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Introduction



- Deprescribing is a local and national priority and involves the process of reducing or stopping medicines which are no longer beneficial or causing harm
- In Scotland this aligns with the principles of Realistic Medicine to reduce harm and waste with a focus on shared decision making
- Evidence highlights the importance of effective communication and targeted education and training to enable deprescribing
- Confidence in deprescribing remains inconsistent across professions and therapeutic areas

Aim

To inform future MDT-focused educational strategies within NHSGGC, we conducted a survey to understand current confidence, perceived barriers, and learning needs

Method



- A deprescribing survey was developed by a small multidisciplinary group using MS Forms
- This was distributed to MDT across all sectors in NHSGGC
- The questionnaire contained 18 items, including 7-point Likert scales

It assessed:

- Perceived importance of deprescribing
- Confidence across Medicine Groups
- Confidence across Medical Conditions
- Factors influencing reluctance to deprescribe
- It also gathered views on what MDT-focused support and educational interventions would increase confidence

Results

A total of 302 responses across sectors and the MDT, see image 1. Respondents rated deprescribing as highly important.

Image 1 – Respondents per sector

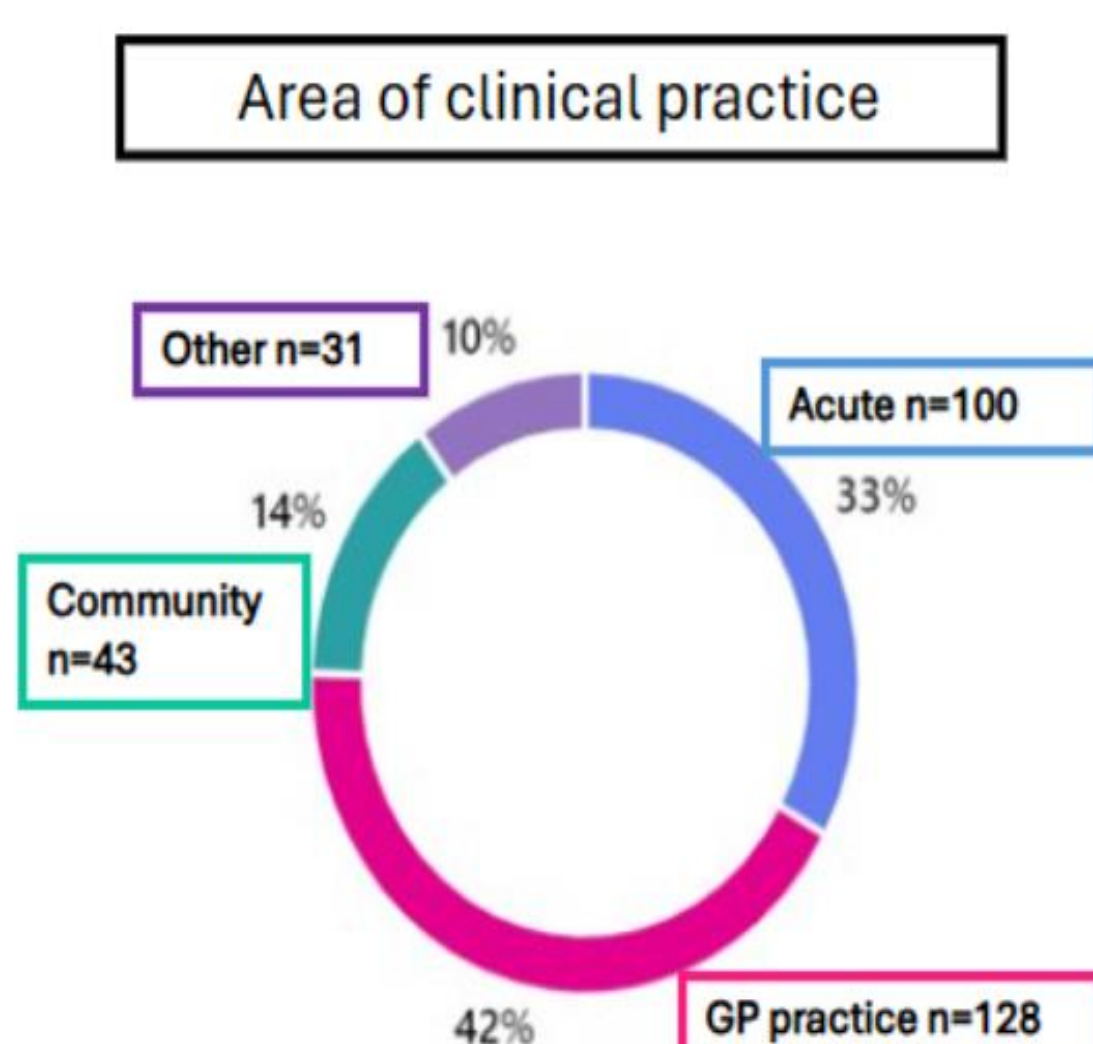
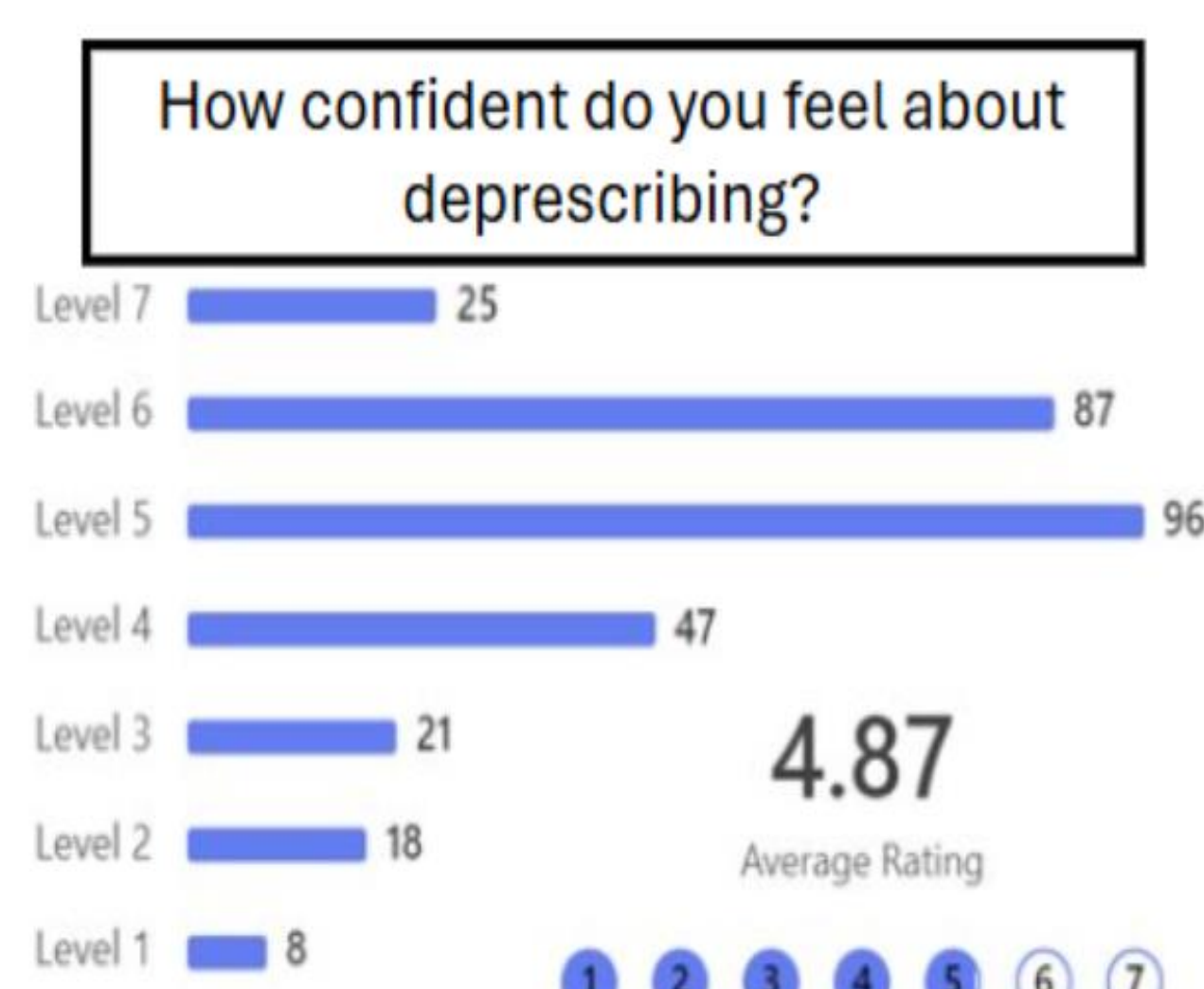


Image 2 – Confidence in Deprescribing

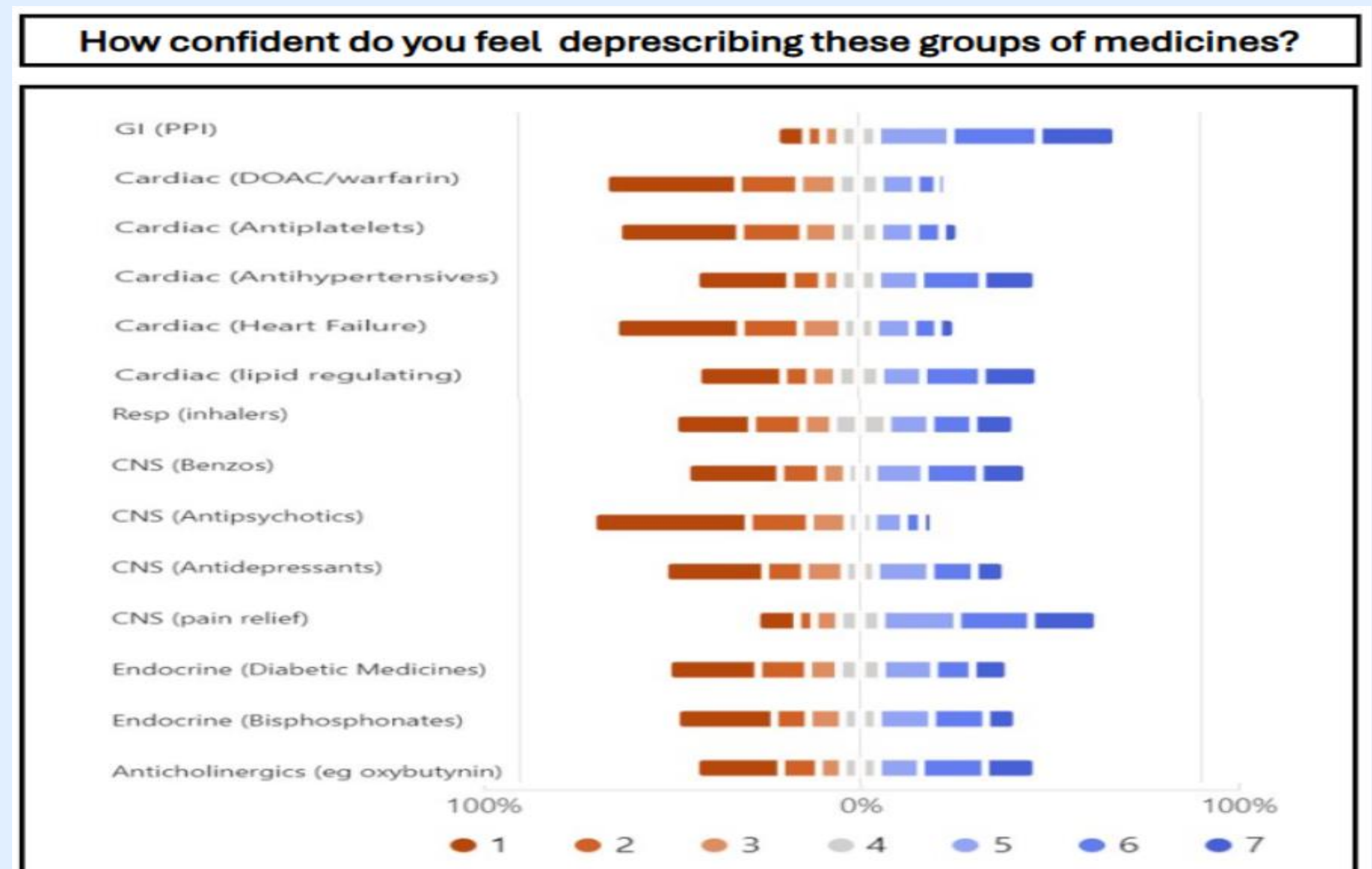


Confidence varied - average rating 4.9/7, see image 2.

Results

Lower confidence when deprescribing; antiepileptics, antipsychotics, anticoagulants and heart failure medicines, see image 3.

Image 3 – Medicines likely to be deprescribed (1 = least and 7 = most confident)



Barriers identified to deprescribing:

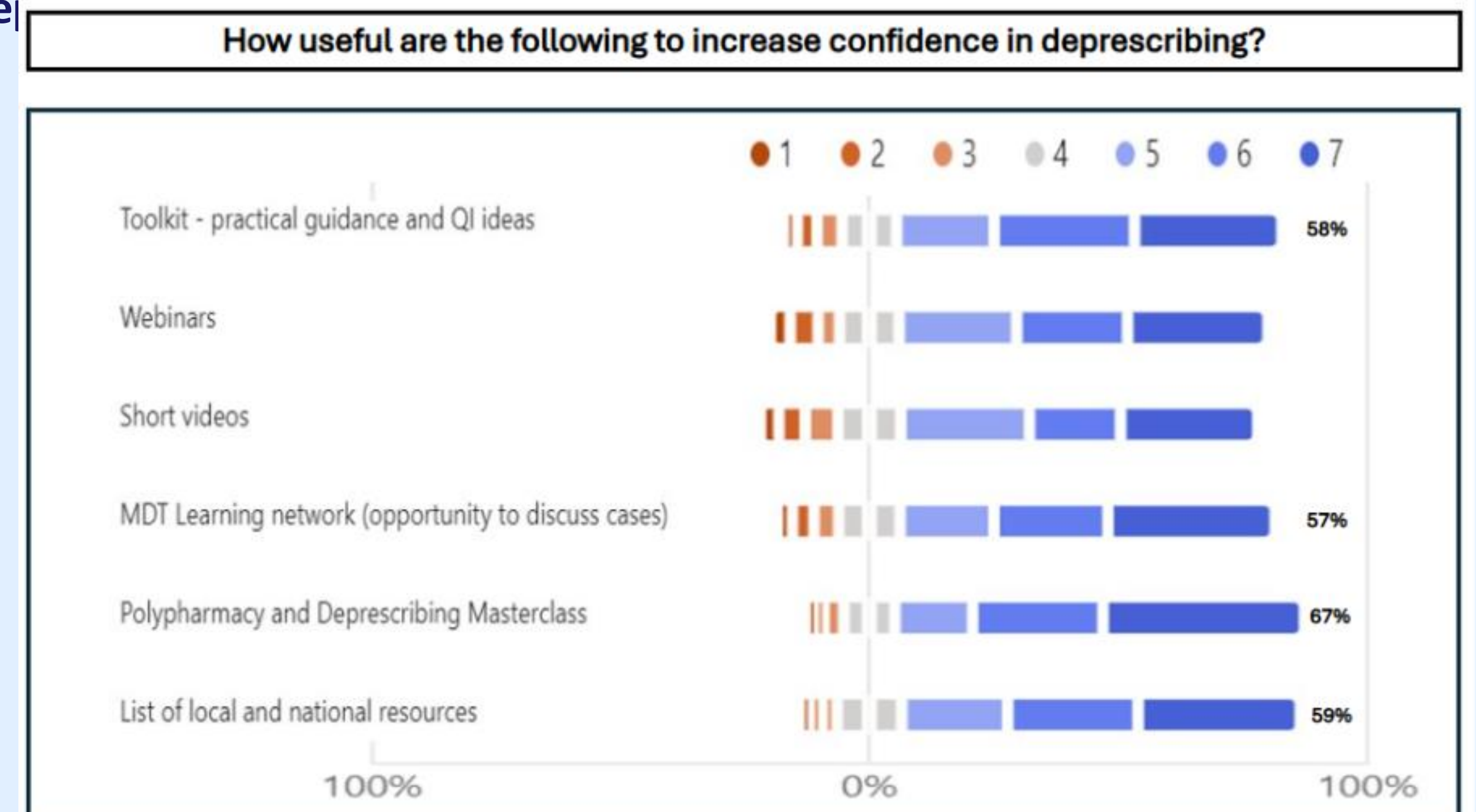
- Reviewing medicines initiated by specialists (75% of respondents)
- Fear of consequences (61%)
- Lack of training on how to deprescribe (43%)

Education and training (E&T) emerged as a key enabler, respondents prioritised:

- Polypharmacy and deprescribing masterclass
- Toolkit and resources
- MDT learning network

Themes also highlighted the importance of public and patient-facing education

Image 4 – Educational interventions most likely to increase confidence in deprescribing



Conclusion

Findings reinforced the need for MDT-focused deprescribing education across NHSGGC. This work informed next steps to deliver targeted E&T to increase deprescribing confidence and support safer, person centered polypharmacy review.