



deprescribing.org

Reducing medications safely  
to meet life's changes

Moins de médicaments, sécuritairement –  
pour mieux répondre aux défis de la vie

## Tools you can use: Supporting deprescribing in LTC

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# Presenter Disclosure

**Faculty:** Lisa McCarthy

## **Relationships with financial sponsors:**

- **Grants/Research Support:**
  - Ontario Centres for Learning, Research and Innovation in LTC at Bruyère
- **Speakers Bureau/Honoraria:**
  - Rexall Health Solutions, MediSystem Pharmacy, European Association of Hospital Pharmacy
- **Other**
  - Employee of Trillium Health Partners

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  - Freeport Family Health Team, University of Hong Kong, GeriMedRisk, Pharmacy Association of Nova Scotia, American College of Clinical Pharmacy, Canadian Pharmacists Association, United States Deprescribing Research Network
- **Other:**
  - Employee of Bruyère Continuing Care

# Disclosure of financial support

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**Potential for conflict(s) of interest: None**

# Acknowledgements



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- Champlain Regional Family Council Network
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- ISMP Canada
- Ontario Long Term Care Clinicians
- Ontario Personal Support Workers Association
- Ontario Pharmacists Association
- Registered Nurses Association of Ontario
- Revera (now Extendicare) Inc

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# Today's objectives

- List behaviours, such as shared decision-making, that support deprescribing in long-term care
- Describe tools and processes that support these behaviours
- Develop appropriate and relevant dissemination strategies to promote adoption of these tools and processes

# Why are we here?



- Residents in long-term care receive an ~ 10 medications daily
- Residents have ↑ risk of medication-related harm

## Deprescribing

- Planned and supervised process of dose reduction or elimination of medication that may be causing harm or no longer be providing benefit
- Goal = reduce harm and improve quality of life

# Deprescribing in LTC – a Framework

- Overarching goal
  - Create an environment where deprescribing is a sustainable component of medication management practices in Ontario LTC homes

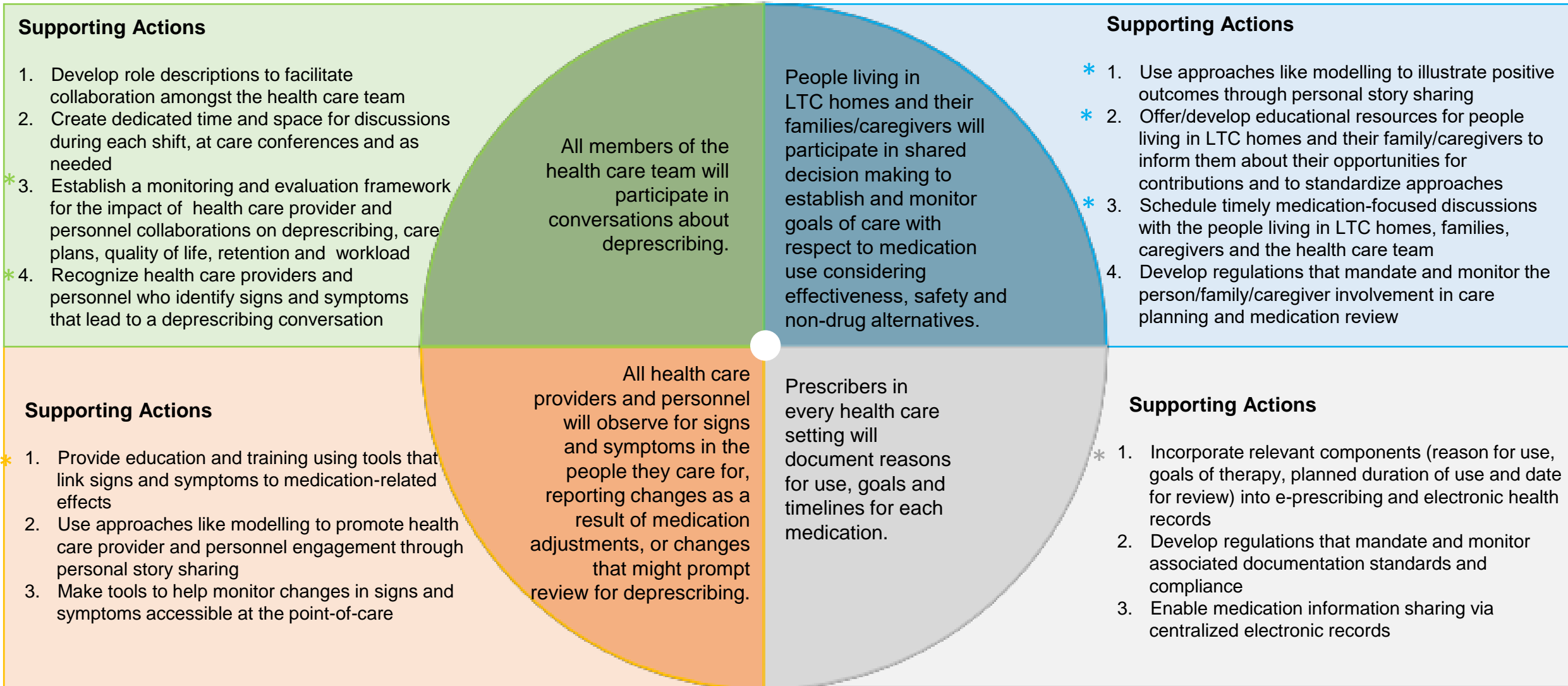


# Deprescribing in LTC Framework: a timeline



# Deprescribing in LTC:

## A sustainable component of medication management practices



\* Asterisks represent prioritized actions

Figure 1. McCarthy LM, Farrell B, Howell P et al. Explor Res Clin Soc Pharm 2022

# Open-source

- All resources on our website (<https://deprescribing.org/deprescribing-in-ltc-framework/>)
- Choose what you'd like to implement, modify if needed, and decide how to implement in your context

McCarthy LM, Farrell B, Howell P, et al. Supporting deprescribing in long-term care: an approach using stakeholder engagement, behavioral science and implementation planning. Explor Res Clin Soc Pharm 2022 <https://doi.org/10.1016/j.rcsop.2022.100168>

The screenshot shows the website for [deprescribing.org](https://deprescribing.org). The page title is "Deprescribing in Ontario Long-Term Care" with the subtitle "A framework for helping discussions about deprescribing happen". The main content includes an introductory paragraph about medication use in LTC, a section on stakeholder engagement, and a section titled "Four Target Behaviours to Promote a Culture of Deprescribing".

Older adults living in long-term care (LTC) homes often take many medications each day – sometimes this is not necessary and can even be harmful. Decisions about the best medications for residents are best made when people work together with their healthcare providers. Everyone within a LTC resident's care team can help make medication-related care safe and effective.

Working with stakeholders from across Ontario's LTC sector, our team has identified four behaviours that help deprescribing – reducing doses or stopping medications – to become a part of the culture of care. For more information about how we identified these behaviours, [click here](#).

Our stakeholders helped us create resources that can be used to help people living in LTC homes, their families, caregivers, and healthcare providers adopt these behaviours. If you are a person living in LTC, or are involved in the care of someone who is living in LTC, you can download these tools and resources and put them to use.

#### Four Target Behaviours to Promote a Culture of Deprescribing

- All members of the healthcare team will **participate in conversations about deprescribing.**
- People living in LTC homes and their **families/caregivers will participate in shared decision-making** to establish and monitor goals of care with respect to medication use considering effectiveness, safety and non-drug alternatives.
- All healthcare providers and personnel will **observe for signs and symptoms in the people they care for**, reporting changes as a result of medication adjustments, or changes that might prompt review for deprescribing.
- Prescribers in every healthcare setting will **document reasons for use, goals and timelines for each medication.**

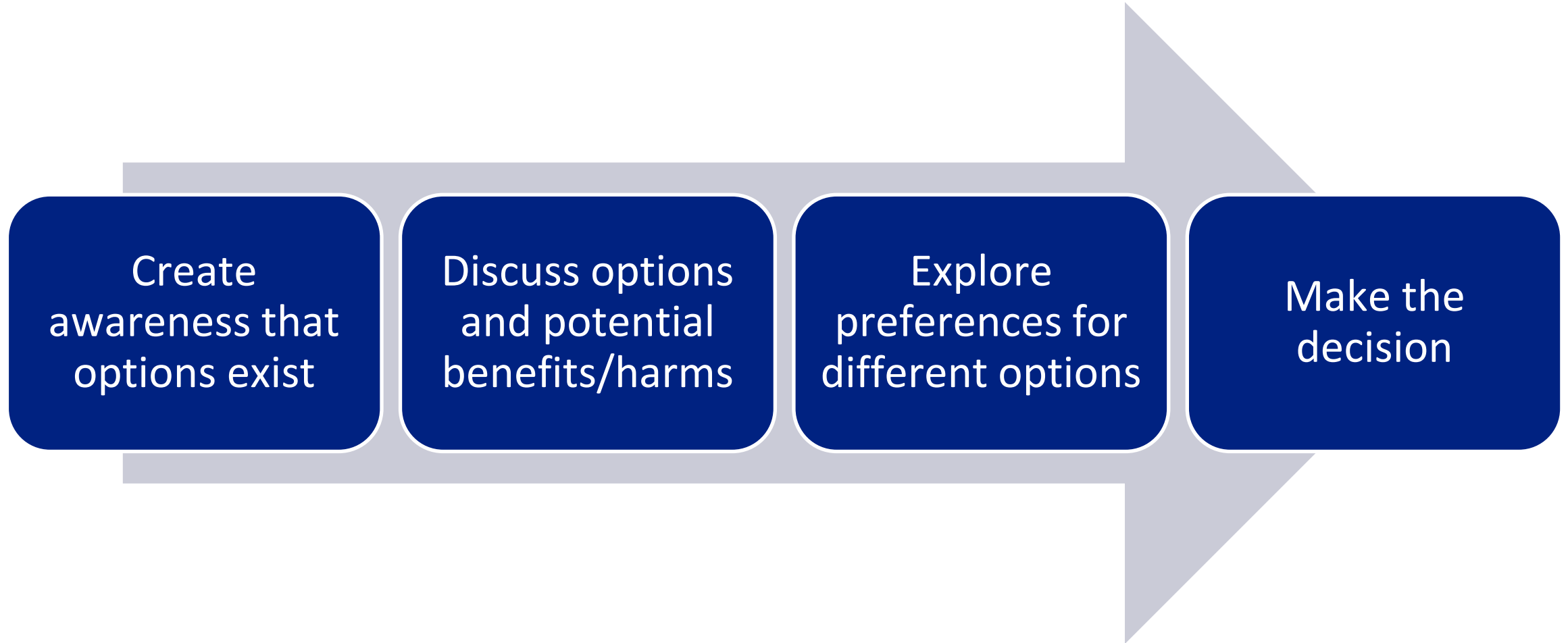
# Shared decision-making in medication management

- Make medication decisions that are a good fit for individual residents
- Healthcare providers share their knowledge of medication effectiveness and side effects
- Residents/caregivers share their goals and experience
- Then, they decide as a team what the best medication plan is for that resident



<https://www.nia.nih.gov/health/effective-communication-caring-older-adults>

# What is shared decision-making?



Jansen J et al. Too much medicine in older people? Deprescribing through shared decision making. *BMJ (Online)*, 2016;353(June). <https://doi.org/10.1136/bmj.i2893>

# Tools to help promote shared decision-making in LTC

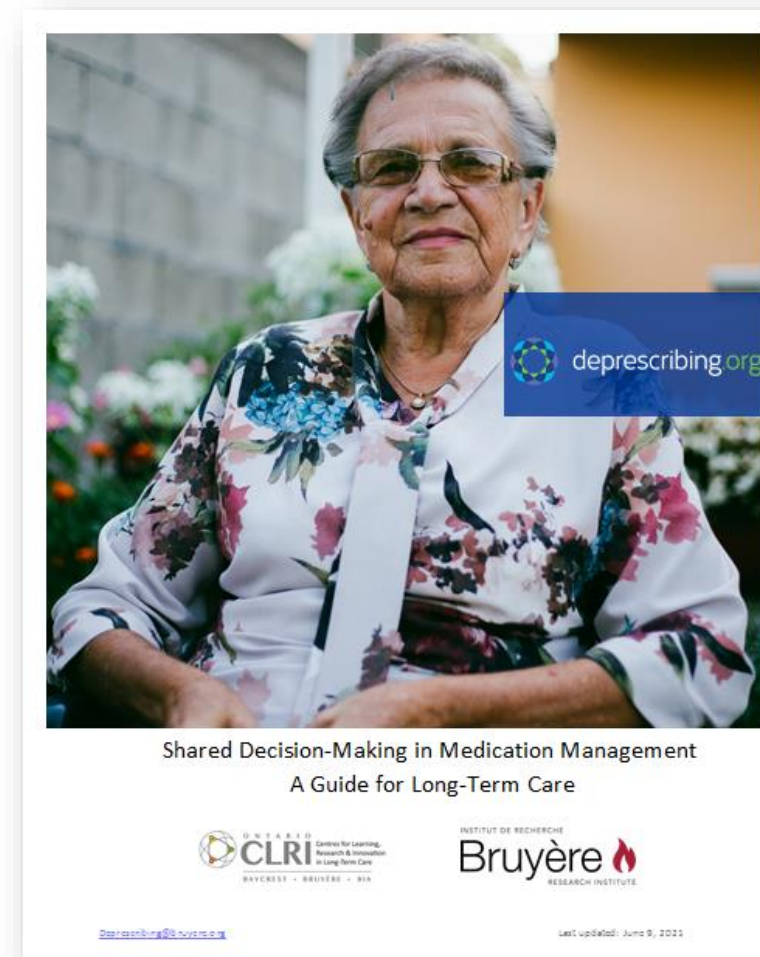
- Shared decision-making guide for residents and families
- Infographic
- Cue card
- Medication record that people can fill out and provide to LTC healthcare providers
- Videos

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

# Shared Decision-Making in Medication Management Process Guide

- Outlines process for making choices about medications
- Designed for people living in LTC homes, their families, caregivers, and healthcare providers so that **everyone works together to make decisions**

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>



# Infographic

- Summarizes key steps from the guide
- Encourages residents and their families to take part in conversations
- Serves as a reminder for healthcare providers and staff

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

## Shared Decision-Making in Medication Management.

Take part in decisions about medications. Discuss goals and preferences with your care team. Ask questions to help healthcare providers share their knowledge to make a shared decision about the best medication plan.

Get involved in decisions about medications.



**What is the 'care team'?**  
Everyone involved in helping you make informed decisions about your medication options. Includes doctors, pharmacists, nurses, caregivers and family.

### 5 KEY STEPS to participate in shared decision-making about medications.

- 1 **CONSIDER** that a decision about your medication may need to be made.
- 2 **SHARE** goals of care and preferences.
- 3 **ASK** about the benefits, risks and expected outcomes of each option and listen to what the healthcare provider says about reasonable expectations.
- 4 Feel like you **UNDERSTAND** each option, ask questions if not sure.
- 5 **HELP** make an informed decision about medication options and let your healthcare provider know if you change your mind.

For more information visit [www.deprescribing.org/deprescribing-in-ltc-framework/](http://www.deprescribing.org/deprescribing-in-ltc-framework/)

This infographic has been designed using some icons from Flaticon.com





# Cue Card

- Outlines key concepts, can be shared with residents and their families
- Contains prompting questions to help residents and their families start a conversation with their healthcare provider

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

## 5 STEPS to Participate in Shared Decision-Making About Medications.

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(Front)

## Having conversations about your medications.

Take part in decisions about your medications with your healthcare provider. Consider using the prompts or questions below to help you when having these important conversations.

- "It is important to me that..."
- "What are the different options available to me? Are there any non-drug options?"
- "What are the risks and benefits of each option?"
- "I would prefer..."



(Back)

# Fillable Medication Record

- Helps residents and their families share details about their medication history and experience
- Can be provided to residents and their families as people are moving into LTC

**My Medication Record**

Name: \_\_\_\_\_  
 Date this form was last updated: \_\_\_\_\_  
 Last updated by: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_  
 Emergency contact phone number: \_\_\_\_\_  
 Pharmacy name: \_\_\_\_\_ Pharmacy phone number: \_\_\_\_\_

This is your personal medication record. Please complete it as much as possible. You can share it with any healthcare provider or caregiver. Filling it out helps set you up for success. You can find information about your medications on the vial, from your family doctor and from your pharmacist. Sharing this record with the healthcare team ensures that you and they can make good decisions about your medications and your care. Please bring it to all meetings about your medications.

List any allergies. Be sure to describe what the reaction was for each allergy and when it happened.  
 \_\_\_\_\_

List any bothersome side effects to any medications. Be sure to describe what the side effect was for each medication and when it happened.  
 \_\_\_\_\_

**Current medications**  
 Include all prescription and over-the-counter drugs, vitamins and supplements. Don't forget to list any eye/ear drops, patches, creams, inhalers, nasal sprays or injections.

| Medication name and how I take it:<br>(dose, when and how often, how I take it<br>(e.g., by mouth, in the eyes or ears, on<br>the skin etc.) | Reason(s) for use | I started this<br>medication<br>... (date,<br>months or<br>years ago) | I was told to<br>take this<br>medication<br>for...'<br>(months,<br>years, for the<br>rest of my<br>life, don't<br>know) | Prescribed<br>by | Additional information (e.g., changes in<br>doses, side effects I watch for, did it help my<br>symptoms? Do I do any monitoring at home<br>and what are the results?) |
|--|-------------------|---|---|------------------|---|
|  |                   |   |   |                  |   |

Deprescribing@bruyere.org Last updated: March 30, 2021

(Available in fillable PDF format)

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

# Statement for Move-in and Care Conference Checklists

## Proposed statement for moving in and care conference checklists for long term care

Last updated: March 24, 2021

You will be reviewing your medications at your upcoming meeting with your care team. You can prepare for a medication review by completing this "medication record" (link, or attachment) and bringing it to the meeting. Think about your experiences and goals for each medication. This will help you and the care team made good decisions about continuing or changing your medications. More information about shared-decision making about medications can be found here (link to the process guide on our website).

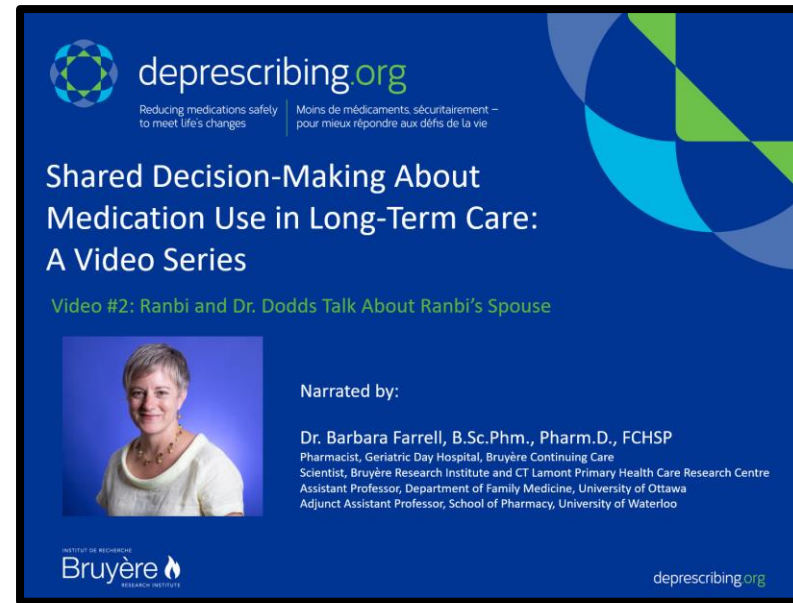
\*This is a draft document, please contact Barbara Farrell, [bfarrell@bruyere.org](mailto:bfarrell@bruyere.org) or Lisa McCarthy, [lisa.mccarthy@utoronto.ca](mailto:lisa.mccarthy@utoronto.ca) for more information\*

- Encourages residents and their families to prepare for, and engage in, conversations about their medications upon admission to the home and during care conferences
- Can be included as an item on a LTC home's regular admissions and care conference checklists

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

# Videos


- Series of videos modelling example shared decision-making conversations
- Can be shown to residents and their circle of care to show them what shared decision-making conversations look like



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### Shared Decision-Making About Medication Use in Long-Term Care: A Video Series

Video #2: Ranbi and Dr. Dodds Talk About Ranbi's Spouse

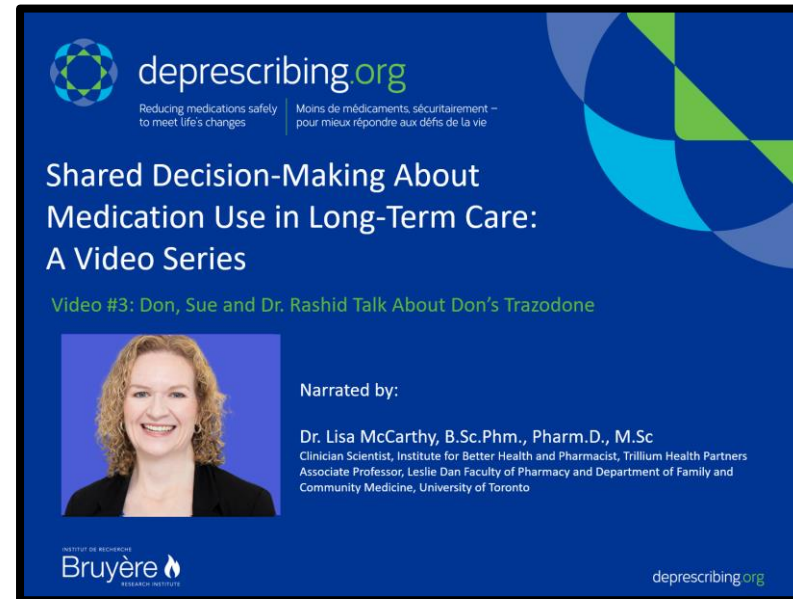


Narrated by:

Dr. Barbara Farrell, B.Sc.Pharm., Pharm.D., FCHSP  
Pharmacist, Geriatric Day Hospital, Bruyère Continuing Care  
Scientist, Bruyère Research Institute and CT Lamont Primary Health Care Research Centre  
Assistant Professor, Department of Family Medicine, University of Ottawa  
Adjunct Assistant Professor, School of Pharmacy, University of Waterloo

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### Shared Decision-Making About Medication Use in Long-Term Care: A Video Series

Video #3: Don, Sue and Dr. Rashid Talk About Don's Trazodone



Narrated by:

Dr. Lisa McCarthy, B.Sc.Pharm., Pharm.D., M.Sc  
Clinician Scientist, Institute for Better Health and Pharmacist, Trillium Health Partners  
Associate Professor, Leslie Dan Faculty of Pharmacy and Department of Family and Community Medicine, University of Toronto

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# SHINE

## Shared decision-making about medications in LTC

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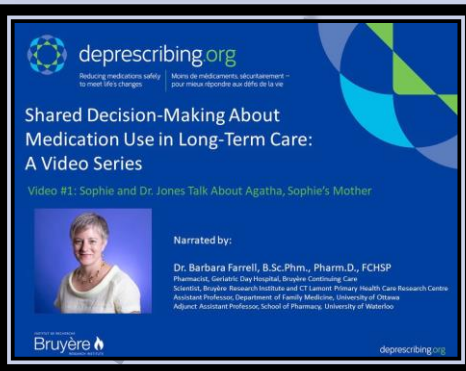
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Shared Decision-Making in Medication Management  
A Guide for Long-Term Care

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Shared Decision-Making About Medication Use in Long-Term Care:  
A Video Series

Video #1: Sophie and Dr. Jones Talk About Agatha, Sophie's Mother

Narrated by:  
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Pharmacist, Geriatric Day Hospital, Bruyère Continuing Care  
Scientist, Bruyère Research Institute and CT Lamont Primary Health Care Research Centre  
Assistant Professor, Department of Family Medicine, University of Ottawa  
Adjunct Associate Professor, School of Pharmacy, University of Waterloo

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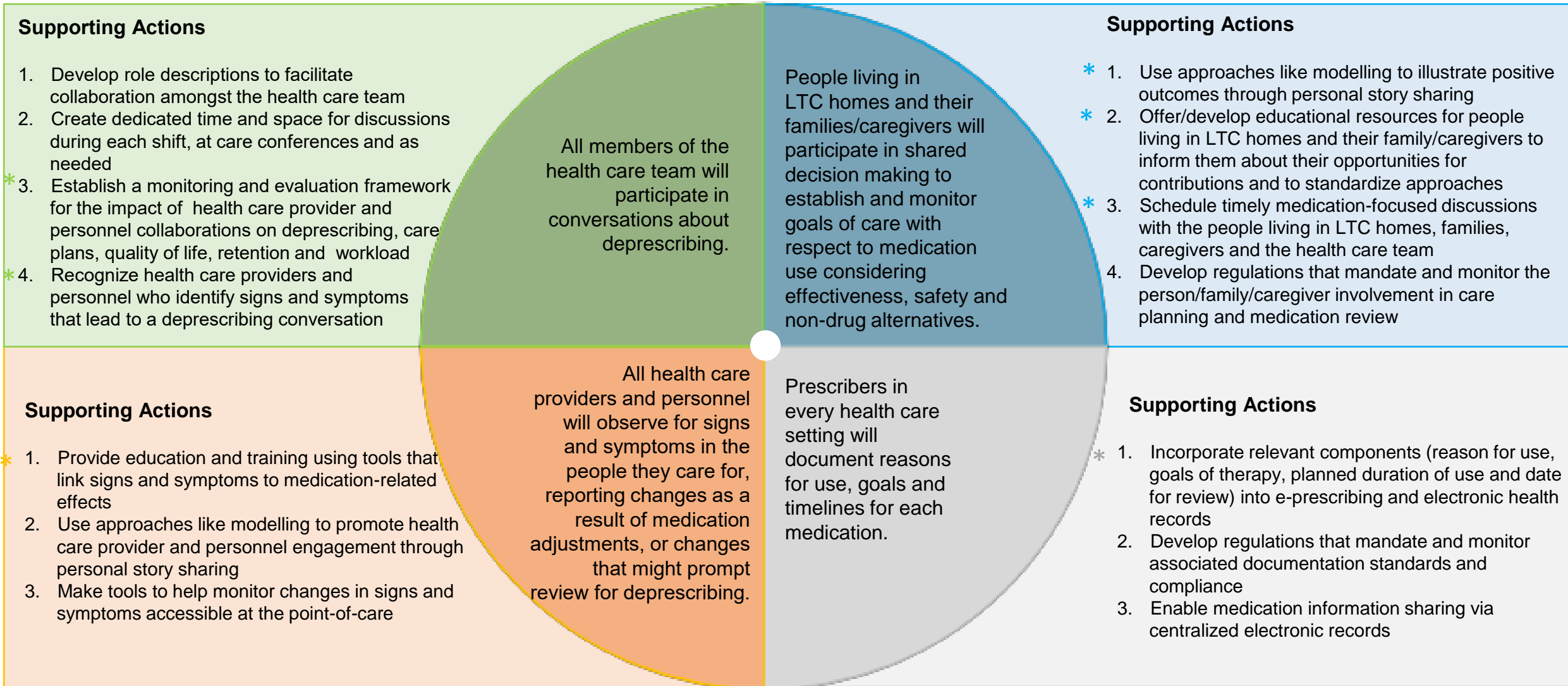


2



# Deprescribing in LTC:

## A sustainable component of medication management practices



\* Asterisks represent prioritized actions

Figure 1. McCarthy LM, Farrell B, Howell P et al. Explor Res Clin Soc Pharm 2022

# Tools to help people observe for changes that might prompt medication review and deprescribing

- A guide to help care providers identify people for medication assessment
- Infographic
- Powerpoint presentation for educating care providers

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

# Identify People for Medication Assessment - A Guide for Long-Term Care

- Provides information to help PSWs and other LTC staff identify signs and symptoms that may be related to medications
- Outlines a process people can use to 'flag' concerns to other members of the care team



Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>



# Identifying People for Medication Assessment Infographic

- Summarizes key steps from the guide in poster/handout format
- Helps those interacting with patient regularly recognize when a medication might be causing a problem
- Outlines steps for reporting

**Identifying People for Medication Assessment.**

It's likely that someone you care for takes a **medication** that may do more harm than good, causing serious risks, including **falls, fractures and hospitalizations.**

**Spot the signs and report possible medication-related side effects in the people you care for.**

**Your voice matters in making a difference.**

- ! Spot a change (new, worse or bothersome) in the people you care for.
- Report your concerns with nursing staff that may prompt a medication assessment with a pharmacist or doctor.
- ? Follow-up with nursing staff on resident outcomes.

**What is a medication assessment?**  
A careful check of a resident's medications to see if one or more of them might be causing the problem.

Confusion  
Dizziness  
Drowsiness  
Hallucinations  
Mood Changes  
Blurred Vision  
Dry Mouth  
Difficulty Swallowing  
Changes in Appetite  
Constipation  
Diarrhea  
Nausea  
Urinary Symptoms (eg. frequency or retention)  
Bleeding  
Bruising  
Skin Changes  
Swelling

Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

# Identifying People for Medication Assessment Powerpoint Presentation

- 30 minute interactive presentation about people who might benefit from medication assessment and how people can be involved
  - Created for different audiences
- Can be used for lunch n learns, during huddles



Available at: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>

**Interactive portion!**

# To frame the discussion, imagine this:

## Meet Rita

- 85 yr old resident
- Enjoys the common area
- You've been involved in her care for several months
- Over the past week, you have noticed swelling in her feet (hard to get shoes on or walk)
- She is also more sleepy



# When you think about this resident....

Is it **feasible** for caregivers and staff to identify when a new sign or symptom might prompt the need for medication assessment?

- Would the tools provided be **useful** to facilitate this?
- How could these tools **best be implemented for maximum uptake**?

Is it **feasible** for this resident and/or her caregiver to participate in a shared decision-making conversation with a healthcare provider about options should a medication be identified as a potential cause of one of these symptoms?

- Would the tools provided be **useful** to facilitate this?
- How could these tools **best be implemented for maximum uptake**?

# Roundtable and group discussion

1. Review the **behaviour and tools** at your table, THEN **discuss**:
  - a. Is the behaviour **feasible**?
  - b. How **useful** are the tools for supporting the behaviour?
  - c. What ways can you think of for how these tools could be **implemented in your setting**?
  - d. What could be done to **maximize awareness and use** of these tools **across Ontario** LTC homes?
  - e. What ideas do you have for **determining the success** of the approach in d)?
2. **Highlight** important concepts from above for the large group.
3. Develop an **action plan for applying tools and processes in your own practice your home.**

# Our next steps

## Short-term

- Interviews with residents and caregivers to collect information about the tools and usability
- Review documentation from workshop and share with Stakeholder Advisory Committee

## Longer-term

- Identify additional funding for further implementation of currently available resources and evaluation of their impact on adoption of the target behaviours
- Develop approaches/tools that will help people adopt the other behaviours

Interested in getting more involved? Contact us at [deprescribing@bruyere.org](mailto:deprescribing@bruyere.org)



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Please hand-in your  
discussion worksheet or  
leave it on the table.  
Thank you!



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