

Supplementary Material

Prescribing deprescribing for polypharmacy in Aotearoa New Zealand; experiences of a medication review activity in final year medical students on a general practice module

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Supplementary File S1.

Medication Review Instructions

Medications Review - Polypharmacy and Problematic Prescribing

Background

Traditionally polypharmacy has been defined as the use of five or more regular medications. This definition is itself problematic as many patients may be very appropriately prescribed a number of medications to manage their multi morbidities. It is important to recognise however that medications are responsible for adverse effects, hospitalisation and even mortality.

Requirement

- You will undertake a medication review for at least one patient in the practice and produce a **comprehensive** written report. Please use the template provided.
- Please be aware that creating a comprehensive and well written medication review may take some time so please make sure to start early and plan ahead.
- This is to be presented to and discussed with your supervising GP by the end of week four – you will need to plan and schedule time for this.
- You will finalise your review along with a summary of the outcome of discussion with your supervisor and submit via MOODLE, usually by lunchtime on the fifth Thursday of the run (last run of the year may be a little earlier).
- Submit the review as a word document (not as PDF or scan)

Assessment

Your review will be assessed by a clinical staff member in the Department. In text comments will be added to the review and you will receive a copy of this back, once assessed. Incomplete submissions will not be eligible for Merit or Exceptional, therefore please read and follow the instructions carefully.

Your review will be graded as follows –

Unsatisfactory
has not completed the review, and/or significant omissions

Will be required to complete a further review – this may be in a subsequent run and will mean CP for this run until satisfactory review completed.

Borderline
marginal review, some omissions or gaps

May be asked to complete additional work on the review and resubmit.

Satisfactory
competent review that meets requirements

Merit
comprehensive review that meets requirements

Exceptional –
comprehensive review that meets and exceeds requirements

Please refer to the BPAC article on Moodle for a recent discussion of this issue. Link also provided below.

Instructions:

In conjunction with your GP Supervisor choose a patient from your practice who could benefit from a medication review and who meets the criteria below:

Periodic medicine reviews are recommended in patients who are at high-risk of problematic prescribing. This includes patients who are:

- Taking ten or more medicines continuously
- Taking between four and nine medicines and have at least one high risk medication (anticoagulant, opioid, insulin, methotrexate)
- And have not recently undergone a medications review

There are other criteria that can indicate problematic prescribing but the above are likely to have the greatest yield.

Process for undertaking a medication review

(You might find it useful to insert a table to detail the medications, indications, monitoring etc - see template below)

- Indicate Age, Gender, Ethnicity - do not include patient name or NHI number
- Brief background about **them** and their condition/s
- List all medications - be sure to include prn, and OTC medications. Include strength, dose and timing of administration
- List the medication indication for each medication - note if there are some for which the indications are not clear, or are being used to counter the effect of one of the other medications (the prescribing cascade)
- Add the monitoring requirements for all the medications. Example: annual HbA1c for patients taking atypical antipsychotic medications, or FBC, transaminases, and creatinine at least every 3 months for patient taking methotrexate. This should also include side effects or effectiveness of the medication.
- What target are you aiming for - e.g. HbA1c <40
- Have the monitoring requirements for the medications been done, and if so, when. What are they and are they at the target?
- Consider the results and prepare at least 3 recommendations with your reasoning for these recommendations.
- Discuss your recommendations with your GP supervisor - plan for this early in the run and ensure you schedule time before the due date.
- Record the responses to your discussion –this is completed by you and not your supervisor.
- Ask your GP supervisor to sign off item 7 of prescribing items, page 11 of your GP Logbook

Submit the completed medication review including summary of discussion with your GP supervisor via MOODLE (submission dates are provided in MOODLE at the start of each run and in the welcome email you will receive at the start of the run).

NOTE: The table below can be expanded to include all relevant information as required.

Sample Template for Medication Review (expand sections as required)

Trainee Intern Name :

Pt Age	Pt Gender	Pt Ethnicity

**Do not include patient name or NHI number
DO NOT INCLUDE ANY DOCTOR, NURSE OR OTHER ALLIED HEALTH PROFESSIONAL IDENTIFIERS OTHER THAN SUPERVISOR INITIALS*

Detail any relevant medical and personal background/context:

List All Current Medicines (include PRN and OTC):

Name of Medication	Strength	Dose	Frequency /Timing	Indications	Monitoring requirements/target See guidance in notes above	Monitoring Requirements done? If so, when? Results and are they acceptable?

Results/Recommendations (add boxes for more recommendations if needed)

1.
2.
3.

Summary Following Discussion with GP Supervisor (to be completed by the Trainee Intern):

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- After discussion ask your GP supervisor to sign off your completed task in your logbook (item 7 of prescribing items, p.10 in your 2016 Logbook)

Marking Feedback (completed by the academic marking your Medications Review)

Mark: (highlight or bold the selected mark)

Unsatisfactory

Borderline

Satisfactory

Merit

Exceptional

Comments:

Supplementary File S2.

Questionnaires for Students and Supervisors

Supervisor Questionnaire

1. Information
2. I have read the information sheet and I agree to take part in this project
3. What did you learn through the process of assessing the medication review?
4. How much time did you spend with the student (Trainee Intern) on the medication review?
(Tick the one that applies)
5. Will it change your prescribing practise in the future?
6. If yes, how will it change your prescribing practise?
7. What value do you think the medication review has for the patient?
8. Who did you direct the student to discuss the medication review with? (Tick all that apply) -
Selected Choice
9. Who did you direct the student to discuss the medication review with? (Tick all that apply) -
Other: please specify – Text
10. What written or online resources did you direct the student to for the medication review?
11. What value do you think the medication review has for the student (Trainee Intern)?

Student Questionnaire

1. Information
2. I have read the information sheet and I agree to take part in this project
3. What did you learn from doing the medication review?
4. How much time did you spend on the medication review? (Tick the one that applies)
5. Will it change your prescribing practice in the future?
6. How will it change your prescribing practice?
7. What value do you think the medication review has for the patient?
8. Apart from your supervisor/student discussion, who else did you discuss the medication review with? (Tick all that apply)
9. What resources did you use to help you make your recommendations?