

Thursday 3 October 2024

Webinar summary

Thank you to all who joined Healthcare Improvement Scotland's frailty learning system webinar on Thursday 3 October on medication reviews for older adults living with frailty. The webinar was attended by 410 people.

The webinar was chaired by Dr Lara Mitchell, National Clinical Lead for Acute, Healthcare Improvement Scotland.

The guest speakers were:

- Lucy Little, Lead Clinical Pharmacist, NHS Dumfries & Galloway
- Christine Thomson, Lead Pharmacist Primary Care, Moray Health and Social Care Partnership

Dr Lara Mitchell opened the webinar with a brief overview of what polypharmacy is and why and how it can be managed using medication reviews. Lara referenced the [Polypharmacy Guidance Realistic Prescribing, 2018 guidance](#) and a helpful [infographic](#), developed by NHS Greater Glasgow and Clyde, on polypharmacy review in adults living with moderate to severe frailty.

Lucy Little shared her experience of delivering proactive, multidisciplinary, person centred medication reviews to at risk patients using shared decision making tools and the [7 step polypharmacy review](#), set out in the guidance. As a result, 11% of medication was deprescribed with 25% of this medication having a high anticholinergic burden and resulted in positive feedback from patients. Next steps in the team are to encourage engagement with the medication review offer through Pharmacist presence at multidisciplinary team meetings and education for community pharmacies. Challenges faced include the reliable and consistent recording of frailty and the difficulty in measuring the impact on individual outcomes.

The next presentation was delivered by Christine Thomson who presented on Moray's approach to medication reviews for people receiving a care package allocation. To date 200 patients have been reviewed with 68 medications stopped in total. Further rationalisation of medication resulted in the potential to stop 74 medication visits a day. Reviews were person centred and involved both patients and unpaid carers discussion. The main challenges included staff capacity, identifying the right patients and receiving all appropriate information. Practices with multidisciplinary teams inputting into the review saw more successful outcomes. Plans going forward focus on building a culture of medication review into the care allocation process.

The presentations were followed by a question-and-answer session. Elaine Mackintosh, Advanced Pharmacist, Moray HSCP, joined the panel. Questions were put to the panel directly which can be heard in the recording. Any questions unanswered on the day and links referenced in the chat will be available on our [webpages](#), alongside the full recording and slides.