

# Evidence based Polypharmacy reviews and the 7 step process



**A new accredited\* Polypharmacy training course is available (\*3 points of external CPD by Royal College of Physicians, London).**

**The training equips healthcare professionals including doctors, nurses and pharmacists to undertake comprehensive person-centred medicines reviews.**

The training includes material on optimising and rationalising medicines using the '7 steps' medication review process. The '7 steps' is centred on what matters to the patient and the effective use of medicines.

Three 45 minute modules are included to allow completion at your own pace followed by a series of webinars and additional input available if required.

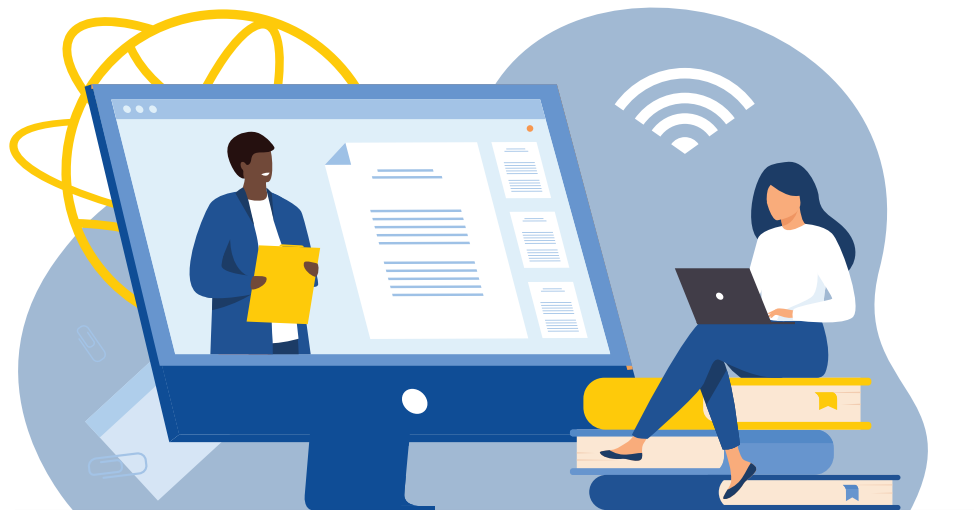
The training can be accessed at NHS Education for Scotland at [learn.nes.nhs.scot/](https://learn.nes.nhs.scot/) if you do not have an account visit our website to download the login instructions\*

This training has been developed as part of the iSIMPATY Project (implementing Stimulating Innovation in the Management of Polypharmacy and Adherence Through the Years), a project funded by Interreg reducing patient harm and maximising benefit from prescription medicines through promotion of the 7 step polypharmacy medication review process.

For more information about iSIMPATY visit [www.isimpathy.eu](http://www.isimpathy.eu)

iSIMPATY is supported by the European Union's INTERREG VA Programme and managed by the Special EU Programmes Body (SEUPB).

\*Go to [isimpathy.eu](http://isimpathy.eu) Resources page, under Training download the 'iSIMPATY Turas Log-in Instructions.



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## Modules:

### ONE – Why should we address Polypharmacy

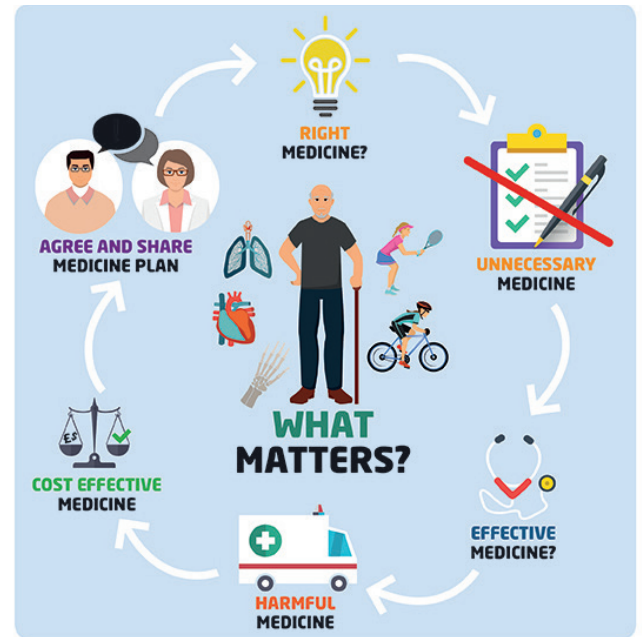
- Definition and dangers of Polypharmacy
- Medication Adherence
- Adverse Drug reactions
- Criteria for selection for Polypharmacy reviews
- Short introduction to the '7 step' medication review process

### TWO – 7 Steps Methodology

- The 7 Step Medication review process
- Numbers Needed to Treat
- The 7 steps review process in practice
- High risk medicines combinations

### THREE – Change Methodology and Numbers Needed to Treat

- Implementing Change Methodology,
- Case study example of the 7 steps in practice
- 'Understanding NNT's' - Numbers Needed to Treat



Suitable for Healthcare Professionals including:

- Hospital doctors in training and Consultants
- General Practitioners and GP trainees
- Geriatricians and trainee Geriatricians
- Nurses, Clinical Nurse Specialists, Nurse Prescribers and Advanced Nurse Practitioners.
- Allied Health Professionals with an interest in prescribing
- Pharmacists
- Physician Associates
- Paramedics



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