

## What is polypharmacy and why is it bad?

You have polypharmacy if you regularly take 5 or more medicines

We know that taking too many medicines can come with certain risks, such as taking the wrong dose of a medication. We also know that many medicines given to older adults have side effects.

## Will reducing medications improve my health?

We don't know if stopping or reducing medicines will improve your health and/or reduce these side effects.



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# Shed MEDS

A Randomized Controlled Trial to Deprescribe for Older Patients with Polypharmacy Transferred from the Hospital to Skilled Nursing Facilities

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For more information visit:

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## What is the Shed MEDS project?

The purpose of this study is to examine the effects of reducing the number of medicines older adults take.

We also want to examine the risk of a symptom or condition returning when a medicine is stopped or reduced.




### Who leads the project?

- Sandra Simmons, PhD, Gerontologist
- Eduard Vasilevskis, MD, Hospitalist
- Research team includes: Geriatric nurse practitioners, geriatric pharmacists, and research professionals.

### Who is eligible to participate?

- Currently hospitalized at VUMC
- 50 years old or older
- Take more than 5 medicines everyday
- Plans to go to a short-term rehabilitation facility before going home

## What happens if I participate?

Location	What Happens	Compensation
 Hospital	Medication & health related questions	\$10
 Rehab Facility	Monitoring	
 Home	~7-10 days Phone Medication & health related questions	
	~60 days Phone Medication questions	Up to an additional \$40
	~90 Days Visit Medication & health related questions	

### What if I am in the intervention group?

A research clinician will review your medicines carefully and propose of list that can be reduced or stopped, which we will discuss with you. We will not adjust any medicines unless you agree. We will also work with your healthcare providers and make sure they are aware.

## Frequently Asked Questions

- 1. What happens if I am in the control group?**  
You will receive routine care at the hospital and rehab facility. We will monitor you and ask you questions at each study timepoint
- 2. What if I don't want my medicines reduced, should I participate?**  
The final decision to reduce or stop any medicine is always up to you. Your ability to participate will not be affected.
- 3. I trust my health care provider to do the right thing with my medicines, why should I participate?**  
We will not make any changes to your medicines without discussing them with you and your doctor first.
- 4. What are the risks of participating in this study?**  
Your symptoms could return if a medicine is reduced or stopped. If this happens, we can work with you and your doctor to return any medicine to its original dose.
- 5. Me or my family has memory problems, can we still participate?**  
We include patients that have problems with their memory. If a patient cannot answer a question we can skip it or ask a designated family/friend.
- 6. What happens if I sign up but then decide that I no longer want to participate?**  
If you no longer desire to participate, you may call us at any time at The Vanderbilt Center for Quality Aging, (615) 343-4747.