

Deprescription Initiative for Anti-Dementia Drugs in a Sociosanitary Center



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WHAT WAS DONE?

A project to deprescribe drugs used for dementia in patients of a sociosanitary center (SSC) affiliated with our hospital. Drugs currently used in Spain are: donepezil, rivastigmine, and galantamine for mild to moderate stages, and memantine for moderate to severe stages of dementia.

WHY WAS IT DONE?

According to Spanish guidelines, deprescription would be recommended:

- In the advanced or terminal phase of the disease with a global loss of cognitive and/or functional abilities
- In patients who do not experience any benefit

In the presence of intolerable adverse effects or interactions with concurrent treatments. The dose will be progressively reduced every 4 weeks.

HOW WAS IT DONE?

Pharmacists conducted a research among all residents of the SSC who were prescribed anti-dementia drugs. Once eligible patients were identified, medical team was notified through the electronic prescription programme.

WHAT HAS BEEN ACHIEVED?

According to previously detailed criteria, there were a total of 4 eligible patients (one was on rivastigmine patch treatment and the other three were on oral memantine).

FIRST MONTH:

- Reversed memantine deprescription due to aggression issues
- One patient passed away
- Two patients remain with medication

AFTER 10 MONTHS:

- One donepezil deprescription
- Two memantine deprescriptions
- One patient in rivastigmine dose reduction phase

WHAT NEXT?

Our goal is to achieve the appropriate prescription of anti-dementia drugs, in order to maximize benefits for patients while minimizing adverse effects and rationalizing public resources.