



Clinical Champion Update

Date: 9/13/21

Subject: Deprescribing

Deprescribing! Deprescribing?
Is this just another thing
I am being asked to do?
Well, here is what I say to you:

Deprescribing is good care
It simply means we (prescribers) are aware
Of what is on that long med list
And ask: should my patient be taking this?

Time goes by, lives change
Circumstances aren't the same
Medications needed before
May need to go out the door
To avoid harm, keep patients safe,
Save energy, money, and prevent waste.

Deprescribing is the planned and supervised process of dose reduction or stopping of medication that may be causing harm or no longer providing benefit. **The goal is to improve quality of life.**

Why deprescribe?

As people age, kidney and other organ function decline; older patients may become more sensitive to medications, and require lower doses (e.g. anti-hypertensives, and diabetes meds). Also, the evidence for medication effectiveness is not as strong in older, frail patients with multiple co-morbidities. As a patient nears end of life, their goals of treatment may evolve, and medication benefit should be reassessed.

Even in younger patients, it is good practice to ask: what is the benefit of this medication? What are its risks? All medications cost money, and can interact with other meds to cause harm.

But how to do this in a busy practice?

To foster a deprescribing mindset, we suggest:

- Schedule a medication review visit with existing patients on multiple medications
- Review meds with new patients: the first (or second) visit with a new patient is an opportunity to discuss what benefit each medication provides and make sure they really need every medication on their list
- For a targeted approach, we suggest a trial of starting to deprescribe PPIs. When you see a patient with a PPI on their med list - if it seems appropriate - ask them if they take it, and why. Take a look at this [PPI deprescribing algorithm](#) for guidelines.

Feel free to email us with your questions and thoughts on deprescribing. For more resources, check out [deprescribing.org](#)

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