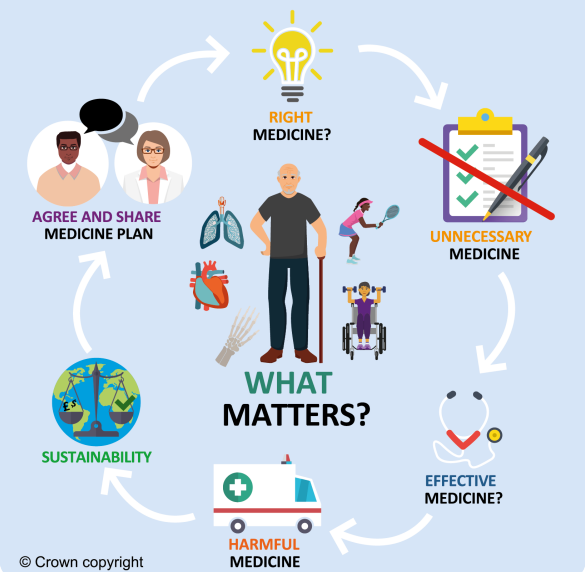





Medication Review: 7-Steps to Appropriate Polypharmacy

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Steps	Process	Person specific issues to address
1. Aims What matters to the individual about their condition(s)? 	Review diagnoses and consider: <ul style="list-style-type: none"> • Therapeutic objectives of drug therapy • Management of existing health problems • Prevention of future health issues, including lifestyle advice 	<ul style="list-style-type: none"> •
2. Need Identify essential drug therapy	Identify essential drugs (not to be stopped without specialist advice) <ul style="list-style-type: none"> • Drugs that have essential replacement functions (e.g. levothyroxine) • Drugs to prevent rapid symptomatic decline (e.g. drugs for Parkinson's disease, heart failure) 	<ul style="list-style-type: none"> •
3. Does the individual take unnecessary drug therapy? 	Identify and review the continued need for drugs <ul style="list-style-type: none"> • what is medication for? • with temporary indications • with higher than usual maintenance doses • with limited benefit/evidence for use • with limited benefit in the person under review (see Drug efficacy & applicability (NNT) table) 	<ul style="list-style-type: none"> •
4. Effectiveness Are therapeutic objectives being achieved? 	Identify the need for adding/intensifying drug therapy to achieve therapeutic objectives <ul style="list-style-type: none"> » to achieve symptom control » to achieve biochemical/clinical targets » to prevent disease progression/exacerbation » is there a more appropriate medication to achieve goals? 	<ul style="list-style-type: none"> •

5. Safety

Does the individual have or is at risk of ADR/ Side effects?

Does the person know what to do if they're ill?



Identify individual safety risks by checking for

- » appropriate individual targets e.g. HbA1c, BP
- » drug-disease interactions
- » drug-drug interactions (see ADR table)
- » monitoring mechanisms for high-risk drugs
- » risk of accidental overdosing

Identify adverse drug effects by checking for

- » specific symptoms/laboratory markers (e.g. hypokalaemia)
- » cumulative adverse drug effects (see ADR table)
- » drugs used to treat side effects caused by other drugs

Medication Sick Day guidance

- » Ensure discussion and clear information on which medicines to withhold at times of dehydrating illness.

6. Sustainability

Is drug therapy cost-effective and environmentally sustainable?



SUSTAINABILITY

Identify unnecessarily costly drug therapy by

- » considering more cost-effective alternatives, safety, convenience

Consider the environmental impact of

- » Inhaler use
- » Single use plastics
- » Medicines waste
- » Water pollution

- Return medicines equipment to community pharmacy for safe disposal

7. Person centeredness

Is the person willing and able to take drug therapy as intended?



AGREE AND SHARE MEDICINE PLAN

Does the person understand the outcomes of the review?

- » Consider Teach back
- » Involve the adult where possible. If deemed to lack capacity, discuss with relevant others, e.g. welfare guardian, power of attorney, nearest relative if one exists. Even if adult lacks capacity, adults with Incapacity Act still requires that the adult's views are sought. Ensure "Adults with Incapacity Documentation" in place

Agreed plan

Ensure drug therapy changes are tailored to individual's preferences. Consider

- » is the medication in a form they can take?
- » is the dosing schedule convenient?
- » are they able to take medicines as intended?

Agree and communicate plan

- » discuss and agree with the individual/carer/welfare proxy therapeutic objectives and treatment priorities
- » include lifestyle and holistic management goals
- » inform relevant health and social care providers of changes in treatments across the transitions of care

Key concepts in this case

- » ...
- » ...