

Developing, implementing and evaluating deprescribing guidelines for the elderly as a mixed methods approach

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OBJECTIVES: This project aims to develop, implement and evaluate three deprescribing guidelines to assist clinicians in discontinuing medications that may no longer be indicated or may be causing side effects in elderly patients. The evaluation will provide an enhanced understanding of the way deprescribing guidelines, along with the processes of creating and implementing them, can influence behaviour change in clinical settings.

METHODS: Mixed methods including: modified Delphi consensus (expert meeting and surveys) to identify guideline priorities; developmental evaluation using ethnographic and case study analysis, observations and interviews with guideline development teams and implementation teams; descriptive analysis of guideline uptake and effect (chart audit); changes in clinician self-efficacy in deprescribing (survey); patient acceptance (interviews) and projected cost-savings from discontinued medications. Guidelines will be developed systematically by Guideline Development Teams and implemented into three Family Health Teams and three Long-Term Care sites.

RESULTS: Anticipated project outputs: development of feasible, effective deprescribing guidelines, an adaptable deprescribing implementation process for use with other drugs, better understanding of how deprescribing guidelines might bring about behaviour change and development of an outcomes evaluation approach to determine clinical and economic impacts.

CONCLUSIONS: By creating and optimizing a deprescribing guideline development and implementation process, this project aims to facilitate clinicians' ability to reduce inappropriate medication use. Input regarding effective deprescribing guideline implementation processes and relevant outcomes important to primary health care practitioners and researchers will be sought during the poster session.