

Polypharmacy

Effective Management & Stopping Medicines Safely

10% card payments discount*
15% Group booking discount**

Monday 21 January 2019 De Vere West One Conference Centre, London



Chair and Speakers include:

Ash Soni OBE

President

Royal Pharmaceutical Society

Linda Nazarko OBE

Consultant Nurse Physical Healthcare

West London Mental Health NHS Trust

Supporting Organisations



Association for Prescribers

Prescriber



Pharmacogenetics & Stratified Medicine Network



Good Governance Institute



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On 8th December 2018 **Matt Hancock ordered a review into over-prescribing in the NHS**. The review will focus on patients who take multiple medicines, to ensure patients are receiving the most appropriate treatment for their needs. Health Survey England 2016 found that nearly half of over 75-year-olds surveyed were taking 5 or more medicines, with this percentage rising the older people get.

While in the majority of cases patients will be receiving multiple drugs due to specific or complex needs, the review will look at how to ensure treatment remains up to date and appropriate so patients feel as well as possible. The review will look at how doctors and pharmacists can be supported to review prescriptions and ensure patients are receiving the most appropriate treatment for their needs.

Department of Health December 2018

“Recent advances in medicine have led to fantastic developments in managing and treating certain conditions, but poorly managed prescribing can lead to serious issues for patients such as increased admissions to hospital or antibiotic resistance. As we invest an extra £20.5 billion a year into our NHS we want to empower doctors and pharmacists to use the data available to ensure patients get the medicines they need and stop taking those that no longer benefit them.” Matt Hancock Health and Social Care Secretary, 8th December 2018

“The number of medicines prescribed to individual patients has grown significantly over the last 10-15 years. As the population ages and many people take an increasing number of medicines for multiple long term conditions, polypharmacy has become a key issue in health and social care. Evidence suggests that multiple morbidity and the associated medications increases a patient’s risk of harm and contributes to hospital admissions and poor therapeutic outcomes. It can be particularly problematic in older people, particularly the frail.” RPS, 2018

“Whilst it is recognised that medicines have had an enormously positive impact on the lives of millions of people, polypharmacy is a significant, complex and growing issue affecting a broad range of people. Naturally, polypharmacy is often linked to the taking of multiple medicines in older people. However, it is important to recognise that it can also affect a wider group of people including children and young people, those from deprived backgrounds, people with mental health problems and those with learning difficulties. It occurs in a wide range of health and social care settings such as hospitals, care homes, prisons and affects many different people including those who are housebound or homeless and those in hospices.

There are many definitions of the term problematic polypharmacy...

- *The prescribing of medicines that are no longer clinically indicated or appropriate or optimised for that person*
- *Where the benefit of a particular medicine does not outweigh the harm*
- *Where the combination of multiple medicines has the potential to or is actually causing harm to the person*
- *Where the practicalities of using the medicines prescribed to a person have become unmanageable or are causing harm or distress.”*

Royal Pharmaceutical Society 2018

This conference focuses on polypharmacy: the effective management and stopping medicines safely in line with the new RPS Guidance.

This conference will enable you to:

- Network with colleagues who are working to improve the management of polypharmacy
- Learn from outstanding practice in stopping medicines safely
- Understand the prescribers role in preventing polypharmacy
- Reflect on national developments and learning including the 2018 RPS Guidance
- Improve the way medication review is managed in your service
- Develop your skills in identifying patients with multiple medicines and preventing overdiagnosis
- Understand how you can improve prescribing in frail older people with comorbidities
- Identify key strategies for deprescribing
- Ensure you are up to date with the latest evidence
- Self assess and reflect on your own practice
- Gain cpd accreditation points contributing to professional development and revalidation evidence

100% of delegates at our previous conference on this subject would recommend it to a colleague

“Follow the conference in Twitter #polypharmacy

10.00 Chairman's Introduction: Polypharmacy

Ash Soni OBE *President* Royal Pharmaceutical Society

10.10 Polypharmacy: A Patients Perspective

Carol Munt

Patient Partner, Honorary Lecturer & Doubleday Affiliate Manchester Medical School
NHSE Always Events National Advisory Group,
HQIP Service User Network: NIHR-NHSE Patient Experience Group,
DeepMind Health Users Group

- how difficult is it for patients and carers to understand multiple medicines?
- a personal journey
- putting the patient and family at the centre

10.40 EXTENDED SESSION: The Prescribers role in reducing polypharmacy and understanding drug interactions

Linda Nazarko OBE

Consultant Nurse Physical Healthcare
West London Mental Health NHS Trust

- the prescribers role in reducing polypharmacy
- making and recording prescribing decisions
- understanding comorbidity and drug interactions
- interactive question session

11.30 *Questions & answers, followed by tea & coffee at 11.40*

12.00 EXTENDED SESSION: Implementing the RPS Guidance in Practice Identification of Polypharmacy & Medication Review

Ash Soni OBE

President
Royal Pharmaceutical Society

- delivering a patient-centered approach to managing 20 polypharmacy
- identification of polypharmacy patients
- effective medication review of polypharmacy patients
- medication review tools
- our experience

12.50 *Questions and answers, followed by Lunch and exhibition at 13.00*

14.00 EXTENDED SESSION: Deprescribing Stopping Medicines Safely

David Strain

Senior Clinical Lecturer
University of Exeter Medical School

- stopping medicines safely: deprescribing
- steps to stopping medicines
- establishing a successful deprescribing plan
- working in partnership with patients and supporting patients
- supporting frontline staff to think about deprescribing
- deprescribing in diabetes patients

14.45 EXTENDED SESSION: Working with patients to understand the implications of stopping medicines focussing on the deprescribing of Antidepressants and the STOMP programme

Danielle Adams

Independent Specialist Mental Health Pharmacist
and Member of the Hertfordshire primary care STOMP group

- working with patients to ensure they understand the effects of deprescribing and what to do about these effects
- Informed consent and health literacy issues within the deprescribing process
- ensuring antidepressants are stopped/tapered safely
- implications of deprescribing antipsychotics in people with learning disability and / or autism

15.40 *Questions & answers, followed by tea & coffee 15.50*

16.00 Polypharmacy and the frail older person

Professor Nina L Barnett

Consultant Pharmacist, Care of Older People,
London North West Healthcare NHS Trust & NHS Specialist
Pharmacy Service,
Honorary Reader, School of Pharmacy, University College London,
Visiting Professor, Kingston University, London

- how can we identify and reduce polypharmacy in the frail older person
- the polypharmacy impact on frailty
- our approach

16.30 *Questions & answers, followed by Close*

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date Monday 21 January 2019

Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- £300 + VAT (£360.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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On confirmation of your booking you will receive information for booking accommodation should you require it.

Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition

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