

South Peace Shared Care Project

Polypharmacy Risk Reduction Through
Team-based Care

Presentation to PRRD March 11, 2021
Charleigh Rudy & Charles Helm

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Physicians & Nurse Practitioner:	Pharmacists:	Other:
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Dr. Tom Perry, Internist, UBC Therapeutics Initiative	Mark Kunzli, Chetwynd	Rebecca Borton, Practice Support Coach
Dr. Aous Alshehabi, Dawson Creek	Sydney Saunders, Dawson Creek	Andrea Goodine, PQI NH
Christy Demeter, NP Dawson Creek	Tennielle Metz, Dawson Creek	Tricia Taylor, Administrator
	Rachelle Miller, Dawson Creek	Reina Pharness, Project Lead
	Lina Al-Sakran, UBC TI (Evaluation)	Simon Zukowski, NH Evaluation
	Greg Carney, UBC TI (Evaluation)	Jodi Busche, Practice Support Coach

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Project Purpose:

To increase appropriateness of medications for older adults **aged 65+** taking **5 or more medications**

This will be achieved through:

1. Education in Polypharmacy
2. Team-based Medication Assessments
3. Transitions in Care (improving the med rec process)
4. *And evaluation....*

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Team- Based Medication Assessments:

- Primary care providers and Pharmacists working with patients (also includes Long Term Care)
- Each community in the South Peace which includes Dawson Creek, Tumbler Ridge, and Chetwynd have a process to identify patients, conduct med assessments and follow up
- Number of med assessments & associated interventions are tracked and discussed at team meetings
- Some cases may be selected to discuss at the CME learning sessions
- Patient feedback is being tracked and potential to get patient testimonials for project reporting & communications throughout the project

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Number of Team- Based Medication Assessments Tumbler Ridge & Dawson Creek (Initiated July, 2020):

- There have been **77 medication reviews** and **269 medication changes** recommended in the communities of Dawson Creek and Tumbler Ridge in patients over the age of 65 (149 discontinuations, 60 dose reductions, 15 dose increases, and 45 initiations).
- This works out to 3.5 drug therapy problems per patient

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Evaluation:

- Engaged UBC Therapeutics Initiative (PharmacoEpidemiology Group PEG) to evaluate the project using Ministry of Health data
 - Final Data and Report will be completed in January, 2022
- Engaged Northern Health to evaluate the project by constructing surveys and analysing qualitative data
 - Baseline survey completed in September, 2020
 - Post project survey will be conducted in early summer, 2021

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Patient Experience & Successes - Meet our Patient:

- 80 years old, taking multiple medications
- Ongoing right shoulder pain

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Patient Experience & Successes:



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Uniqueness of the Project:



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Shared Learnings:

- Doctors of BC & Northern Health article published February 8, 2021
- Preventing Overdiagnosis Conference – Calgary September 19-21
- 3D Conference – Tumbler Ridge June 2022
- Rural and Remote Conference 2022 (Society of Rural Physicians of Canada)
- Peer Review Publication

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South Peace Shared Care Polypharmacy Risk Reduction Project Project Overview for PRRD

Background

The South Peace project team aims to increase appropriateness of medications for older adults with complex medical conditions. Building on the current team based model of primary care in Chetwynd, Tumbler Ridge, and Dawson Creek, family physicians, pharmacists and specialists in the South Peace are working together to identify and implement practical polypharmacy risk reduction strategies in older adults aged 65+ that are currently taking 5 or more medications.

Deliverables

The project team has identified two overarching deliverables for this project:

1. Education in polypharmacy
2. Team-based medication assessments

Education: Providers will participate in a CME accredited virtual conference series hosted by the project team with support from UBC's Therapeutic Initiative and Northern Health. The workshops are focused on meaningful medication assessments; developing the skills to effectively reduce polypharmacy and taper medications. The series consists of monthly webinars with topics selected by the project team members, based on information that was captured in a survey that was sent to healthcare providers across the South Peace Region.

Team Based Medication Assessments: Primary care providers and Pharmacists are working with patients to conduct a medication review with patients who are taking 5 or more medications. Patients are being selected through certain criteria identified in the Primary Care Clinic's EMR, and also through patient lists that are accessible to the Pharmacists. Patients are then contacted to see if they are interested in participating. The number of assessments and associated interventions are being tracked and will be discussed with the project team and reported in the final project evaluation.

Information Sharing

An important component of this project is to share the great work that is happening in the region so others can benefit from the lessons learned throughout this project. Doctors of BC and Dr. Charles Helm worked together on an article that describes the project and its direct benefit to patients.

<https://sharedcarebc.ca/results/success-stories/northern-seniors-reaping-benefits-medication-reviews>

Term

The South Peace Polypharmacy Project Team will be active until July 2021.