

DEPRESCRIBING: ACHIEVING A COLLABORATIVE APPROACH

Workshop Info

Day 1: 2 March 2019 (Sat)
Time: 9:00 am – 5:00 pm

Day 2: 3 March 2019 (Sun)
Time: 9:00 am – 5:00 pm

Venue: Room 01-06, e2i Jurong#
Devan Nair Institute for
Employment and Employability, 80
Jurong East St 21 Level 1 mezzanine
(opposite cafe), Singapore 609607

Target Audience

Pharmacists[^], and other healthcare professionals who are interested in understanding about deprescribing programs

[^] 4 Category 1B pharmacist
CPE points will be awarded for
each day of attendance

Cost Fee*

Participants may choose to register for the first day only, or for the full 2-days workshop:

Day 1 only: \$450 (excludes GST) >>

>> Special rate of \$400 for the first 30 to sign up for Day 1

OR

Day 1 & 2: \$850 (excludes GST)*

E2i Training Grant Available

*e2i training grant of \$240 subsidy is available for participants who attend the full 2-days workshop

\$610 for full 2-days workshop with e2i subsidy
(excludes GST)

* e2i Grant Criteria

- 1) Singaporean or PR
- 2) 100% full attendance for 2 days
- 3) Participants' working organizations must not have received any other funding from government

Registration

Email: wei_hf_yeo@nuhs.edu.sg
Closing date: 22 February 2019

WORKSHOP DESCRIPTION

Multimorbidity is associated with polypharmacy which poses a significant burden to patients and the healthcare system. Deprescribing to reduce inappropriate polypharmacy must be done collaboratively with patients to improve their overall quality of life yet maintain control of their chronic conditions. This workshop is dedicated to provide practical clinical advice as well as for those focused on developing, implementing and evaluating deprescribing programs at different levels of the healthcare system.

The first day of the workshop will involve primarily didactic sessions and some group work aimed at establishing baseline knowledge on deprescribing and reviewing the current tools and deprescribing evidence.

The second day of the workshop focuses on interactive workshop-style group discussions with opportunities to generate ideas for establishing deprescribing programs in current practice. Participants will brainstorm ideas for overcoming barriers to implementation of deprescribing initiatives, strategies for sustaining deprescribing programs in the long-term and evaluating the effect of deprescribing programs.

DAY 1 LEARNING OBJECTIVES (Didactic Lecture style)

- Discuss the scope and impact of polypharmacy
- Explain the concept and process of rational deprescribing
- Summarize potential benefits and harms of deprescribing
- Use screening tools, guidelines and other tools to facilitate deprescribing for individual patients
- Discuss implementation strategies for deprescribing initiatives

DAY 2 LEARNING OBJECTIVES (Interactive Discussion style)

- Apply a shared decision-making approach to deprescribing
- Discuss common pitfalls and challenges to deprescribing
- Identify factors and conditions critical to the success of a sustainable deprescribing program
- Construct strategies to implement a successful and sustainable deprescribing program
- Design a national deprescribing program
- Develop efficient evaluation matrices for deprescribing and other pharmacy related programs
- Propose a program evaluation that incorporates a plan for continuous improvement

ABOUT THE TRAINERS

Barbara Farrell BScPhm, PharmD, FCSHP

Dr. Barbara Farrell is a Scientist with the Bruyère Research Institute, Assistant Professor with the Department of Family Medicine, University of Ottawa and Adjunct Assistant Professor with the School of Pharmacy, University of Waterloo. She is a clinical pharmacist in the Bruyère Geriatric Day Hospital and leads the Deprescribing Guidelines Research team at the Bruyère Research Institute. In 2011, she received the Canadian Pharmacist of the Year award from the Canadian Pharmacists Association and in 2018, the Exceptional Achievement in Research and Academia award from the Ontario Pharmacists Association. She is a founding member of the Canadian Deprescribing Network.



Wade Thompson BScPhm, PharmD, MSc

Wade Thompson is a pharmacist and researcher, currently doing his PhD at the University of Southern Denmark. His MSc research focused on evaluating tools aimed at reducing inappropriate proton pump inhibitor (PPI) use and promoting shared decision-making surrounding PPI deprescribing. During his MSc, he was also involved in developing deprescribing guidelines, primarily in conducting systematic reviews and meta-analyses that informed the guidelines. Wade's current research focuses on shared decision-making and patient-prescriber discussions around deprescribing, as well as on how statins are used in the oldest old. He hopes to develop and evaluate practical methods for clinicians and older persons to make shared decisions around continuation or discontinuation of medications.

