



## Deprescribing guidelines for the elderly

*A project that is developing evidence-based guidelines to safely taper or stop medication use in the elderly to reduce adverse drug effects and improve quality of life*

Known as OPEN, the Ontario Pharmacy Research Collaboration is a \$5.77 million multi-institutional and interdisciplinary research program comprised of a number of projects that are examining the quality, outcomes and value of new and emerging medication management services that pharmacists and other healthcare professionals provide.

### Deprescribing guidelines for the elderly

OPEN's Deprescribing guidelines for the elderly project has three main research goals —

1. To determine which consensus, development and implementation processes can be used to create and introduce deprescribing guidelines into primary and long-term care to influence the adoption and use of the practices described in the guidelines
2. To determine the uptake and effect, including projected savings, of deprescribing guidelines in primary and long-term care settings
3. To determine the effect of deprescribing guidelines on prescriber self-efficacy in discontinuing medications and patients' acceptance of deprescribing

### Expected results

- Three feasible and effective evidence-based deprescribing guidelines
- Adaptable development and implementation processes for use with a variety of medications and in a variety of healthcare contexts
- Proposed outcomes evaluation approach to determine clinical and economic impacts

### Opportunities for students

Undergraduate students on the Deprescribing project are engaged in all steps of evidence-based guideline development (including systematic reviews), implementation (including site presentations and interaction) and evaluation (including interviews, developmental evaluation, survey management). They work individually and collaboratively with the research

and guideline development teams, and are able to access peers, other researchers and knowledge users. Pharmacy residents have led systematic reviews and our master's student is working with the Department of Clinical Epidemiology at the University of Ottawa to develop an approach to measuring clinical impact of deprescribing guidelines.

### Research based, knowledge-user driven

OPEN has strong ties to its knowledge users — individuals from partnering clinical sites and organizations who apply project results to improve practice, the effectiveness of services pharmacists provide to their patients, and the quality of healthcare in Ontario. The Deprescribing project team has developed a knowledge-to-action strategy to guide knowledge exchange and mobilization.

### Project researchers

**Project leads:** Drs. Barbara Farrell, Bruyère Research Institute; James Conklin, Concordia University and Bruyère Research Institute

**Project members:** Drs. Carlos Rojas-Fernandez, University of Waterloo; Lalitha Raman-Wilms, University of Toronto; Lisa McCarthy, University of Toronto; Kevin Pottie, University of Ottawa; Lise M. Bjerre, University of Ottawa and Wade Thompson, University of Ottawa

### Would you like to learn more about this project?

- E-mail [deprescribing@bruyere.org](mailto:deprescribing@bruyere.org) to be placed on our newsletter list
- Contact **Hannah Irving**, MA, Deprescribing project manager at [HlIrving@bruyere.org](mailto:HlIrving@bruyere.org) • (613) 562-6262, ext. 1770
- Follow us on Twitter: [@deprescribing](https://twitter.com/deprescribing)
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### OPEN's funding

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