Polypharmacy and deprescribing concise e-learning

This concise course has been specifically developed from our longer Polypharmacy and deprescribing e-learning course, for use by GPs and experienced healthcare practitioners. The longer course may be more suitable for non-medical prescribers and trainee GPs.

The concise course is split into six modules of less than ten minutes each, four case studies and a final assessment. A CPD certified certificate is available when the final assessment is passed with a mark of at least 70%, and which can be taken up to three times.

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MODULE 1	**Introduction** • About the course, learning objectives, navigation.
MODULE 2	**Background to deprescribing** • Highlights the numbers of people taking multiple medicines • Explains the difference appropriate and potentially inappropriate polypharmacy and defines deprescribing • Explores medico-legal issues relating to deprescribing
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	**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 6	**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 7	**Case studies** • Elizabeth: Negative prescribing cascades. • Kathleen: Multimorbidity. • Irene: Reducing pill burden as frailty increases. • Harry: Shared decision making.
MODULE 8	**Final assessment and feedback** • Final assessment: Can be taken up to three times and requires a pass mark of 70%. • 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.