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# **DEPRESCRIBING OF POTENTIALLY INAPPROPRIATE MEDICATIONS (PIMS) ACROSS FOUR GERIATRIC CARE SETTINGS.**

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# INTRODUCTION

- Polypharmacy is commonly defined as taking five or more medications
- 33% of drugs in the US are prescribed to patients  $\geq 65$  years old
- Risk Factors for polypharmacy:
  - Multiple medical conditions, managed by multiple physicians in different health systems
  - Mental health conditions
  - Residing in Long-Term Care

# RISKS OF POLYPHARMACY

- Adverse effects
- Drug-drug interactions
- Risk of falls
- Disability
- Long-Term Care placement
- Medication non-adherence
- Increased financial burden
- Decreased quality of life
- Increased mortality

# OBJECTIVE

To assess if geriatrics consultation led to deprescribing across different care settings:

- Inpatient
- Post-acute and long-term care (PALTC)
- Outpatient
- Home-based primary care (HBPC)

# METHODS

- Geriatric physicians and nurse practitioners each identified 3 patients with polypharmacy (5 or more routine meds) who had not seen a geriatrician in the past 12 months
- We analyzed preliminary data on 60 patients from 20 providers
  - Complete data collection will include N=112 patients

# METHODS

Exclusion Criteria

Patients enrolled in hospice

Pre-Intervention

Total number of medications, names and drug categories, high-risk medications (Beer's), dosing and frequency

Intervention

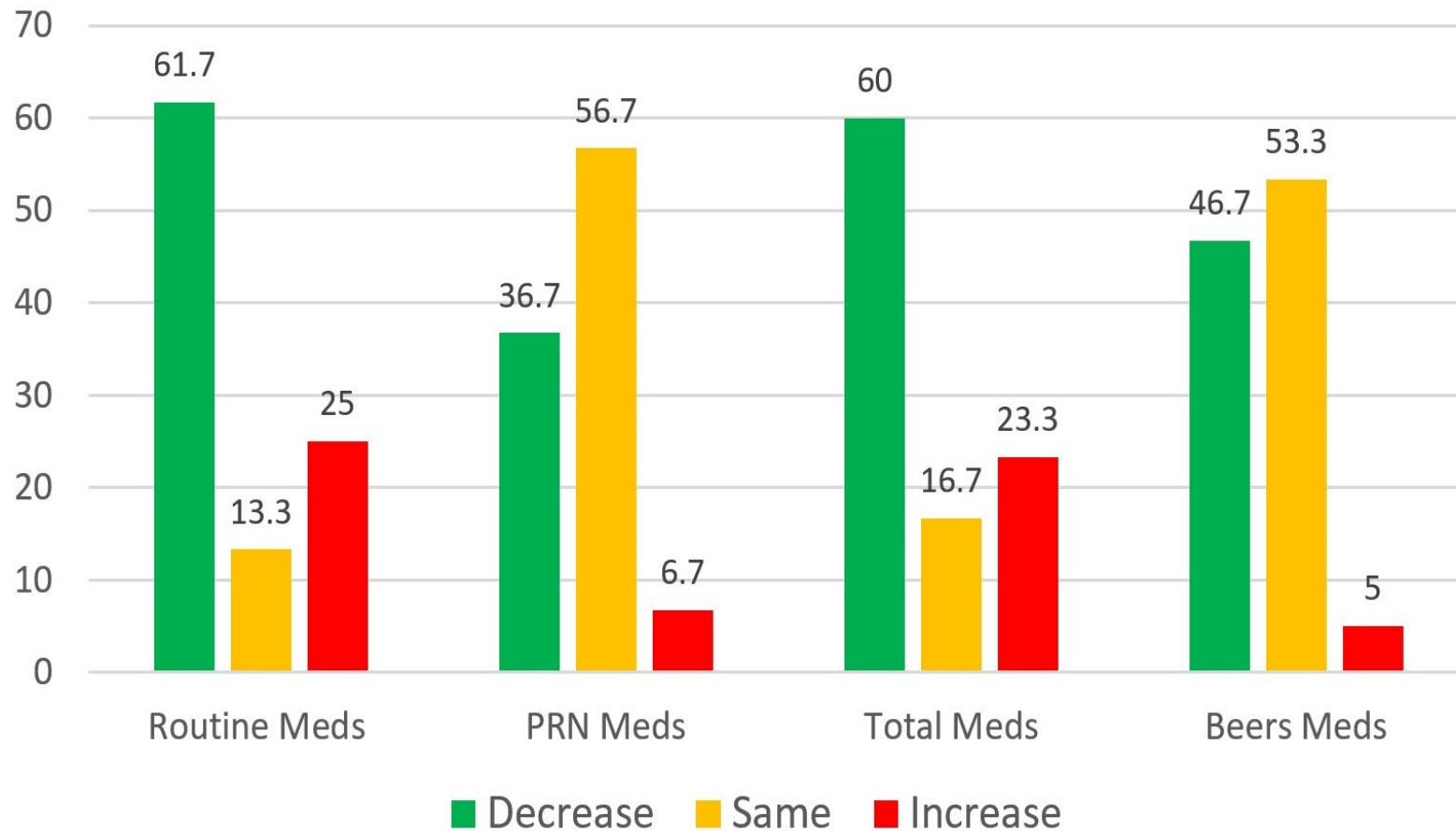
Recommendations for dose reduction, tapering, or discontinuation

Post-Intervention

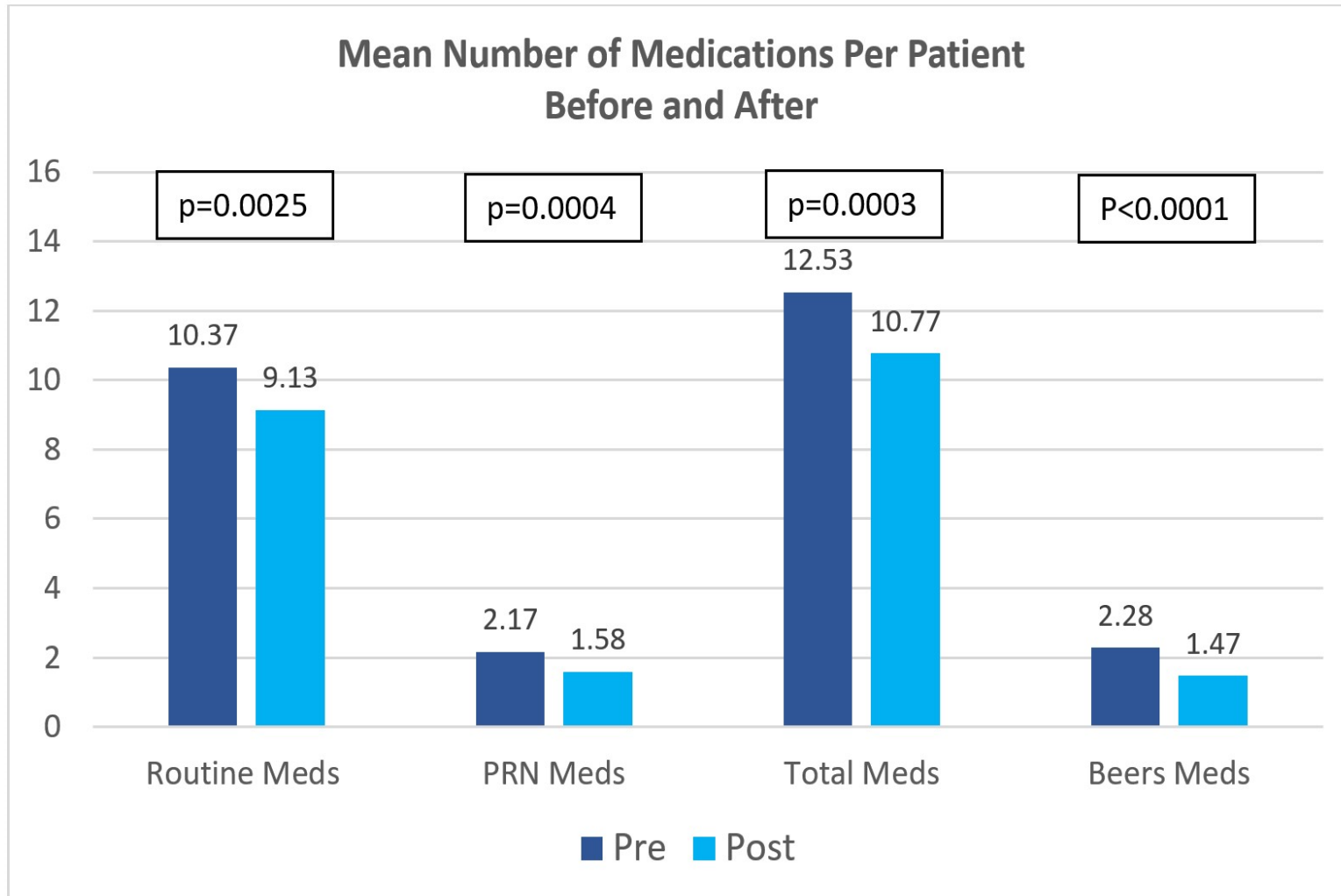
1 month or at discharge (hospital)  
3 weeks or at discharge (SNF)  
3 months or at death (clinic or HBPC)

# RESULTS

Percent Patients with Changes in Medication Numbers  
Before and After



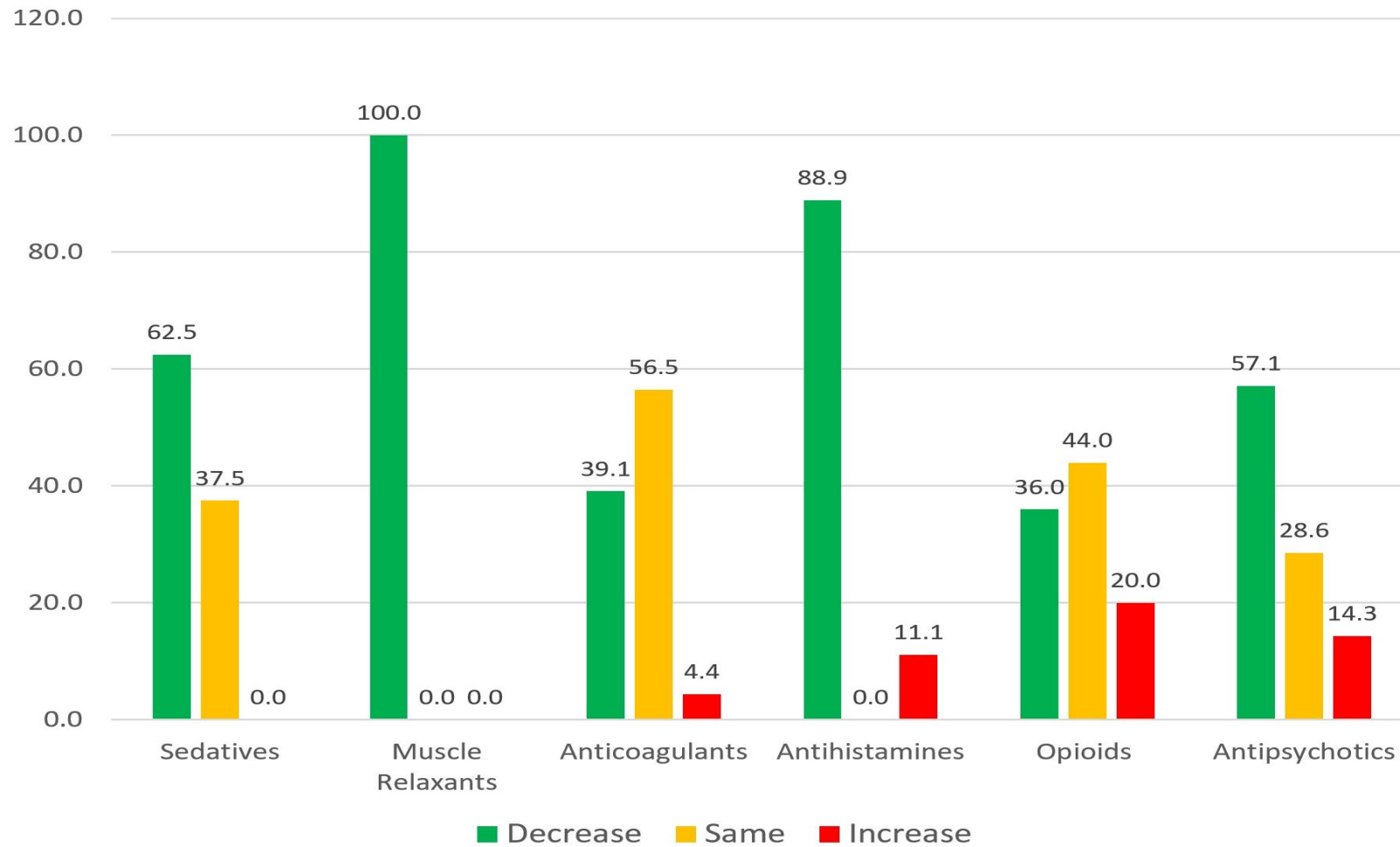
# RESULTS



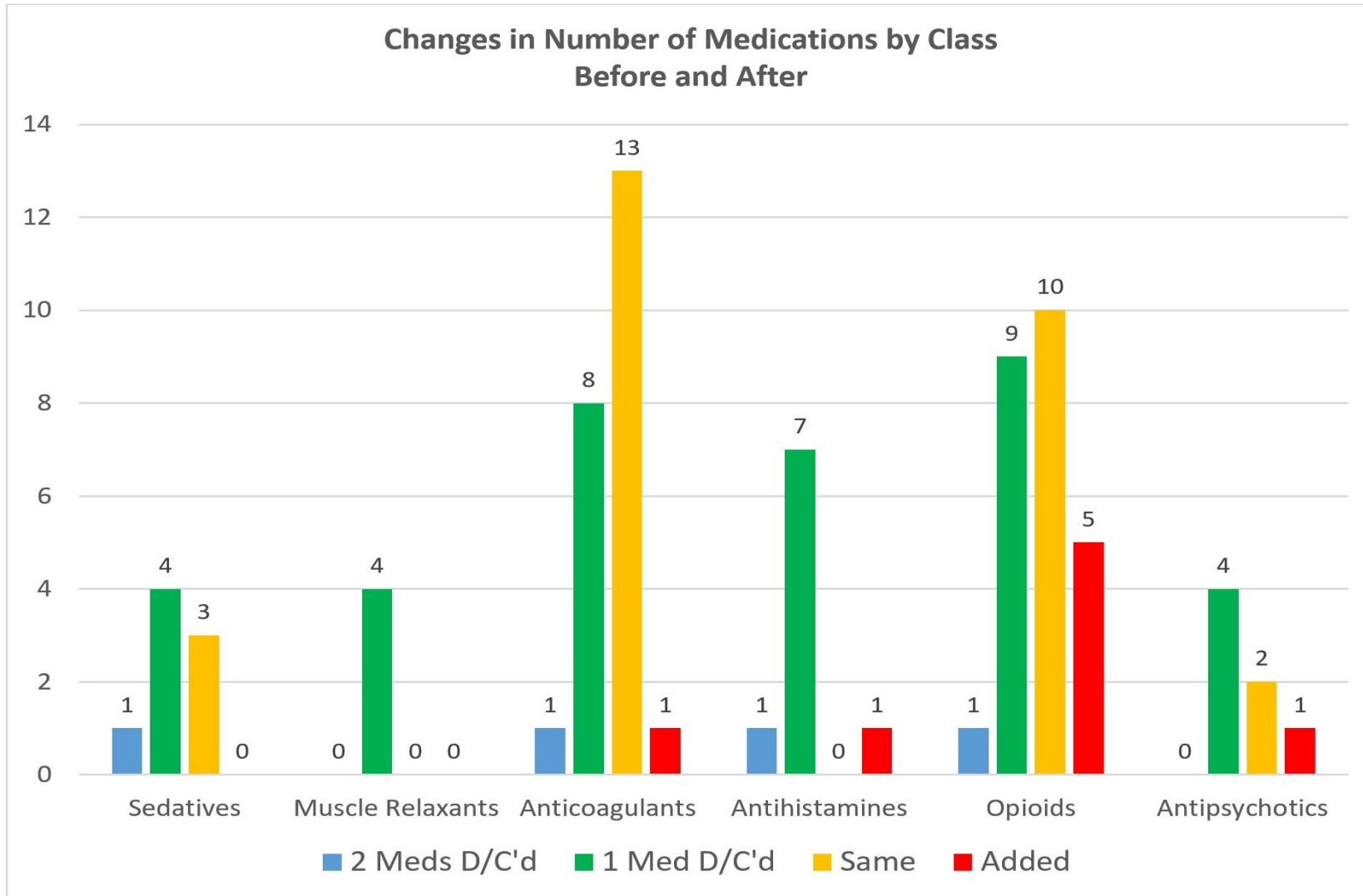


# RESULTS

Percent Patients with Changes in Medications by Class Before and After



# RESULTS



# CONCLUSIONS

- We saw significant deprescribing patterns across four different care settings, particularly in high-risk (Beers) meds
- We saw trends in reduction of all high-risk medication classes
- Of the Beers-criteria medications, opioids were the most commonly prescribed
- Future directions
  - Complete data analysis
  - Educational interventions for primary care physicians

# TOOLS FOR DEPRESCRIBING

- Beer's Criteria:
  - App version available
- <https://deprescribing.org/>
  - Specific deprescribing protocols
- <https://deprescribingresearch.org/>
  - Research resources
- STOPP/START criteria



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