

PHARMACIST LED DEPRESCRIBING AND FOLLOW-UP IN A SUBACUTE MULTIDISCIPLINARY OUTPATIENT CLINIC: A PILOT RANDOMISED CONTROLLED TRIAL

WHAT WAS DONE

- A feasibility RCT study of a pharmacist-led deprescribing intervention with 30 and 365+ day follow-up.
- It was conducted in the Copenhagen multidisciplinary subacute unit (MOC-SCU) with 72 multimorbid patients.

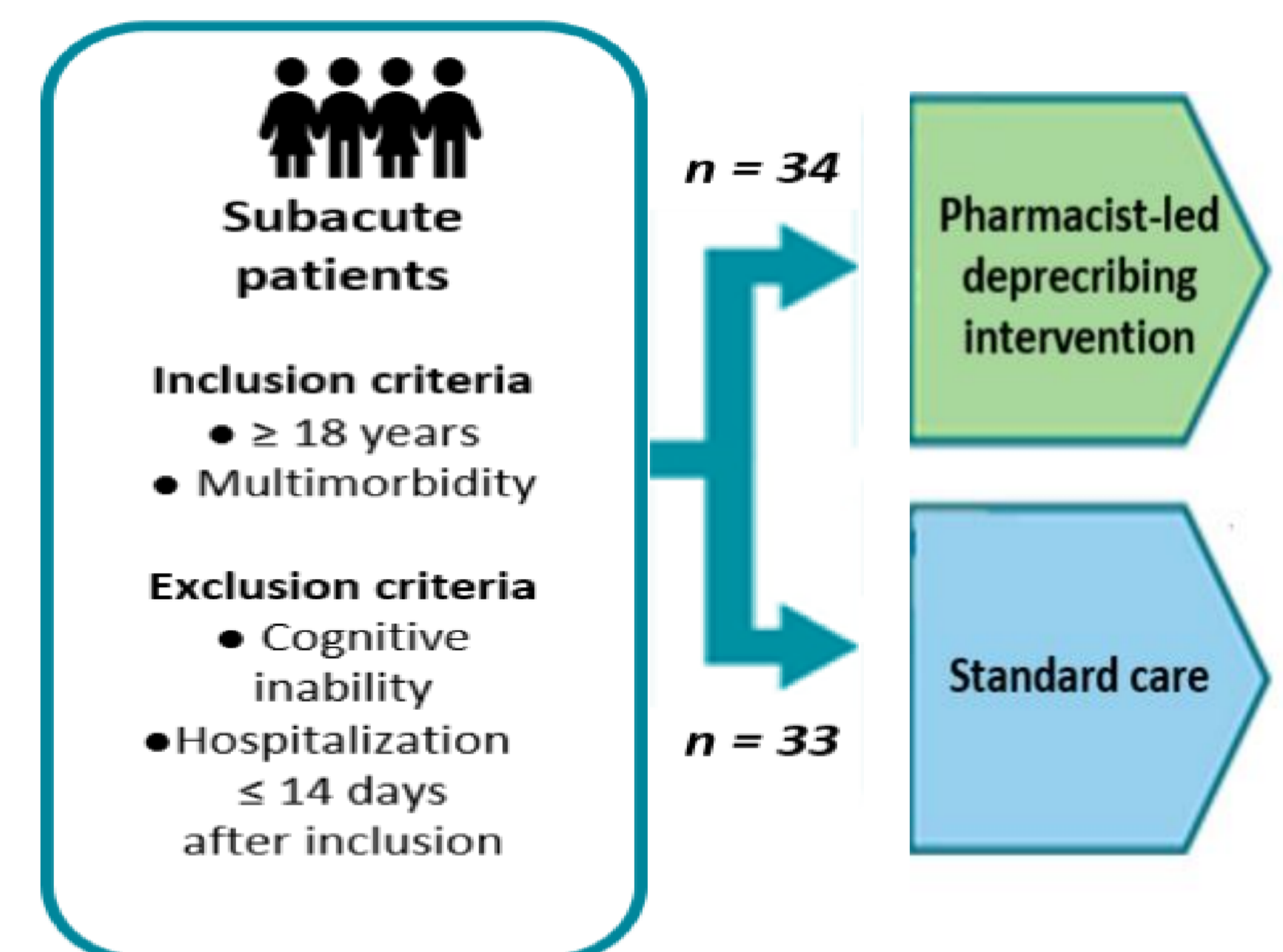
WHY WAS IT DONE

- The number of patients with multimorbidity in the Danish population is growing and accounts for approximately 7%.
- Multimorbid patients are at particularly high risk for adverse drug reactions (ADRs).
- 85% of multimorbid patients are exposed to polypharmacy.
- 30-85% of older patients with multimorbidity are treated with ≥ 1 potentially inappropriate medication (PIM).

HOW IT WAS DONE

The clinical pharmacist:

- Obtained the most accurately possible medication history.
- Completed a pharmacist-led medication review focused on deprescribing.
- Completed telephone follow-up relating to deprescribed medications at 7 days post interventions.
- Collected telephone data at 30 and 365+ days post inclusion.



WHAT WAS ACHIEVED

Parameter	Control Group (n = 33)	Intervention Group (n = 34)	P value	Total (n = 67)
Sex (men), n (%)	18 (55)	20 (59)	0.35	38 (57)
Age (years), mean (SD)	73.3 (10.3)	71.8 (14.2)	0.91	72.5 (12.3)
Number of drugs, mean (SD)	10.5 (4.0)	9.3 (3.2)	0.18	9.9 (3.7)
Regular drugs, mean (SD)	8.8 (3.4)	7.3 (3.1)	0.063	8.0 (3.3)
Pro Re Nata drugs, mean (SD)	1.9 (1.4)	2.0 (1.5)	0.78	1.9 (1.5)
eGFR (mL/min/1.73m ²), mean (SD)	66.2 (18.5)	68.9 (18.4)	0.55	67.6 (18.4)
Comorbidities, mean (SD)	4.5 (1.4)	4.3 (1.4)	0.56	4.4 (1.4)

Table 1. Patients' characteristics.

- 67 out of 72 patients (93%) completed the study (Table 1 displays their characteristics)
- On average there were 1.2 deprescribed medications per patient in the intervention group vs 0.2 in control the group (sustained at 30 days)
- Analgesics and cardiovascular medications accounted for $\geq 50\%$ of the deprescribed medications
- 97% of the deprescribed medications in the intervention group were sustained 365+ days after inclusion in the intervention group, vs. 100% in the control group

	Control group (n = 33)	Intervention group (n = 34)	P value
Number of patients ≥ 1 medication deprescribed, n (%)	4 (12)	19 (56)	< 0.001
Number of patients ≥ 2 medication deprescribed, n (%)	1 (3)	9 (26)	0.007
Number of patients ≥ 3 medication deprescribed, n (%)	0 (0)	4 (12)	0.042

Table 2. Number of patients with sustained deprescribing at 30 days post intervention.

What is next

- Pharmacists in Danish ambulatory settings for medication reviews focusing on deprescribing and follow-up to multimorbid patient.
- A Multicenter RCT-study about deprescribing to multimorbid patients with mainly cardiovascular diseases.