

# National Polypharmacy Programme

Nov 2022

The WMAHSN is implementing the National Polypharmacy Programme. The core principle of the programme is to support local systems to address problematic polypharmacy by using data to identify patients at potential risk of harm and support better conversations about medicines.

The programme is based on three core principles supported by a local community of practice to drive changes in practice:

## **1. Population health management**

Using data (NHSBSA polypharmacy prescribing comparators) to understand population health risks and support prioritisation of patients for a structured medication review.

## **2. Education and training**

Running local Polypharmacy Action Learning Sets (ALSs) to upskill the primary care workforce to be more confident about stopping unnecessary medicines.

## **3. Public behaviour change**

The testing and evaluation of public-facing interventions to challenge and change public perceptions of prescribing and encourage patients to talk about medicines.

### Population health management:

The NHS are running webinars to train primary care staff on how to use the ePACT2 Polypharmacy comparators to identify patients at risk of polypharmacy and prioritise them for a structured medication review.

**The next Webinar is on the 15<sup>th</sup> November. 12:00 – 1:30pm.**

Read more & Register [here](#).

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### Education and Training: - Community of Practice:

The WMAHSN has launched our Polypharmacy - learning collaborative (**Community of Practice**): an open forum to share successes and challenges across the region and an opportunity to network with colleagues from all sectors.

We have over 20 members spread across primary care, secondary care, charity and academic sectors. We come together to share best practice and learning across sectorial boundaries.

**We meet on the Third Wednesday each month via Microsoft Teams. 12:00 – 13:00 pm.**

If you would like to join and be added to the mailing list, please email

[Clare.Walsh@wmahsn.org](mailto:Clare.Walsh@wmahsn.org)

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### Education and Training: - Deprescribing and Polypharmacy Action Learning Sets

The AHSN network are running a national cohort of Polypharmacy Action Learning sets (ALS).

The Polypharmacy ALS is an evidence-based learning model developed by Wessex AHSN in partnership with Health Education England. The aim is to help GPs, Pharmacists and other Healthcare Professionals who undertake prescribing, medication reviews and de-prescribing on a regular basis, to understand the complex issues surrounding stopping inappropriate medicines safely.

The ALS will also help Primary Care Networks (PCNs) deliver the Medicines Optimisation elements of the Directed Enhanced Services and Investment and Impact Fund contracts and meet recommendation 18 of the National Overprescribing Review report.

**\*SPACES ARE LIMITED\* - If you miss out, email [Jordan.Leith@wmahsn.org](mailto:Jordan.Leith@wmahsn.org) to be added to a waiting list.**

The dates of the Action Learning Sets are:

**Session 1: 25<sup>th</sup> January 2023. 9:30 – 12.15pm.**

**Session 2: 8<sup>th</sup> February 2023. 9:30 – 12.15pm.**

**Session 3: 1<sup>st</sup> March 2023. 9:30 – 12.15pm.**

(Attendance is required at all three)

Read more & Register [here](#).

**WE NEED YOU:**

- Prescribers (medical and non-medical) working in primary care with 12+ months experience to become accredited National AHSN Polypharmacy Action Learning Set Trainer.
- Passionate geriatricians to share their experience as clinical champions.

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**Public behaviour change:**

The WMAHSN are looking to test and evaluate public facing materials that have been designed to support more open conversations about medication between patients and health care professionals and encourage shared decision making.

The three campaigns are:

1. [Me + My Medicines](#)
2. [Are your medicines working for you?](#)
3. [WHO 5 moments of medication safety](#)

**WE NEED YOU:**

- If your practice would like to be involved in a small study (12 patients) to test the materials above during a medication review, please contact [Jordan.Leith@wmahsn.org](mailto:Jordan.Leith@wmahsn.org)

If you would like to know more about any aspect of the Polypharmacy programme, please contact project lead [Jordan.Leith@wmahsn.org](mailto:Jordan.Leith@wmahsn.org) who would be happy to arrange a meeting to discuss.