



Winchester
District
Memorial
Hospital

Introducing WDMH's Deprescribing Program

Deprescribing is the process of withdrawal, substitution or dose reduction of medications, with the goal of managing avoidable polypharmacy and improving outcomes. Avoidable polypharmacy in older persons happens over time and is associated with increased risks of falls, adverse drug events, hospital admissions, and death. Given these potential risks, it is imperative to find ways to manage the care of such patients.

Benefits of Deprescribing

- Patient-centred
- Improves quality of life for patients
- Safe and empowering for patients
- Comprehensive process by multidisciplinary team goes beyond med review
- Evidence-based
- Consistent monitoring ensures the medication taper or discontinuation is both safe and effective

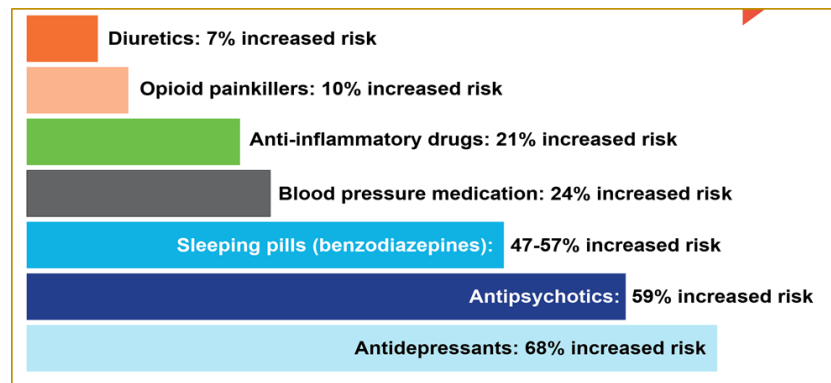
OUR PILOT PROJECT

WDMH completed a deprescribing pilot project involving 11 patients, each taking 10 or more medications.

THE RESULTS:

- 46 meds were discontinued
- 11 med doses were reduced
- 8 of the 46 medications were switched to a safer alternative
- An observed 59% reduction in the number of ER visits and hospitalizations post-deprescribing

If you have elderly patients with multiple comorbidities who are taking risky medications, we can help. For example, this table illustrates which medications increase the risk of falls.



For more info or
to make a referral,
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HOW THE DEPRESCRIBING PROGRAM WORKS

Patients are admitted to WDMH for a multidisciplinary assessment. The WDMH team connects with each patient's family physician, specialists and pharmacies to review the medications and health status.

From there, medication changes are made, patients receive restorative care and are monitored carefully. Other supports can also be put in place.

The patient is then discharged and the entire care team receives a full report outlining the new medication plan.