

W87

Medication management in the last phase of life

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Patients in the last phase of life are prone to inappropriate medication use. These medications might have potentially harmful profiles, increasing patient's adverse drug events, medication burden and costs. Professionals experience cessation of inappropriate medication in end-of-life situations as a complicated process because of interaction of medical, emotional and ethical factors. There is little insight in medication decision-making processes in end-of-life situations. An empirical study was designed, to gain insight into norms and valuations, and into practices of decision-making regarding inappropriate medication from the perspectives of patients, relatives, nurses, specialists and general practitioners. We found that although involved parties hold the opinion that patients should not use unnecessary medication, and medication management should be personalized, medication reviews were not matter of course. Striking differences had to do with settings and professionals and limited understanding of needs and expectations of patients.

Aim: To gain insight into norms and valuations regarding deprescribing inappropriate medication and into decision-making process about medication in the last phase of life.

Workshop

1. Plenary: Introduction on state of the art research of medication management in the last phase of life.
2. Small group discussions: insight into norms and valuations of participants on cessation inappropriate medication.
3. Plenary: interactive presentation of the results of the group discussions to come to an understanding of the perspectives of the participants.
4. Small group discussions: perspectives of participants on decision-making about inappropriate medication.
5. Plenary: conclusions of research will be presented and an effort will be made to formulate recommendations to optimize medication management in the last phase of life.

Impact for daily practice: Participants will be motivated to use a systematic, proactive, patient centred, multi-disciplinary and transmural approach aimed to a medication-use that is in line with patients' wishes.