# Partnered Pharmacist Medication Deprescribing: a collaborative approach to deprescribing sedatives and anticholinergics



Elizabeth Su<sup>1,2</sup>, Christopher McMaster<sup>1,3</sup>, Suzanne El-Naggar<sup>2,4</sup>, Nadia Mouchaileh<sup>2,4,5</sup>, Gita Vengurlekar<sup>4</sup>, Rohan Elliott<sup>2,5</sup>, Parnaz Aminian<sup>1,2</sup>, Albert Frauman<sup>3</sup>, David Liew<sup>1,3</sup>

Contact: MOS@austin.org.au

1. Medicines Optimisation Service, Austin Health
2. Pharmacy Department, Austin Health
3. Department of Clinical Pharmacology and Therapeutics, Austin Health
4. Continuing Care and Aged Care Department, Austin Health
5. Centre for Medicine Use and Safety, Monash University

### Background

Medications with sedative or anticholinergic effects are associated with an increased risk of falls and decreased function and cognition in older patients.

These potentially inappropriate medications (PIMs) warrant consideration of deprescribing where potential harm outweighs expected benefits.

Pharmacists are well placed to partner with hospital doctors to help identify sedative and anticholinergic PIMs, formulate deprescribing plans, and communicate deprescribing changes and recommendations across transitions of care.

### Objective

To test the feasibility of a partnered workflow between pharmacists and doctors to identify, action & communicate deprescribing recommendations to reduce sedative and anticholinergic burden.

#### Method

A partnered deprescribing workflow trial was commenced on two geriatric rehabilitation wards from April 2024.

#### Identify

Pharmacists used a locally-developed **Deprescribing Opportunity Identification Tool (DO-IT)** to identify sedative and anticholinergic PIMs (Fig 1).

#### Action

Pharmacists used local deprescribing guidelines to formulate & document recommendations (Fig 2). These deprescribing recommendations were used by doctors to facilitate shared decisionmaking during ward rounds.

#### Communicate

Pharmacists helped to ensure changes to preadmission medicines were documented in the discharge summary (Fig 3).

Figure 1. DO-IT electronic deprescribing tool, incorporating Drug Burden Index (DBI) to measure sedative and anticholinergic drug burden

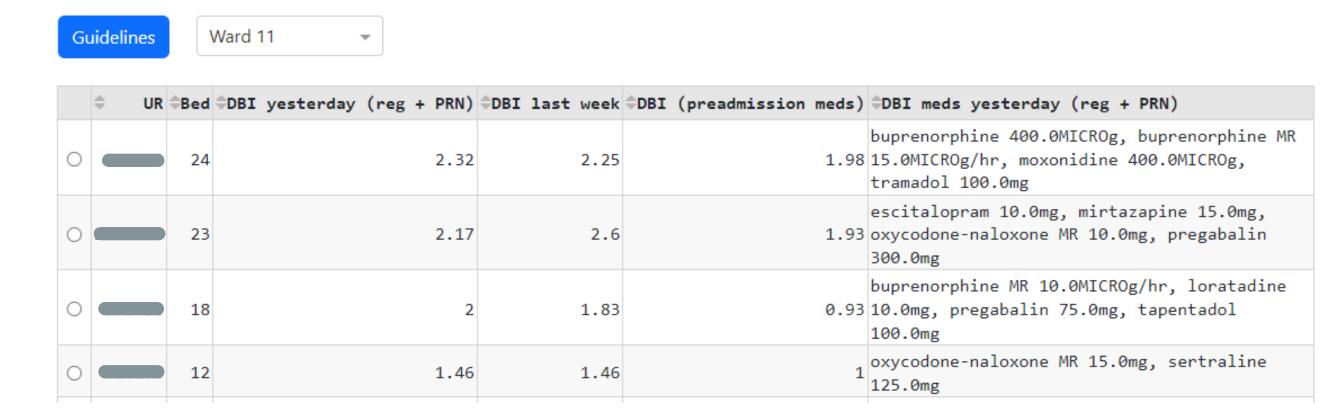


Figure 2. Pharmacist documented DO-IT deprescribing assessment and recommendation

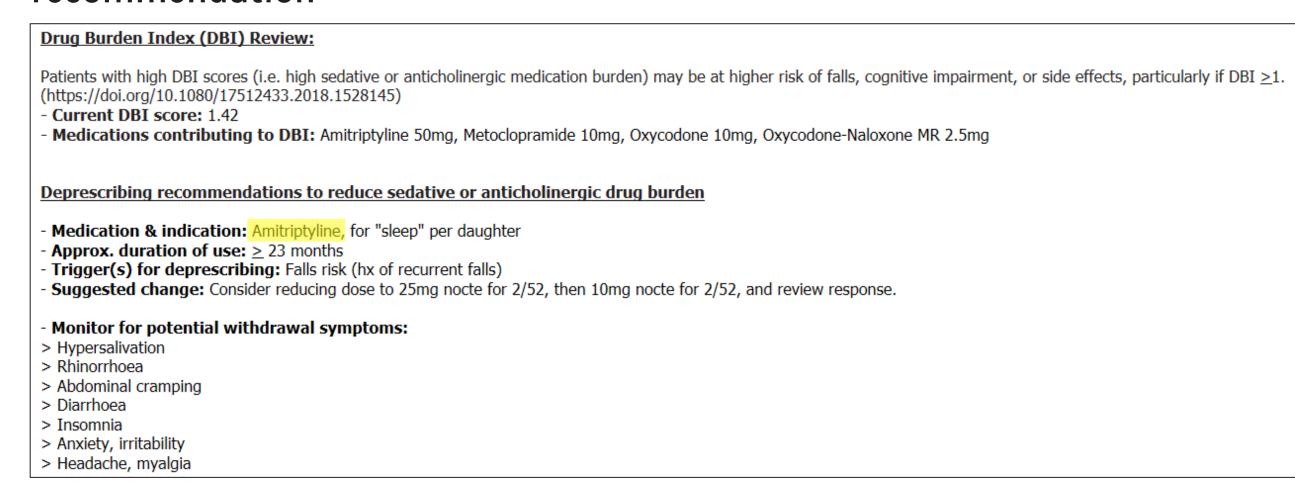


Figure 3. Discharge summary "Changes to Home Medicines" section

Changes to Home Medicines and Reasons (Includes Ceased Medicines)
New
Docusate/senna, Lactulose, Macrogol (aperients)
Targin, Oxycodone IR, Diclofenac gel (analgesia post L) NOF #)
Denosumab (administered at AH on 2/04)
Metoclopramide PRN (nausea 2' poor appetite)
Potassium (Ivl = 3.4)

Dose changed
Paracetamol - changed to IR & regular
Amitriptyline - weaning with aim to cease
Frusemide - dose increased (ongoing LL oedema)

Withheld
Telmisartan (normotensive)
Betamethasone ointment (whilst IP)

## Evaluation: 1st month of feasibility testing

#### Identify:

- 37 patients were admitted with sedative and/or anticholinergic medications and later discharged to home or residential aged care facility
- 25/37 (68%) had DO-IT assessments documented by a pharmacist
- 17/25 (68%) assessed patients had deprescribing recommendations documented for 22 PIMs
- Common PIMs included oxycodone-naloxone, mirtazapine, and pregabalin

#### **Action & Communicate:**

- 8/22 (36%) PIMs were deprescribed in hospital (stopped or dose reduced)
- 3 PIMs had a deprescribing recommendation documented in the discharge summary for the GP to consider stopping or further dose reduction

10 of 12 changes to PIMs (compared with preadmission medication list) were accurately documented in the discharge summary

#### Discussion

A partnered deprescribing workflow between pharmacists and doctors facilitates identification and deprescribing of PIMs in hospital and helps to ensure changes to preadmission medicines are documented in discharge summaries.

Further work is required to support routine use of DO-IT during medication reviews and encourage documentation of deprescribing recommendations for GPs when in-hospital deprescribing is not feasible.