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IGRIMUP Symposium

How to involve patients in de-prescribing

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Background & Aim: Two thirds of older Canadians take five or more drugs a day. Drug side effects, polypharmacy, and the associated morbidity and mortality are major, costly healthcare problems. Patients who take more than 5 medications are likely to experience adverse drug side-effects requiring costly, preventable, health care admissions and treatments. Polypharmacy can also reduce adherence to beneficial medication due to confusion or side effects. While these problems are understood, effective solutions are not and most patients on multiple medications do not have a medication review.

Methods: Known barriers to addressing polypharmacy exist at system clinician and patient level. Care in complex comorbidity needs to be patient centred not disease centred. Patient preferences and goals for care are fundamental to this, yet there is no systematic approach for effectively eliciting and recording them in clinical decision making and clinical records.

Results and Conclusions: This presentation will describe development and data from tools for engaging patients and families with detecting and reporting medication problems, web based resources, and tools enabling and supporting patient involvement in de-prescribing and systematic development of tools for eliciting and recording patient preferences for care.