Veronika Bencheva, Witten/Herdecke University

Funding code:
FK 01VSF17053
Gemeinsamer Bundesausschuss Innovationsausschuss

Deprescribing - but how?

Development of a **Deprescribing Manual** for the COFRAIL-Study

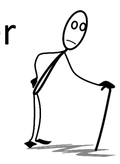
Veronika Bencheva[1], Matthias Gogolin[1], Nina-Kristin Mann[1], Sven Schmiedl[1,2], Petra A. Thürmann[1,2] on behalf of the COFRAIL-Study Group[3]

Background

Frailty
- Increased risk of falls, delirium, hospitalizations

Polypharmacy
- Increased risk of adverse drug reactions (ADRs)

Deprescribing
- Systematic reduction of medication after patient-specific risk-benefit assessment



Purpose
- Development of a deprescribing manual

COFRAIL-Study

Study design	Cluster randomized controlled trial
Population	136 general practitioners and 621 frail geriatric patients
Intervention	Joint prioritization of treatment by physician, patient and relatives in 3 family conferences and deprescribing of medication with the help of the deprescribing manual
Data collection	Baseline (t_0), after 6 months (t_1) and after 12 months (t_2)
Clinical endpoints	Primary: hospitalization rate Secondary: medication quality, quality of life, cognitive impairment, etc.

Methods

Literature search

Common indications in the primary care setting

- Syst. Reviews → Guidelines
- Cochrane Reviews → Deprescribing Guides

Expert Workshop

- 50 general practitioners
- Discussion of structure/content of the first draft
- Evaluation of applicability based on a case study

➢ Restructuring of the content

Piloting

4 general practitioners in 8 family conferences → Feedback

- Good practicability
- High relevance

Results

Chapter structure

Patient criteria
↓
Medication criteria
↓
Deprescribing ranking
↓
Arguments for discussing deprescribing with patient
↓
Monitoring
↓
Notes on individual drugs or drug classes
↓
Excerpts from the literature

11 Indications/Topics

Chapters:
- Diabetes mellitus
- Hypertension
- Heart failure
- Osteoporosis
- Gout
- Antidepressants
- Proton pump inhibitors
- Sleep disorders
- Urological indications
- Cardiovascular and cerebrovascular primary and secondary prevention
- Anticoagulation in atrial fibrillation

Case from the COFRAIL-Study

Medication list (before)
- Torasemide
- Lisinopril
- Bisoprolol
- Omeprazole
- Alendronic acid
- Cholecalciferol

3 drugs were deprescribed during family conference

Medication list (after)
- Torasemide
- Lisinopril
- Cholecalciferol

Discussion

- The manual provides information for physicians to enable the selection of medications to be deprescribed in elderly and frail patients.
- At the same time, the structured information supports the joint decision-making within the family conference.

[1]Department of Clinical Pharmacology, School of Medicine, Faculty of Health, Witten/Herdecke University, Witten, Germany
[2]Philipp Klee-Institute for Clinical Pharmacology, Helios University Hospital Wuppertal, Wuppertal, Germany
[3]The COFRAIL-Study Group: https://www.cofrail.com/projektpartner

N. K. Mann