

# MEDICATION DEPRESCRIBING AND FOLLOW-UP: A SURVEY AMONG SUBACUTE MULTIMORBID PATIENTS IN A MULTIDISCIPLINARY OUTPATIENT CLINIC

## WHAT WAS DONE

A COHORT STUDY OF POLY-MEDICATED MULTIMORBID PATIENTS IN A MULTIDISCIPLINARY OUTPATIENT CLINIC (MOC-SCU).

This study Investigated patients' attitudes toward deprescribing.

## WHY WAS IT DONE

- Multimorbid patients in the Danish population are increasing and account for approximately 7%.
- Multimorbidity is associated with polypharmacy and high risk for adverse drug reactions (ADRs).
- 85% of multimorbid patients are exposed to polypharmacy.
- 30-85% of older multimorbid patients are treated with  $\geq 1$  potentially inappropriate medication (PIM).

## HOW WAS IT DONE

### Inclusion criteria (Prior to medication reconciliation):

- $\geq 18$  years, multimorbidity, Understand & speak fluent Danish.
- Cognitively able to participate in the intervention

### PATD

#### (Patients Attitudes Toward Deprescribing)

- Validated Questionnaire

## WHAT WAS ACHIEVED

TABLE 1 Baseline characteristics of cohort population.

Parameter	Total (n = 72)
Sex (men), n (%)	38 (57)
Age (y), mean (SD)	72.5 (12.3)
Number of drugs, mean (SD)	9.9 (3.7)
- Long term drugs, mean (SD)	8.0 (3.3)
- P.R.N., mean (SD)	1.9 (1.5)
Comorbidities, mean (SD)	4.4 (1.4)
Multimorbidity (two or more chronic diseases)	72 (100)
Cardiovascular diseases	60 (83.3)
Pain diseases	50 (69.4)
Mental diseases	22 (30.6)
Respiratory diseases	20 (27.8)
Type 2-diabetes	16 (22.2)
eGFR	65.8 (17.7)

### Summary of patients' response to PATD items.

- 96% (50 of 72) were willing to stop a medication if the deprescribing was proposed from their physician.
- 83% (60 of 72) preferred face-to-face deprescribing with follow up consultations.
- 38% (27 of 72) had experience with stopping taking medications
- 18% (13 of 72) of patients where a medication was deprescribed, was able to proceed without restarting the deprescribed medication.
- 69% (50 of 72) considered themselves to be taking a high number of medications.
- 67% (48 of 72) had a desire for deprescribing one or several medications.
- 50% (36 of 72) says yes to wanting less medications when presented with visual aids to represent the number of medications.
- 46% (33 of 72) believed, that one or more of their medications gave them side effects.
- 33% (24 of 72) felt they took at least one regular medication that they no longer needed.

## What next?

- The results highlight a great potential of applying a patient-centered approach to deprescribing of medication among poly-medicated multimorbid patients in multidisciplinary outpatient clinics.
- A larger cohort study with different settings, where the deprescribing impact on quality of life and clinical health measures are also measured.