Polypharmacy and deprescribing e-learning now available

The concept of deprescribing is still new to many clinicians and this course explains the principles as well as practical advice as to how it can be undertaken. It has been designed for clinical staff who are involved in the prescribing and review of medicines, including: pharmacists and pharmacy technicians; nurses; non-medical prescribers and trainee GPs. A concise version of the course is also available for more experienced healthcare professionals including GPs.

The course is split into nine bite sized modules to enable you to take the course at your own pace and speed and takes approximately three and a half hours in total. A CPD certified certificate is available upon on completion of the course which requires a pass mark of 80% in the final assessment.

MODULE 1

Introduction
- About the course, learning objectives, navigation and pre-course quiz.

MODULE 2

Definitions and principles
- Explains the definitions and principles of polypharmacy, prescribing cascades and deprescribing.
- Discussion of deprescribing with patients.
- The concepts of "Numbers needed to treat" and "Numbers needed to harm" and how these relate to individual patients are introduced.

MODULE 3

Multimorbidity
- Key recommendations from the NICE Guidance on Multi-morbidity (NG56) guidance – who may benefit and how.
- Introduces the Database of Treatment Effects.
- How multi-morbidity can contribute to inappropriate polypharmacy and how this might be addressed.

MODULE 4

Frailty and end of life care
- Definition, identification and consequences of frailty.
- Methods to assess frailty.
- High risk medicines in patients with frailty.
- How to reduce the medicine (pill) burden in patients with frailty and those approaching end-of-life.

MODULE 5

Medicines optimisation and patient centred care
- Covers key messages from the NICE Guidance on Medicines Optimisation (CG5).
- How to take a patient-centred approach to the initiation of new medicines and the review of existing medicines.

MODULE 6	**Shared decision making** • How to undertake shared decision-making relating to initiation of medicines, based on what is important to each person in terms of treatments, health priorities, lifestyle and goals. • Introduction to Patient Decision Aids and how to use them.
MODULE 7	**Tools to support medication review** • Importance of medication review. • What is a "gold standard" medication review? • Signposts to (and explains) practical resources for undertaking medication review and deprescribing. • These include tools such as IMPACT, STOPP/START, NO TEARS, 7 Steps, Beers Criteria.
MODULE 8	**Case studies** • Elizabeth: Negative prescribing cascades. • Kathleen: Multimorbidity. • Irene: Reducing pill burden as frailty increases. • Harry: Shared decision making.
MODULE 9	**Final assessment and feedback** • Final assessment: Can be taken up to three times and requires a pass mark of 80%. • Feedback on the course.

How to access

The course is **free** for all healthcare professionals in our commissioning area.

You will need to be logged in to the PrescQIPP site so that it can record your progress and issue your e-learning certificate.

If you do not already have a log in for the PrescQIPP site, you can register here. Please ensure that you specify the commissioning area on registration as this will ensure that you are provided with the correct access and do not have to pay for the course.

1. Log in to the PrescQIPP site
2. Locate the course link under the top 'Learn' menu or from the E-learning Hub
3. Select 'Take this course'

Don't forget that you can complete the course over a period of time. To return to the course and pick up where you left off at any time, simply log back into the site and go to the 'My e-learning courses' page which you will find under the top 'Learn' menu after logging in, or on the right hand side of the E-learning Hub.

Please note that you will need an up to date browser and sufficient bandwidth to view the course. If you have any questions about the course, please contact help@prescqipp.info.