

# Primary Health Tasmania's Deprescribing guides: 2019 update

## Background

Deprescribing is a process of withdrawing medicines that is intended to improve a person's healthcare outcomes.

For older members of the community, taking multiple medicines (polypharmacy) can cause problems such as falls and reduced or different effects from when the medicines were originally prescribed. Multiple medicines are also a significant cause of hospital visits and re-presentations.

Primary Health Tasmania created a suite of deprescribing resources in 2015 to help medical practitioners and pharmacists consider deprescribing with consumers. These resources were developed by two senior clinical pharmacists and a geriatrician, with input from a specialist geriatrician. Drafts were reviewed by a project working group with experience in academic pharmacy, acute nursing, aged care and general practice. There was also consumer representation on the group.

## What's changed?

The resources have now been revised and updated to incorporate the latest national and international research, and are being republished. They are available as:

- a series of **guides** covering the following medications:
  - allopurinol
  - antihyperglycaemic agents
  - antihypertensive agents
  - antipsychotics
  - aspirin
  - benzodiazepines
  - biphosphonates
  - cholinesterase inhibitors
  - glaucoma eye drops
  - non-steroidal anti-inflammatory drugs (NSAIDs)
  - opioids
  - proton pump inhibitors
  - statins
  - vitamin D and calcium
- a series of short educational **videos**
- a **podcast** discussing how to undertake deprescribing with patients.

A summary resource covering the principles of deprescribing as well as the assessment of benefit versus harm, withdrawal and recurrence issues, and consumer and GP perceptions of the process.

Two **consumer resources** – a 'Rethinking Your Medications' brochure and card – are also available.

All resources are available on Primary Health Tasmania's website at [www.primaryhealthtas.com.au/resources](http://www.primaryhealthtas.com.au/resources)

## Get in touch

Primary Health Tasmania Limited

1300 653 169

[info@primaryhealthtas.com.au](mailto:info@primaryhealthtas.com.au)

[www.primaryhealthtas.com.au](http://www.primaryhealthtas.com.au)

ABN 47 082 572 629

