

# LESS IS MORE – DEPRESCRIBING IN THE CARDIAC SURGERY DEPARTMENT

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## Background and importance

Patients undergoing cardiac surgery frequently present with multiple comorbidities. Given their average age of 66 years and the fact that they are prescribed numerous concomitant medications, they are consequently at heightened risk of adverse drug reactions.

## Aim and objectives

1. to enhance the safety of pharmacotherapy by resolving drug-related problems
2. to identify the most frequent and effective interventions undertaken by clinical pharmacists in the Cardiac Surgery Department

## Materials and methods

Medication reviews		
two clinical pharmacists	six-month period (1.03.2025 - 31.08.2025)	322 patients



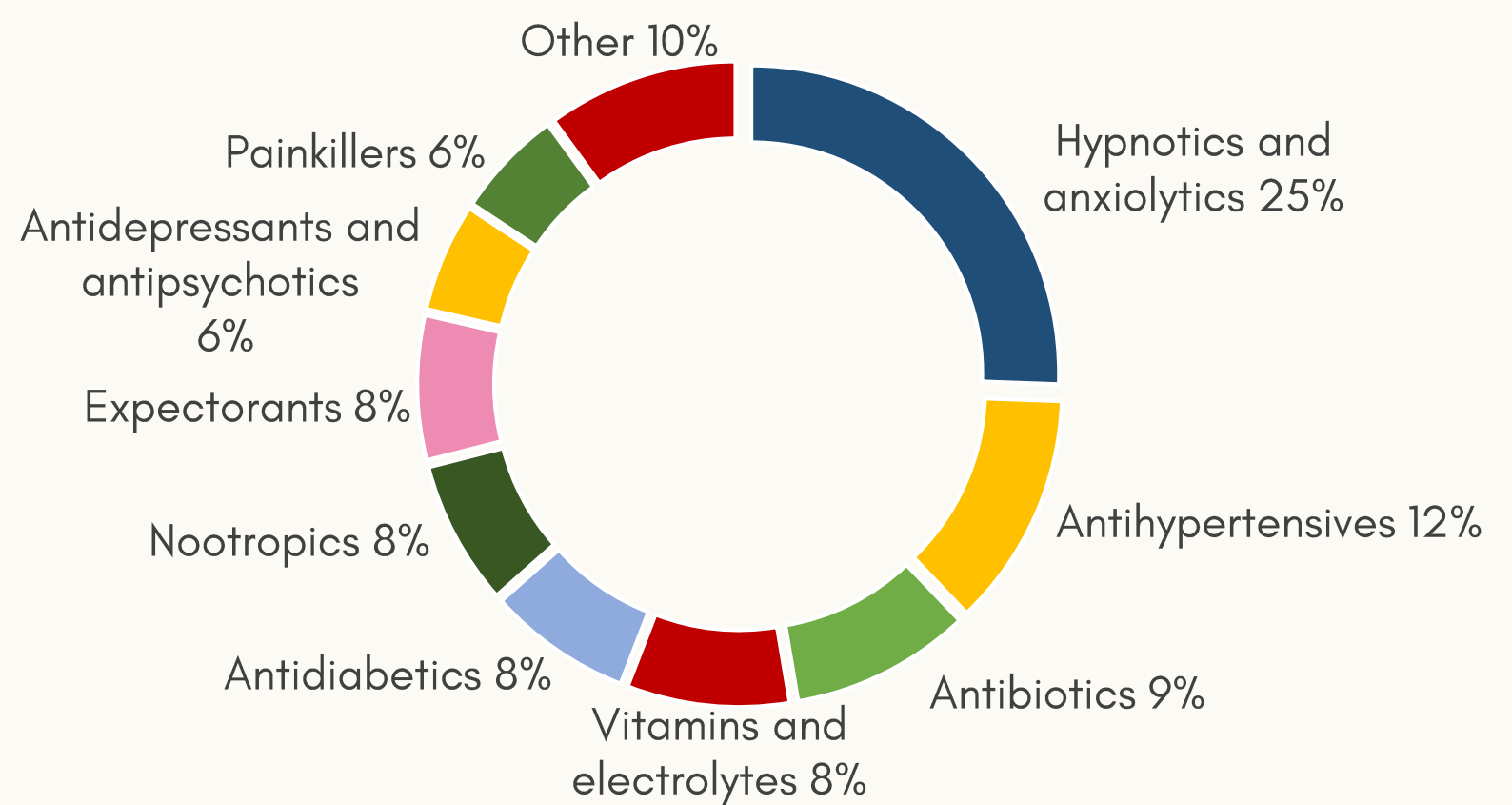
12 training sessions to the cardiac surgery team

## Results

A total of 268 interventions were made for 113 patients. Deprescribing was one of the most effective interventions, accounting for 40% of all interventions (106 in total) and resulting in a reduced medication list for 66 patients. Additionally, 11% of all interventions involved medication substitution (i.e. deprescribing and prescribing a more suitable medication).

27% (n=29) of deprescribing interventions were related to duplication of therapeutic groups or active ingredients, or to the use of unnecessary drugs for the same indication.

Deprescribed medication groups:



88% (n=93) of deprescribing interventions were accepted and implemented.

88% (n=7) of the cardiac surgery team members assessed the influence of clinical pharmacists on improving the quality of pharmacotherapy as very positive or positive.

## Conclusions and relevance

- ➔ Integrating clinical pharmacists into the healthcare team can significantly improve pharmacotherapy for cardiac surgery patients, particularly by supporting effective deprescribing.
- ➔ The findings may be applied in other surgical departments to help improve the safety and effectiveness of pharmacotherapy.

