Polypharmacy and Deprescribing Development

Get a Licence for your Practice/PCN

Development of health care staff to equip them with the skills to safely initiate, review and deprescribe medicines

Polypharmacy, or the use of multiple medications, is common, especially among older adults. Whilst necessary for managing complex conditions, it can also lead to adverse drug reactions, increased hospitalisations, and reduced quality of life. Deprescribing is a process of tapering or stopping medications that may no longer be beneficial or might be causing harm. This initiative aims to improve patient outcomes, reduce medication-related adverse events, and optimise healthcare resources.

The ICB has therefore secured funding to enable a number of staff in each organisation to undertake this programme and have commissioned PresQIPP training provider for the Polypharmacy and Deprescribing programme . Each individual staff member will be able to access the eight modules and four case studies within the course and a final exam with a 70% pass mark. Once the course is passed a certificate of completion will be issued. The course covers:

- Introduction to polypharmacy and deprescribing
- National and international resources
- Evidence base for deprescribing
- Frailty and multimorbidity
- Agreeing treatment goals
- Medication review
- Tools to help with medication review

It is expected that the person undertaking the training will link with the Integrated Medicines Optimisation Team Lead to support the championing of the be Polypharmacy and Deprescribing initiatives following completion of the course.

To access the free course you will need to be allocated a licence for your organisation. Each Practice has been allocated two licences and each PCN one licence.

Request your licence at kmicb.kmpcth@nhs.net

Visit the PrescQIPP website to find out about other courses available.

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