

# Tools and Strategies for Successful Deprescribing

Deprescribing is a complex and patient-specific process that requires a high-caliber interprofessional healthcare team to be effective.

Join us for this highly interactive program designed to enhance your skills to deprescribe medications.



This program is designed for interprofessional providers involved in the prescribing and deprescribing process, including physicians, pharmacists, physician assistants and nurse practitioners.

**Find out more & register at**  
<https://tinyurl.com/deprescribing2018>

## Registration

### Register Online

[tinyurl.com/deprescribing2018](https://tinyurl.com/deprescribing2018)

**Alumni** \$100

**Early Registration - ends March 1** \$125

**Regular Registration** \$150

## Location

Hilton Short Pump  
12042 West Broad Street  
Richmond, VA 23233



**VCU** School of Pharmacy



**VCU** School of Pharmacy

in collaboration with  
**VCU Health Continuing Medical Education**  
Box 980048  
Richmond, Virginia 23298

**Tools and Strategies for  
Successful Deprescribing**  
April 26, 2018 | Hilton Short Pump

*A pre-conference symposium in conjunction with the  
Virginia Geriatric Society Annual Meeting*

# A pre-conference symposium in conjunction with the Virginia Geriatric Society Annual Meeting

## Schedule | April 26, 2018

### Session I | Overview of Deprescribing

9:00 - 9:45 am

Kristin Zimmerman, PharmD, CGP, BCACP  
Virginia Commonwealth University, School of Pharmacy

#### Objectives

1. Describe the impact of polypharmacy and overdiagnosis on healthcare outcomes.
2. Recognize interprofessional roles in the deprescribing process.
3. Summarize key deprescribing trials and their outcomes

### Session II | Potentially Inappropriate Medications

9:45 - 10:30 am

Krista Larson Donohoe, Pharm.D., BCPS, CGP  
Virginia Commonwealth University, School of Pharmacy

*Participants receive a patient case where they must identify PIMS for deprescribing.*

#### Objectives

1. Apply tools to identify potentially inappropriate medications (PIMs).
2. Analyze a patient medication list to identify PIMs.

Break | 10:30 - 10:45 am

### Session III | Prioritization

10:45 - 11:30 am

Krista Larson Donohoe, Pharm.D., BCPS, CGP  
Virginia Commonwealth University, School of Pharmacy

*Participants will role play in teams to elicit information necessary to prioritize medications for patient case.*

#### Objectives

1. Analyze a patient medication list to prioritize medications for deprescribing.
2. Elicit patient-specific information necessary to prioritize medications.

### Session IV | Implementation

11:30 am - 12:30 pm

Kristin Zimmerman, PharmD, CGP, BCACP  
Virginia Commonwealth University, School of Pharmacy

*Participants will follow the case to design a care plan for deprescribing a given medication or groups of medications that are different than those discussed in the covered content and will include medications without existing algorithms. Groups will share their findings.*

#### Objectives

1. Utilize existing algorithms and decision-support tools when they exist.
2. Construct a deprescribing plan for potentially inappropriate medications where explicit guidance does not exist.
3. Assess monitoring parameters to alter the deprescribing process when appropriate.

Lunch and Networking | 12:30 - 1:15 pm

### Session V | Patient-Centered Approach

1:15 - 2:15 pm

Amy M Linsky, MD, MSc.  
VA Boston Healthcare System  
Boston University School of Medicine

*Participants will role play scenarios related to the case to employ MI techniques.*

#### Objectives

1. Identify patient-level barriers to deprescribing.
2. Assess patient attitudes and experiences that predict medication discontinuation.
3. Apply basic motivational interviewing (MI) techniques and strategies for patient communication.

Break | 2:15 - 2:30 pm

### Session VI | Successful Collaboration

2:30 - 3:30 pm

Sarah E. Hobgood, MD  
Virginia Commonwealth University, School of Medicine  
Lana Sargent, Ph.D., RN, FNP-C, GNP-BC  
Virginia Commonwealth University, School of Nursing

*Think and Share | Given scenarios that are different than the cases above (different groups get same scenario and compare and contrast those and their responses to them); discussion-based; examples include: medication restarted by PCP-what could have been done differently.*

#### Objectives

1. Utilize communication techniques to engage with interprofessional team members in the deprescribing process.
2. Identify care-coordination strategies to enhance successful deprescribing.
3. Apply techniques to address system and patient-level barriers to deprescribing.

#### Pre-Workshop Readings

Scott IA, Hilmer SN, Reeve E, Potter K, Le Couteur D, Rigby D, Gnjjidic D, Del Mar CB, Roughead EE, Page A, Jansen J, Martin JH. Reducing inappropriate polypharmacy: the process of deprescribing. *JAMA Intern Med.* 2015;175:827-34.

<https://tinyurl.com/ashpsample>

Anderson K, Stowasser D, Freeman C, et al. Prescriber barriers and enablers to minimizing potentially inappropriate medications in adults: a systematic review and thematic synthesis. *BMJ Open* 2014;4:e006544. doi:10.113