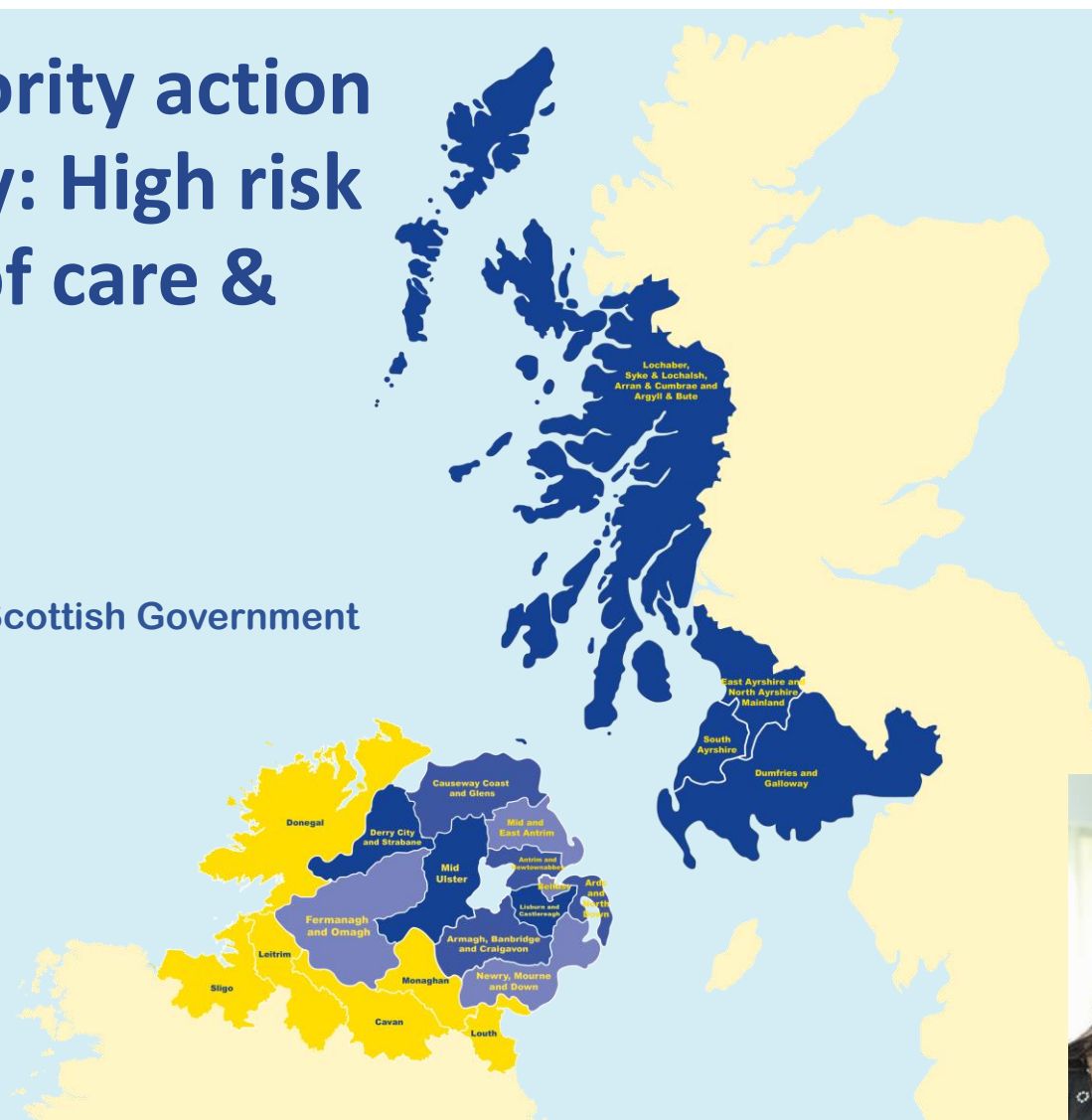


# Implementing the key priority action areas in medication safety: High risk situations, transitions of care & polypharmacy

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Project Coordinator SIMPATHY, iSIMPATHY



# Urgency: Public health challenge: @initiation, transitions & review

50% OF HOSPITAL ADMISSIONS  
DUE TO ADVERSE DRUG  
EVENTS ARE PREVENTABLE

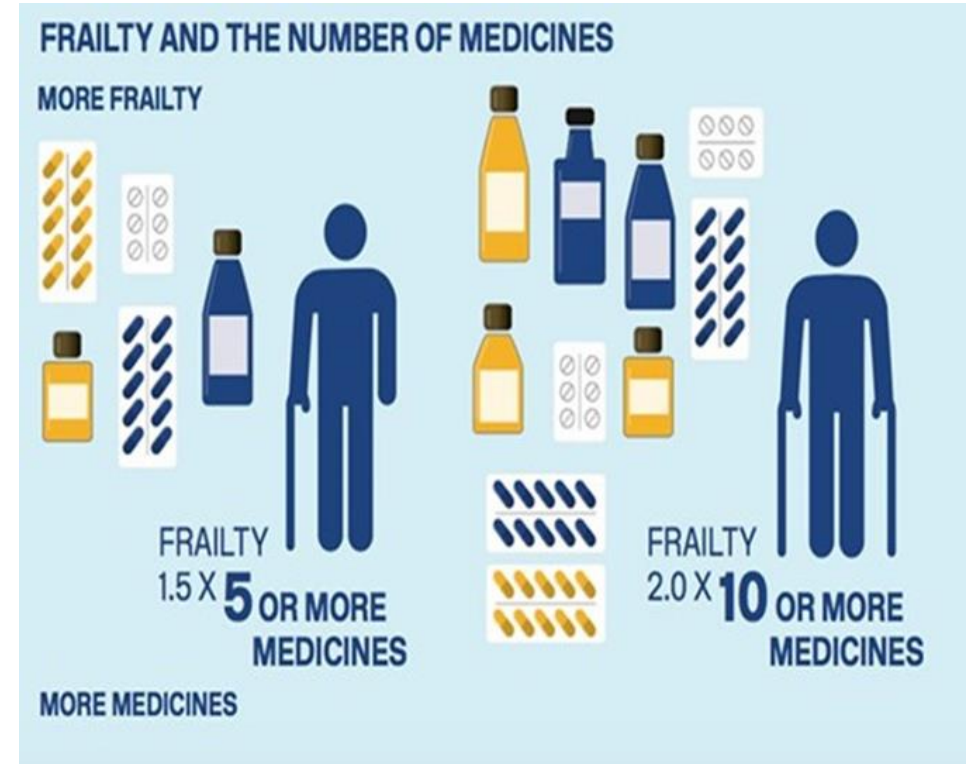
70% OF  
THESE ARE



IN PATIENTS  
OVER **65** YEARS  
OF AGE

AND

ON **5** OR MORE  
MEDICINES



# What do we know about successful transformational change?

## *Kotter*



## *Simmons*

1. Who is primary customer?
2. How core values prioritise, employees and patients
3. What Critical performance variables are being tracked?
4. The strategic boundaries that have been set
5. How is creative tension generated
6. Commitment of employees to help each other
7. Strategic uncertainties that could undermine the project

- Where are we now?
  - The present situation



- Where are we going?
  - The “How we want to be” situation
  - What is our vision?



- How do we get there?
  - What is the plan for Change?





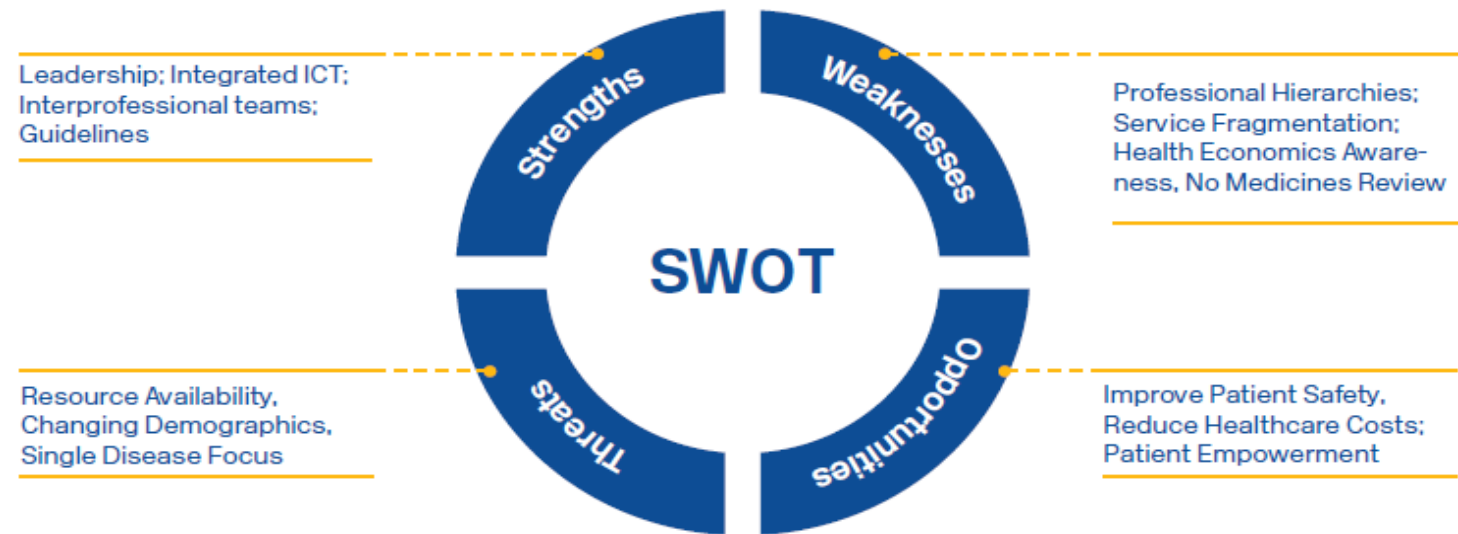
# Are the Essentials of Change Present?

- Sense of urgency
  - Do we have it?
  - Does the problem need it?
- Coalition of like-minded people?
  - This starts with us!
  - And then expands
  - YOU sows the seeds

## Establishing a Sense of Urgency

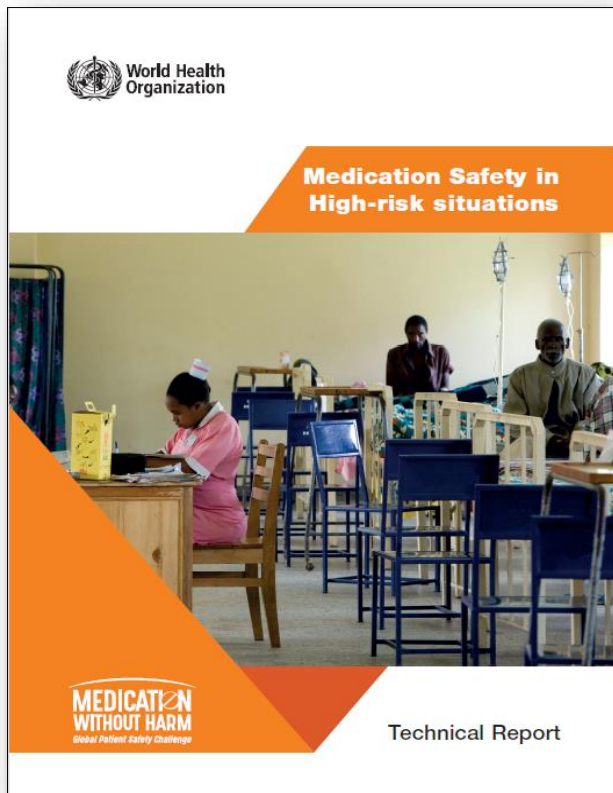


# ANALYSE YOUR INFRASTRUCTURE FOR POLYPHARMACY MANAGEMENT





# High-risk Situations



- Some high-risk (high-alert) **medications** are associated with significant harm when used in error (e.g. **APINCH**)

A – anti-infective

P – Potassium & other electrolytes

I – Insulin

N – Narcotics (opioids) & other sedatives

C – Chemotherapeutic agents

H – Heparin & anticoagulants

Other high-risk medications identified by local health facilities

- High risk meds and situations in **primary care**:

Mair A, Wilson M, Dreischulte, T. **Addressing the Challenge of Polypharmacy** Annu.Rev.Pharmacol.Toxicol.2020.60:33.1–33.21

<https://www.annualreviews.org/doi/abs/10.1146/annurev-pharmtox-010919-023508>

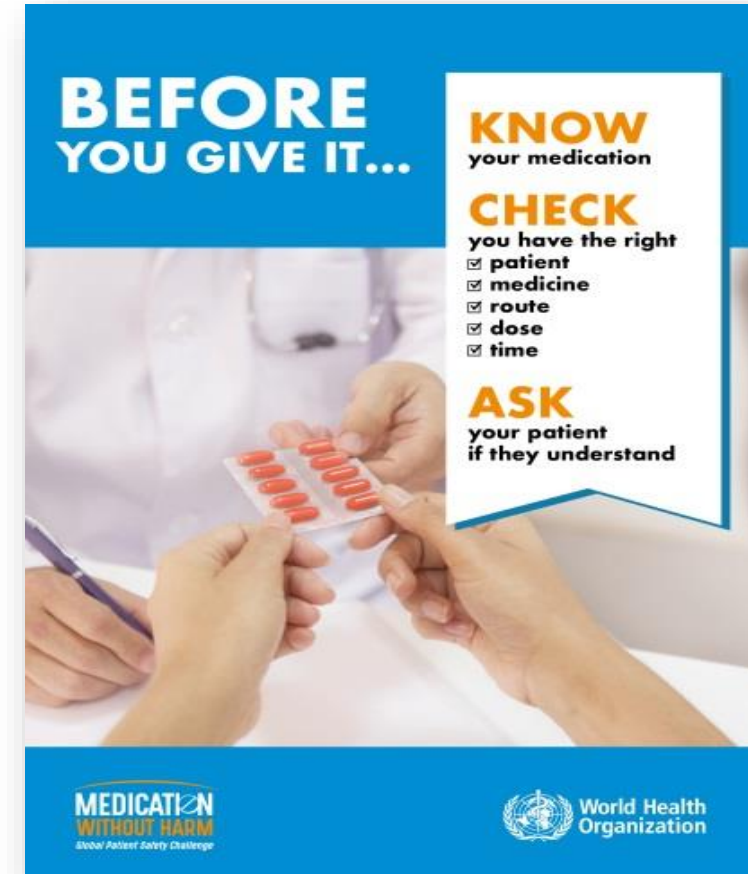


# Highlights: High-risk Situations

System factors

Strategies to reduce medication errors

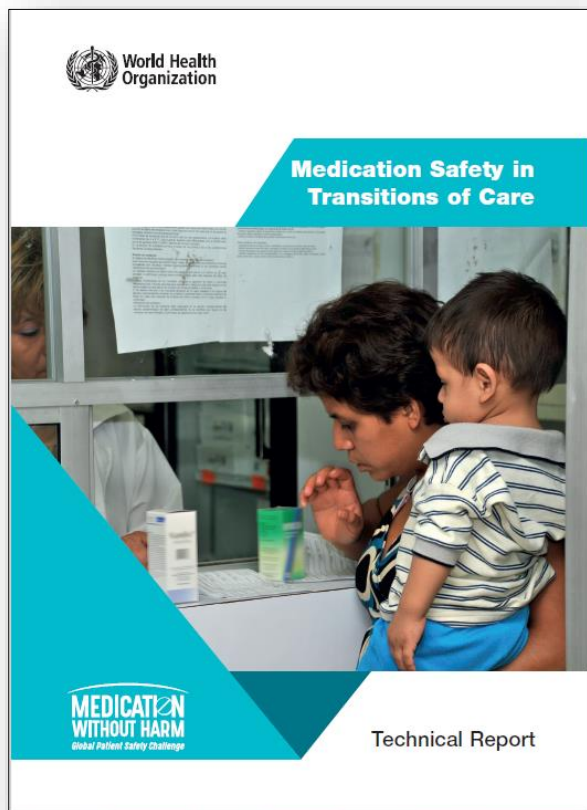
- **Standardization** of chart design
- **Double checking** at each medication use stage, especially in the reconstitution step while preparing & administering IV preparations
- **“Know, check, ask”** before administering the medications



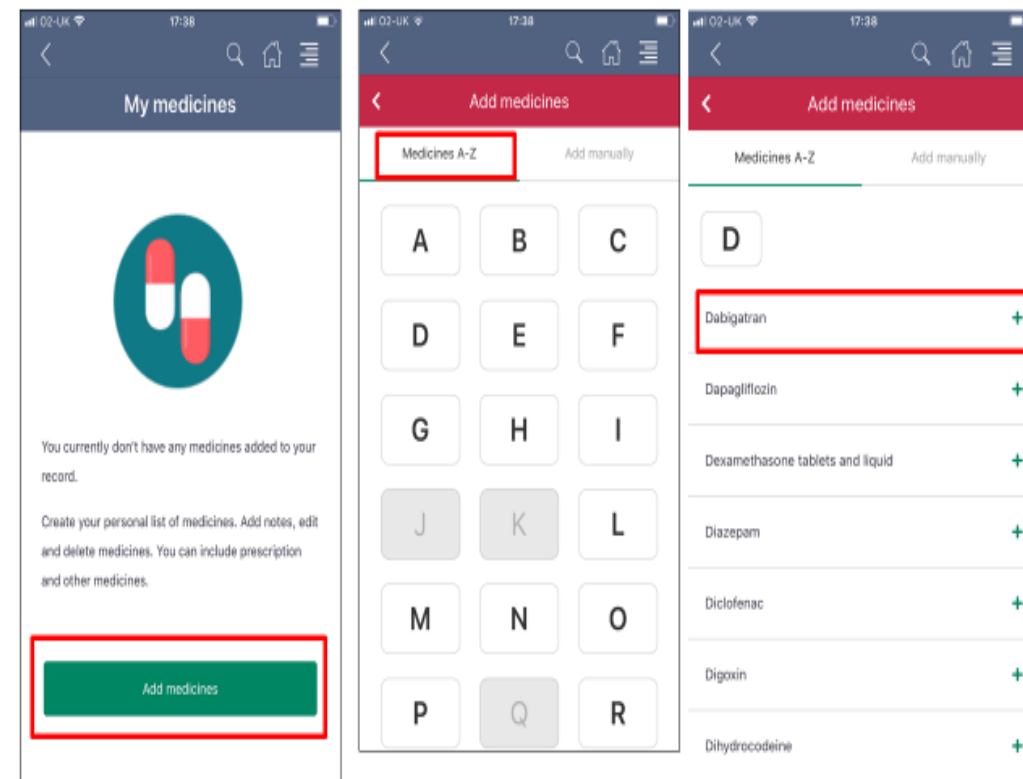




# Highlights: Transitions of Care

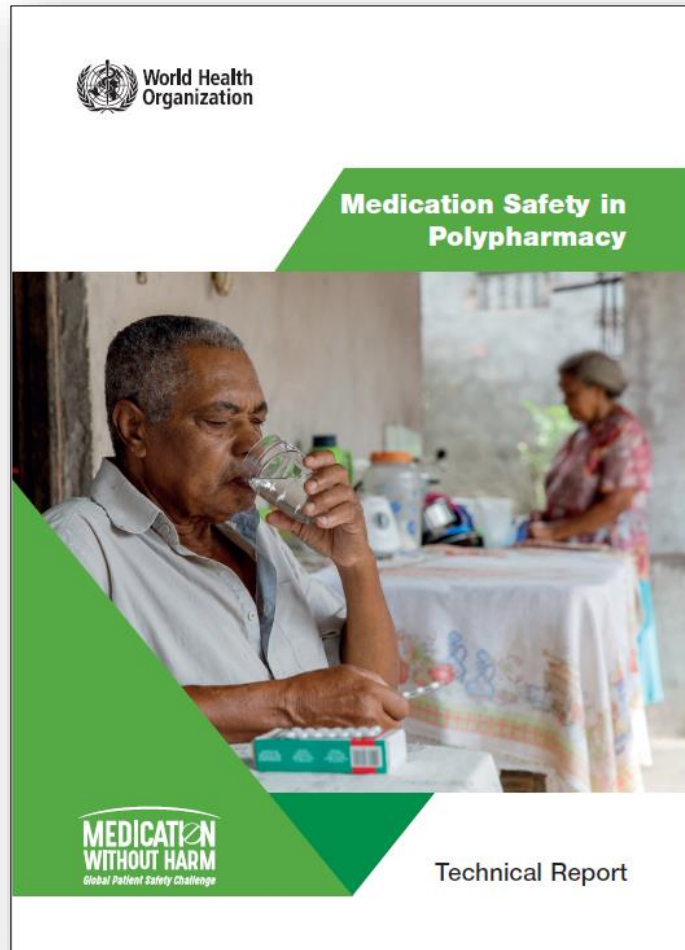


- poor communication between health care providers
- inadequate patient & caregiver education
- **Changes in medication** during TOC within the same health care setting or between settings
- **Structured medication reconciliation** as one of the evidence-based interventions





# Highlights: Polypharmacy



- More people have multimorbidity than a single disease; the no. of medicines increases with frailty
- Consider and address **appropriate & inappropriate polypharmacy** instead of assigning a numeric threshold
- Empower patient engagement & employ people-centered approach during medication review with the **WHO 5 Moments for Medication Safety tool**





# Medicines: review process & Adherence

7 step process with “What Matters to you?” and shared decision making tools

## 7 STEPS TO APPROPRIATE POLYPHARMACY



02-UK 18:12

(Alendronate, Fosamax, Binosto)

How likely is Alendronic Acid to help me?

Key

This grey face represents the number of people in the survey group.

This green face represents the one person in the survey group that the medicine has helped.

For women who are past the menopause and have already had a vertebral fracture, research suggests that the benefits of Alendronic Acid vary with age:

- In a group of 80 women aged 65-74 with previous vertebral fractures, Alendronic Acid will prevent one person (on average) from a second fracture in the course of one year.

02-UK 18:12

How likely is Alendronic Acid to help me?

Grid of 80 faces: 79 grey faces, 1 green face.

02-UK 18:12

How likely is Alendronic Acid to help me?

What are the possible risks of taking Alendronic Acid?

You can discuss with your health professional the possible side effects and other risks Alendronic Acid might have.

side-effects are unwanted affects that can happen to your body when taking a medicine.

Not everyone will get side-effects. These usually improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following side-effects persist or worry you.

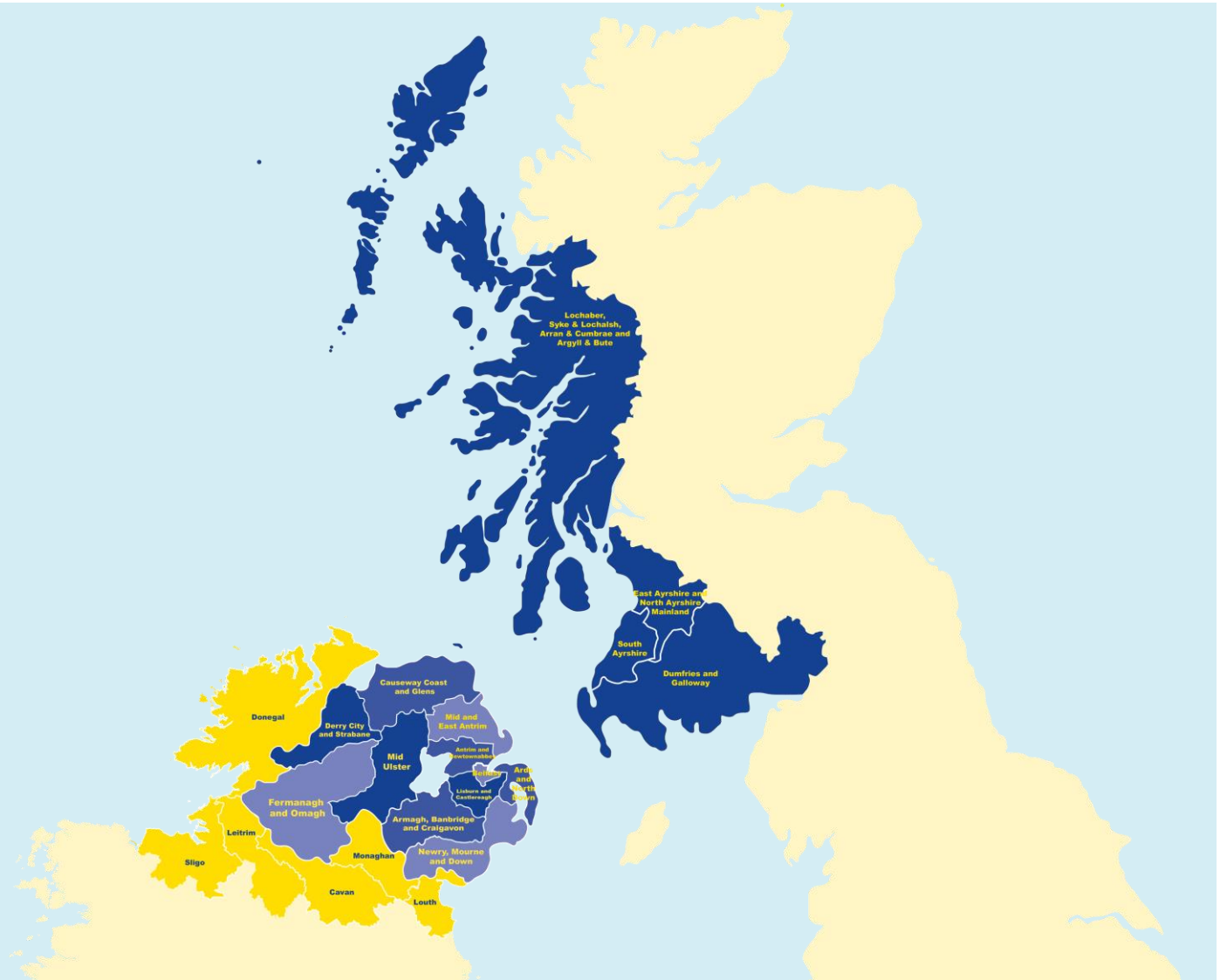
The most common side-effects of Alendronate, affecting less than 1 in 10 people, are:

- Indigestion, abdominal pain, bloating
- Constipation or Diarrhoea
- Headache, muscle or joint pain
- Dizziness, itching.

<http://www.polypharmacy.scot.nhs.uk/>



# Any Questions



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



Northern Health  
and Social Care Trust



Medicines Optimisation  
Innovation Centre



A project supported by the European Union  
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