

Polypharmacy and deprescribing - High quality e-learning courses from PrescQIPP



The concept of deprescribing is still new to many clinicians and this course explains the principles as well as practical advice as to how it can be undertaken.

It has been designed for clinical staff who are involved in the prescribing and review of medicines, including pharmacists and pharmacy technicians; nurses; non-medical prescribers and trainee GPs. A concise version of the course is also available for more experienced healthcare professionals including GPs.

Course content

- This e-learning course has six modules, four case studies and a final exam with an 80% pass mark.
- Once the course is passed a certificate of completion will be issued.

MODULE 1

Introduction and pre-course quiz

MODULE 2

Definitions and principles

- Explains the definitions and principles of polypharmacy prescribing cascades and deprescribing
- Discussion of deprescribing with patients
- The concepts of “Numbers needed to treat” and “Numbers needed to harm” and how these relate to individual patients are introduced

MODULE 3

Multimorbidity

- Key recommendations from the NICE Guidance on Multimorbidity (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

Medicines optimisation and patient centred care

- Covers key messages from the NICE Guidance on Medicines Optimisation (CG5)
- How to take a patient-centred approach to the initiation of new medicines and the review of existing medicines

MODULE 6

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 7

Tools to support 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

How to buy and access the course

- The course costs £12.50 (+VAT)
- Purchase at the [PrescQIPP website](https://www.prescqipp.com)



Access the whole range of [PrescQIPP e-learning courses](https://www.prescqipp.com).

PrescQIPP is a not-for-profit company that provides robust, evidence-based resources to NHS and social care organisations to help improve medicines-related care for patients.

All e-learning courses are CPD accredited.

If you have any questions about the courses, please contact help@prescqipp.info.