

Deprescribing Medications in Geriatric Patients

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What is deprescribing?

- ▶ “a comprehensive definition of deprescribing should include: 1) an organized process of medication removal or dose reduction; 2) oversight of the deprescribing process by an appropriate member of the health care team; 3) a goal of improving 1 or more specific outcomes; 4) consideration of an individual’s overall physiological status, stage of life, and goals of care.”

In which situations should it be considered?

- ▶ Adverse drug reactions
- ▶ Polypharmacy
- ▶ Prescribing cascades
- ▶ End of life/palliative care

Krishnaswami, A., et al. Deprescribing in Older Adults With Cardiovascular Disease. *J Am Coll Cardiol.* 2019 May, 73 (20) 2584-2595. doi: 10.1016/j.jacc.2019.03.467

What are the steps involved in deprescribing?

- ▶ Medication reconciliation/review
- ▶ Assess the likelihood of a patient experiencing adverse effects of each medication, prescription or over the counter.
- ▶ Consider if medications can be discontinued.
- ▶ If medications can be discontinued, prioritize how this will occur.
- ▶ Discontinue medications as appropriate and monitor.

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Consider the 5Ms as a framework to aid in making decisions related to deprescribing

- ▶ Mind
- ▶ Mobility
- ▶ Medications
- ▶ Multicomplexity
- ▶ Matters Most

HealthinAging.org, <https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20Geriatric%205Ms.19.pdf>

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What instruments are available to guide decisions related to deprescribing?

▶ Implicit instruments

- ▶ SMOG (Screening Medications in the Older Drug User)
- ▶ MAI (Medication Appropriateness Index)
- ▶ ARMOR (Assess, Review, Minimize, Optimize, Reassess)
- ▶ TIMER (Tool to Improve Medications in the Elderly via Review)
- ▶ ACOVE-3 (Assessing Care of Vulnerable Elders-3)
- ▶ GPGPA (Good Palliative-Geriatric Practice Algorithm)
- ▶ AOU (Assessment of Underutilization)

▶ Explicit instruments

- ▶ AGS Beers criteria
- ▶ STOPP (Screening Tool of Older Persons' Potentially Inappropriate Prescriptions) criteria
- ▶ STOPPFrail (STOPP in Frail Adults with Limited Life Expectancy)

Bulloch, MN & Olin, JL. Instruments for evaluating medication use and prescribing in older adults. *JAPhA*. 2014 54 (5) 530-537. doi: 10.1331/JAPhA.2014.13244

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