

# Time For Teamwork: An Inpatient and Outpatient Pharmacist Deprescribing Initiative for Haemodialysis Patients

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## Background

- ◆ A recent article<sup>1</sup> in *The American Journal of Kidney Disease (AJKD)* included the first deprescribing tool specific to haemodialysis patients. The article study demonstrated the benefit of conducting outpatient deprescribing reviews.
- ◆ Our goal was to adapt and implement the tool to an inpatient setting where the inpatient pharmacist identified patients on medications that could potentially be de-prescribed as they come through the ward, recommend de-prescribing to the treating team and then follow up with a one-month outpatient pharmacist review.

## Aim

- ◆ To introduce an inpatient pharmacist lead deprescribing initiative for haemodialysis (HD) patients, with an outpatient pharmacist follow-up confirming safety and compliance with changes.

## Methodology

- ◆ Use the HD deprescribing tool over a six week period.
- ◆ Clinically review HD patients admitted to inpatient ward to identify suitable medication to deprescribe.
- ◆ Inpatient pharmacist made recommendations to cease/change/leave.
- ◆ Treating team were consulted to confirm or cancel recommendations.
- ◆ Changes were recorded in the patients' discharge medication records.
- ◆ Patient then referred for a one-month outpatient pharmacist follow-up to review any undesired side effects to changes and confirm compliance to changes.

## Results

- ◆ 24 patients identified taking medications listed in the deprescribing tool.
- ◆ Inpatient pharmacist recommended 14 of these to be changed/ceased.
- ◆ Treating team confirmed nine medication changes in a total of eight patients.
- ◆ Eight outpatient follow-ups conducted.
- ◆ Eight compliant with the changes, with nil undesired side effects to changes in regimens.

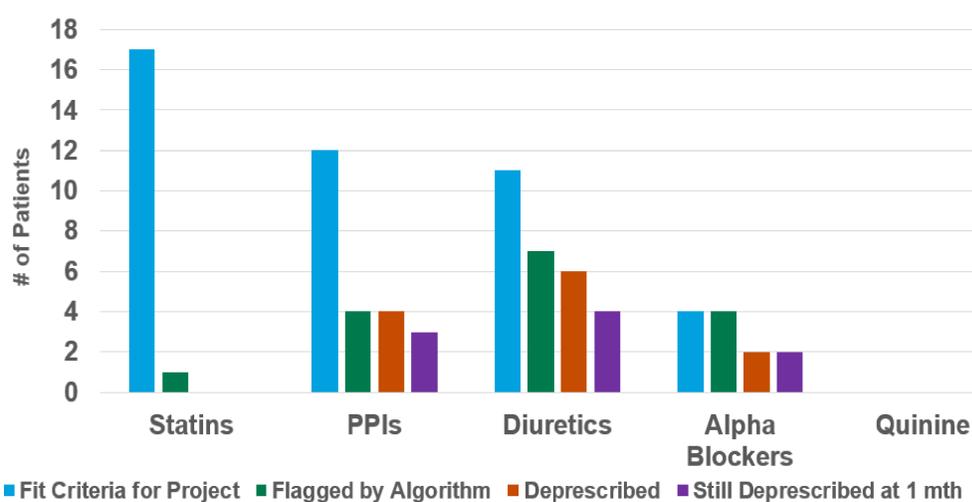
## Conclusions

- ◆ This initiative resulted in decreased tablet burden among the target patient group.
- ◆ The deprescribing tool was easily adapted to an inpatient and outpatient setting with success, and did not increase everyday workload.
- ◆ This process improved communication and awareness of patients between the inpatient and outpatient pharmacists.

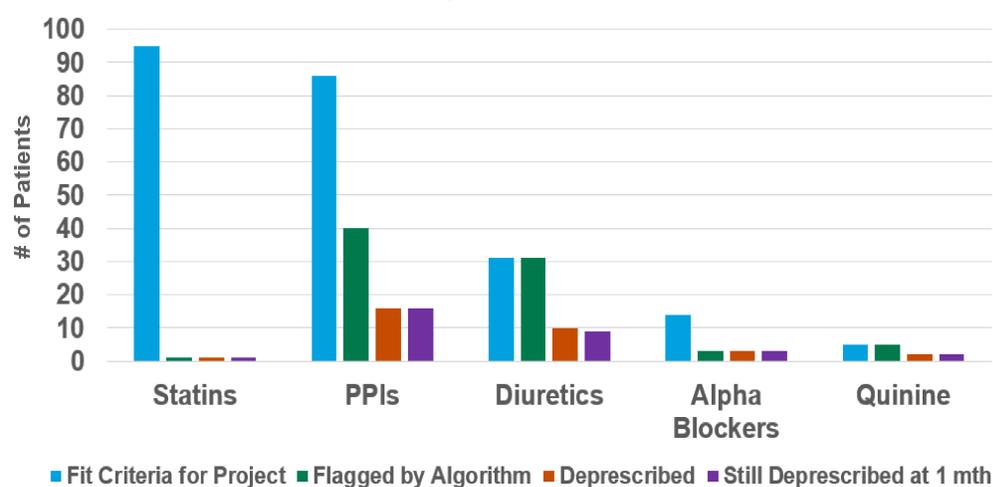
Table 1: Data Collection

Data Collection: Targeted Deprescribing in Haemodialysis Patients - Inpatient Identification and Outpatient Follow-up													
Date	Patient Initials	UR	Age	Quinine	Diuretics	Alpha-blockers	Statins	PPI	Pharmacy Review - Using Tool - Appropriate to Stop	Inpatient Pharmacist Review - Comments	Doctor Review - Were Any Stopped	Outpatient Pharmacist Review - Comments	Still off changed Medications
xx/xx/xx	XX	XXX	70	Nil	Yes	Nil	Yes	Nil	Yes	-Producing <100mL urine - Frusemide to cease -Recent Cardiac Stent (03/2018) - Statin OK	Yes - Frus	R/V in Dialysis. No fluid overload issues, still off frusemide. Confirmed with pharmacy in webster pack.	Yes
xx/xx/xx	XX	XXX	50	Nil	Yes	Nil	Yes	Nil	No	-Producing >100ml of urine - Frusemide OK -Recent MI - Statin OK	No		
xx/xx/xx	XX	XXX	95	Nil	Nil	Nil	Yes	Nil	Yes	-NSTEMI (12/2014). Elderly patient potential for ceasing statin?	No		
xx/xx/xx	XX	XXX	56	Nil	Yes	Nil	Yes	Yes	Yes	-Not producing urine - Frusemide to cease -Recent MI (02/2018) - Statin OK -When PPI is stopped reflux comes back - PPI OK	Yes - Frus	Changes Maintained - Nil fluid issues	Yes
xx/xx/xx	XX	XXX	70	Nil	Nil	Nil	Nil	Yes	Yes	-Patient non compliant with regular PPI - Trial deprescribing esomeprazole (patient has not complained of symptoms for a long while)	Yes - PPI	Currently an Inpatient at review time. PPI still ceased	Yes
xx/xx/xx	XX	XXX	57	Nil	Yes	Nil	Yes	Yes	No	-Had an MI (02/2018) --> therefore still requires statin -Has reflux, states when rabeprazole is stopped the reflux comes back - PPI OK -Has catheter - produces urine >100ml - Frusemide OK	No		
xx/xx/xx	XX	XXX	54	Nil	Yes	Nil	Yes	No	No	-Producing >100ml of urine - frusemide OK -Recent TIA - Statin OK	No		
xx/xx/xx	XX	XXX	28	Nil	Nil	Nil	Yes	Yes	Yes	-Checked with patient and notes, nil Hx of reflux or GI bleed etc. - PPI to cease - Had STEMI (2017) - Statin OK	Yes - PPI	PPI still ceased, nil reported issues	Yes

The Townsville Hospital - Study Data - Medications



AJKD - Study Data - Medications



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### 1. Article Reference

McIntyre C, McQuillan R, Bell C, Battistella M. Targeted Deprescribing in an Outpatient Haemodialysis Unit: A Quality Improvement Study to Decrease Polypharmacy. *AJKD*. 2017 Nov;70(5):611-618.