Clifford Lisk

Dr Clifford Lisk is a Consultant Physician in Acute Medicine and Geriatric Medicine at Barnet hospital, Royal Free NHS foundation trust in North London. He works in Acute Medicine with his colleagues with a focus on early Physician input into adult patients of all ages presenting to hospital. As part of this service, he provides Specialist Geriatrician input into older adults. He also works with General Practitioner colleagues, Community matrons, nurses and Allied Health professionals in Hertsmere providing a service to community dwelling older adults living with frailty. His main interests are in Medical Education where he is currently Lead Training Programme Director for Internal Medicine Training (IMT) in North Central London, Health Education England, Quality Lead Specialty advisory committee, stage 1 IMT training Royal College of Physicians, Visiting lecturer to the Non-Medical prescribing programme at the University of Hertfordshire and Honorary Clinical Associate Professor at UCL medical school. He is particularly interested in appropriate Medicines use in older adults particularly in relation to addressing inappropriate Polypharmacy and sits on the London Regional Medicines Optimisation Committee Polypharmacy group.

**Abstract**

Polypharmacy is the concomitant prescribing of multiple medicines usually 5 or more. It is an important and preventable risk factor for adverse drug reactions with a huge cost burden in terms of related Hospital admissions as well as patient morbidity and mortality. Whilst Polypharmacy may improve symptom and disease management, it increases the risk of adverse drug reactions, drug-drug and drug-disease interactions, non-adherence and poor adherence to drugs, risk of the prescribing cascade, adverse health outcomes, increased mortality in older adults living with frailty, increased health service use and costs. This talk will cover the definition and epidemiology of Polypharmacy, explore why Polypharmacy is important, delve into pharmacokinetics and pharmacodynamics, cover why patients end up with excessive polypharmacy, adverse drug reactions and the prescribing cascade, explore common herbal medicines that older adults use, go through “how to go about deprescribing” using deprescribing tools that can be used to support clinical practice and review discontinuation syndromes to watch out for.