# Polypharmacy Risk Reduction

# Building Local Capacity & Sustainability (BLCS) 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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| 1st SESSIONBLCS 1 provides the groundwork, particularly introducing the Goals of Care Medication Review Approach, in a clinical context. |
| DISCUSSION ITEM | LEAD |
| Networking |  |
| Welcome & Introductions |  |
| PPhRR Overview (Resource: PPT) |  |
| Case review – Alice(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 round the room, ask each group to quickly tell the whole group what 2 medications they would change and why--  |
| Goals of Care (Resources- PPT, Clinical Frailty Scale, Stages of Dementia) | Best to ask a local physician to do this agenda item, highlighting that person’s and/or a local approach.Besides the PPT, which can be adapted, and the handouts, refer to the videos and resources in the Goals of Care section of the website. |
| Pharmacist Perspective (Resource- PPT) | Pharmacist supporting a local care home |
| How to take advantage of clinical resources (Resources: PPT, Statin You Decide sheet, Anticholinergic Cognitive Burden Scale, Goals of Care Med Review Template; Medstopper- Alice) | Person presenting this should make himself/herself familiar with the Goals of Care medication review approach (template) |
| Break |  |
| Goals of Care Med Review Template discussion using Alice Case Scenario(Resources: Goals of Care Med Review template- Alice meds as example) |  1.Person facilitating this should make himself/herself familiar with the Goals of Care medication review approach (template)2. Do a quick review of the template using Alice case3. Facilitate a group discussion on this approach- utility, practicality etc. |
| Next Steps | BLCS 2 workshop |