

USDeN Webinar

The Drive to Deprescribe (D2D) Initiative

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Disclosures

- None – yet....
- The views expressed are those of the authors and do not represent the views of the Department of Veterans Affairs

Objectives

- 1. Describe the deprescribing conundrum in the Post-Acute and Long-Term Care (PA-LTC) setting
- 2. Present the Drive to Deprescribe (D2D) Initiative
- 3. Discuss interim aggregate data and lessons learned from the D2D Initiative

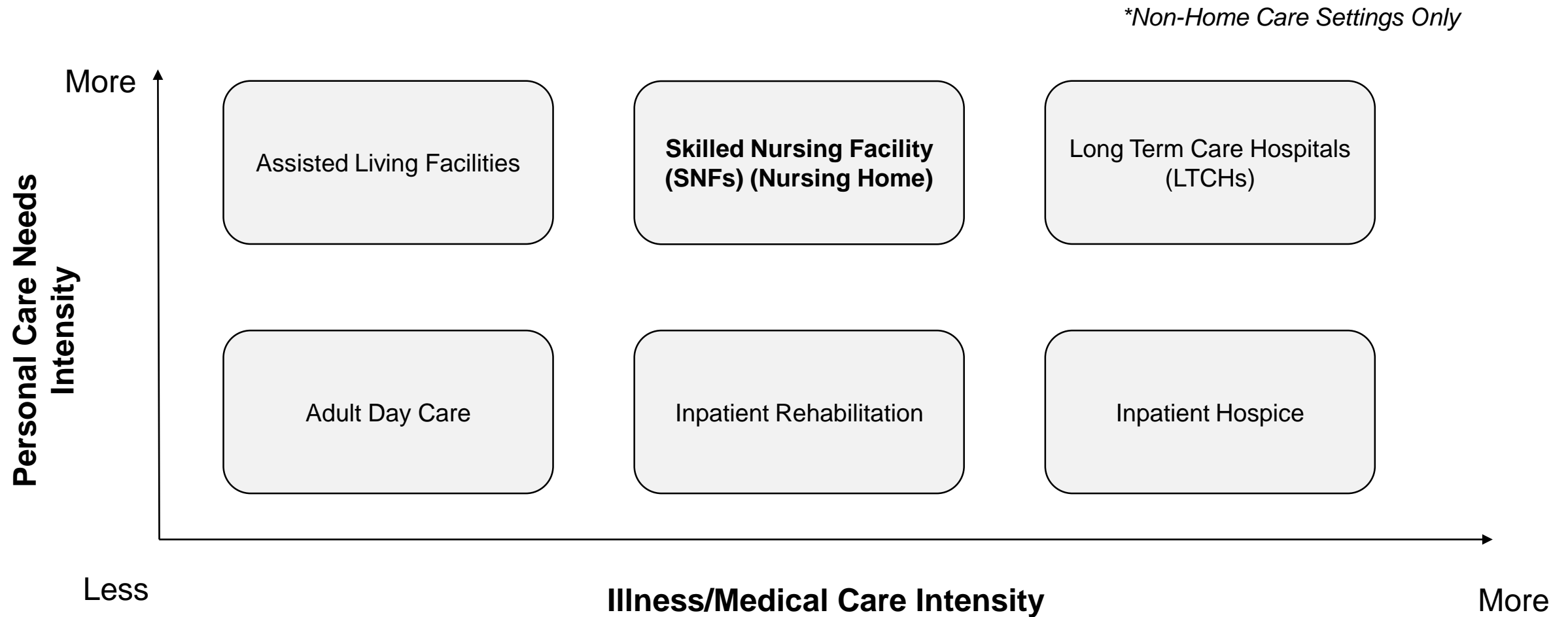
Deprescribing in the PA-LTC Setting

PA-LTC: Post-Acute and Long-Term Care

PA-LTC Setting

- Post-acute care refers to care provided to patients after hospital admissions
 - Can include settings such as nursing homes or rehabilitation centers
- Long-term care refers to care provided to patients who can no longer be cared for at home
 - Typically provided in nursing home

PA-LTC Care Settings*



LTC Patients and Medication Overload

- Average daily scheduled medications (10/2021): 11.2¹
 - More than 90% of residents take >5 medications and 65% take >10 medications²
- Estimated 2 millions adverse drug events/year³
 - Approximately 1 in 7 residents are hospitalized
- Prevalence of “potentially inappropriate medications”: 43.2%⁴

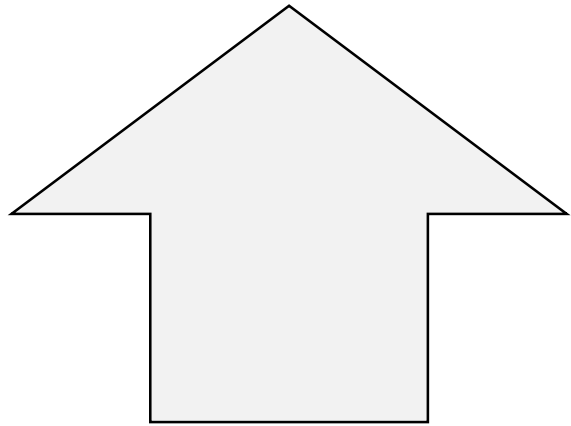
1. Internal D2D Data; 2. J Am Med Dir Assoc. 2015 Jun 1;16(6):535.e1-12.;

3. Ann Longterm Care. 2010 May;18(5):17-22.; 4. J Am Med Dir Assoc. 2016 Sep 1;17(9):862.e1-9.

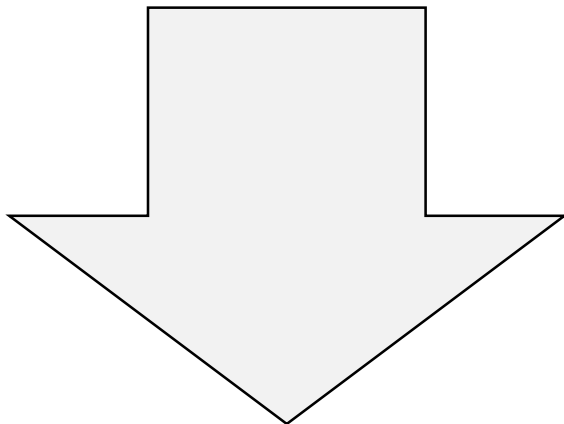
Largest Barriers to Deprescribing in LTC

- Lack of evidence-based literature:
 - Population often excluded from clinical trials¹
- Fragmentation of care:
 - Designed to be a “home” setting
 - CMS requires physician review every 60 days²
- Workforce strains and shortages:
 - Estimated that 1,500 geriatricians will need to be trained per year over the next 15 years to meet the needs in 2030³
 - Considerable turnover in bedside nursing aids⁴

The Deprescribing Conundrum in LTC



Arguably most at need population



Arguably most difficult care setting to implement deprescribing

The Society for PALTC Medicine



The only medical specialty society representing practitioners working in the various PALTC settings.

Mission:

Promote and enhance the development of competent, compassionate, and committed medical practitioners and leaders to provide goal-centered care across all post-acute and long-term care settings.

Dedicated to defining and improving quality, we advance our mission through timely professional development, evidence-based clinical guidance, and tireless advocacy on behalf of members, patients, families, and staff.

American Society of Consultant Pharmacists (ASCP)



- Membership association that represents pharmacists and others serving the unique medication needs of older adults
- History:
 - 1969: ASCP founded and first meeting hosted in Montreal, Canada
 - Innovative pharmacists work to address the medication needs of those individuals in nursing homes
 - 1987: OBRA Bill establishes monthly medication regimen review as a condition of participation for licensed skilled nursing homes
 - Innovation expands from storage, packaging and dispensing to utilization strategies designed to ensure safety and efficacy

The D2D Initiative



DRIVE TO DEPRESCRIBE

Optimizing Medication Use in PALTC

D2D Core Workgroup Members

Chief Medical Officers:

- Arif Nazir, MD
- Sabine von Preyss-Friedman, MD

Pharmacy:

- Chad Worz, PharmD
- Michael Cinque, PharmD

AMDA Staff

Content Experts:

- Jennifer Pruskowski, PharmD, MS

Axillary Members:

- Kathy Owens

D2D Origins

- Implementation is hard in a complex adaptive system such as PALTC
- Purpose was to define role of AMDA in real world implementation
- Conversation with “Leadership group”
- Consensus to “move the needle” on a universally significant issue with measurable impact
- Lay ground for similar initiatives

D2D Timeline

- 1/2020: Core Workgroup Established
- 2/2020: **PA-LTC Leadership Pitch Meeting**
- 10/2020: **Initiative Planning**
- 5/2021: **D2D Kick Off Webinar**
- 7/2022: Tentative End of Initiative

D2D Missions

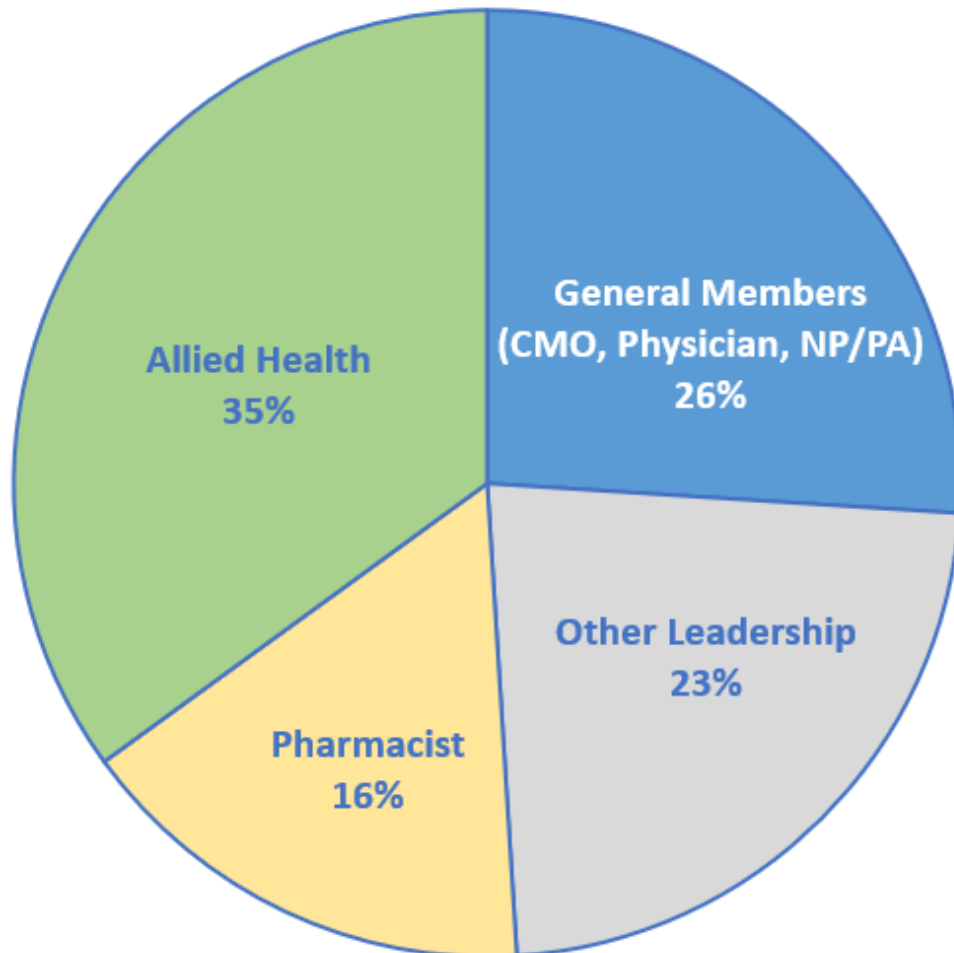
- **A 25% reduction of scheduled medications in long stay patients**
- Provide PALTC providers the necessary tools, support and the community to implement deprescribing into clinical practice

D2D Components

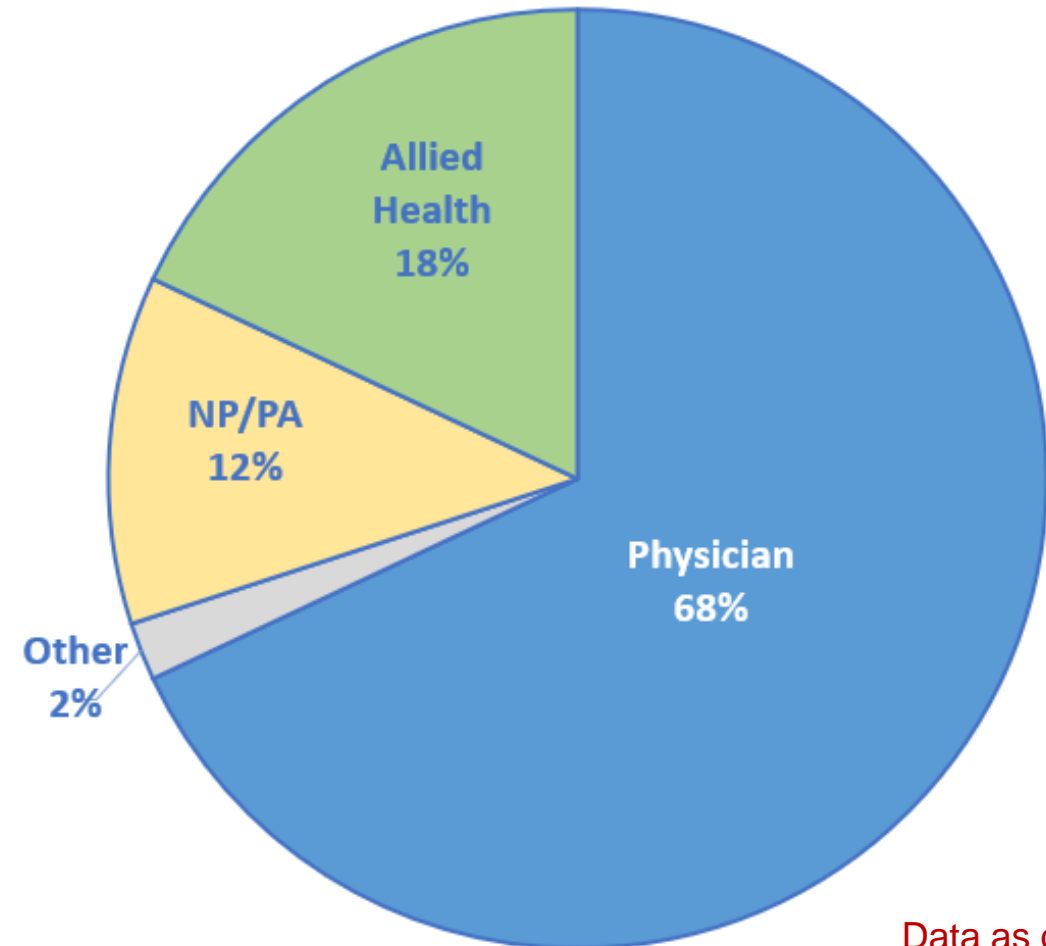
- Virtual Learning (monthly)
 - Webinars
 - Progress Check-Ins
 - Expert Testimonies
- Online Resources
 - Social Media and Promotional Toolkit
 - D2D Sample Emails and Letters to Prescribers and Families
- Aggregate Data Metrics

D2D Registrant Breakdown (657 total registrants)

NON-MEMBER COMPOSITION (74%)



MEMBER COMPOSITION (26%)





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Optimizing Medication Use in PALTC

The issue of polypharmacy and inappropriate medication use in post-acute and long-term care (PALTC) has been an ongoing concern. The PALTC setting has one of the highest polypharmacy rates, which increases the risk for adverse events and drug interactions.

Goal:

25% reduction of medication use while optimizing the medication regimen. (in long stay patients)

Who should participate?

Prescribers, pharmacists, DONs, CNOs, CMOs, and CEOs in the long-term care setting.

What's involved?

- Enroll your chain or facility
- Participate in monthly calls, alternating between D2D Webinars and D2D Office Hours – an opportunity for researchers and the D2D Work Group to share their strategies, discuss resources, answer questions, etc.
- Disseminate D2D resources to prescribers, pharmacists, and other key stakeholders in your facilities.
- Your pharmacy partner will share aggregated data (from all participating chains and facilities) with AMDA monthly. The data will include key metrics to measure campaign success and identify areas of opportunity. The data shared with AMDA will not be down to the chain or facility level. We simply want to track the success of the initiative as a whole by identifying areas of opportunity and areas of success.

[Enroll in Drive to Deprescribe](#)



4,500

Participating Facilities

Save the Date!



Optimizing Use of
Anticholinergics

Date: Thursday, October 21

Time: 4:30 PM – 5:15 PM ET

[Register for D2D Meetings](#)

[D2D Meeting Archives & Tools](#)

[Enroll in Drive to Deprescribe](#)

D2D Social Media & Promotional Toolkit

Help us promote Drive to Deprescribe:
Optimizing Medication Use in PALTC.
Encourage your colleagues and peers to get
involved by promoting this initiative on social
media, email, etc.

Enrollment Form

Enroll your group into AMDA's new polypharmacy initiative:
Drive to Deprescribe: Optimizing Medication Use in PALT

1. Chain/Facility Name

2. # of Facilities (estimate is fine)

3. Pharmacy Partner

- Consonus Pharmacy
- Omnicare
- Pharmerica
- Other

4. Your Contact Information

Name	<input type="text"/>
Chain/Facility	<input type="text"/>
Title	<input type="text"/>
Email Address	<input type="text"/>
Phone Number	<input type="text"/>

Virtual Learning

Designing Your D2D Intervention | June 17, ...

Watch later Share

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Optimizing Medication Use in PALTC

- We all are one team, aiming to move the same needle
- There are no experts, just facilitators and cheer-leaders
- Winning will need exceptional teamwork
- Be ready to share successful strategies
- Its all about better quality and care

Download PowerPoint Slides (06-17-21)

Ready, Set, GO!

3

Webinars

D2D Progress Check-In Sharing Strategies, S... Jul 15'

Watch later Share

**Sharing Strategies,
Successes and Secrets**
D2D and AMDA Team

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Optimizing Medication Use in PALTC

amda THE SOCIETY FOR POST-ACUTE AND LONG-TERM CARE MEDICINE™

ascp
Advancing the Health of the Nation

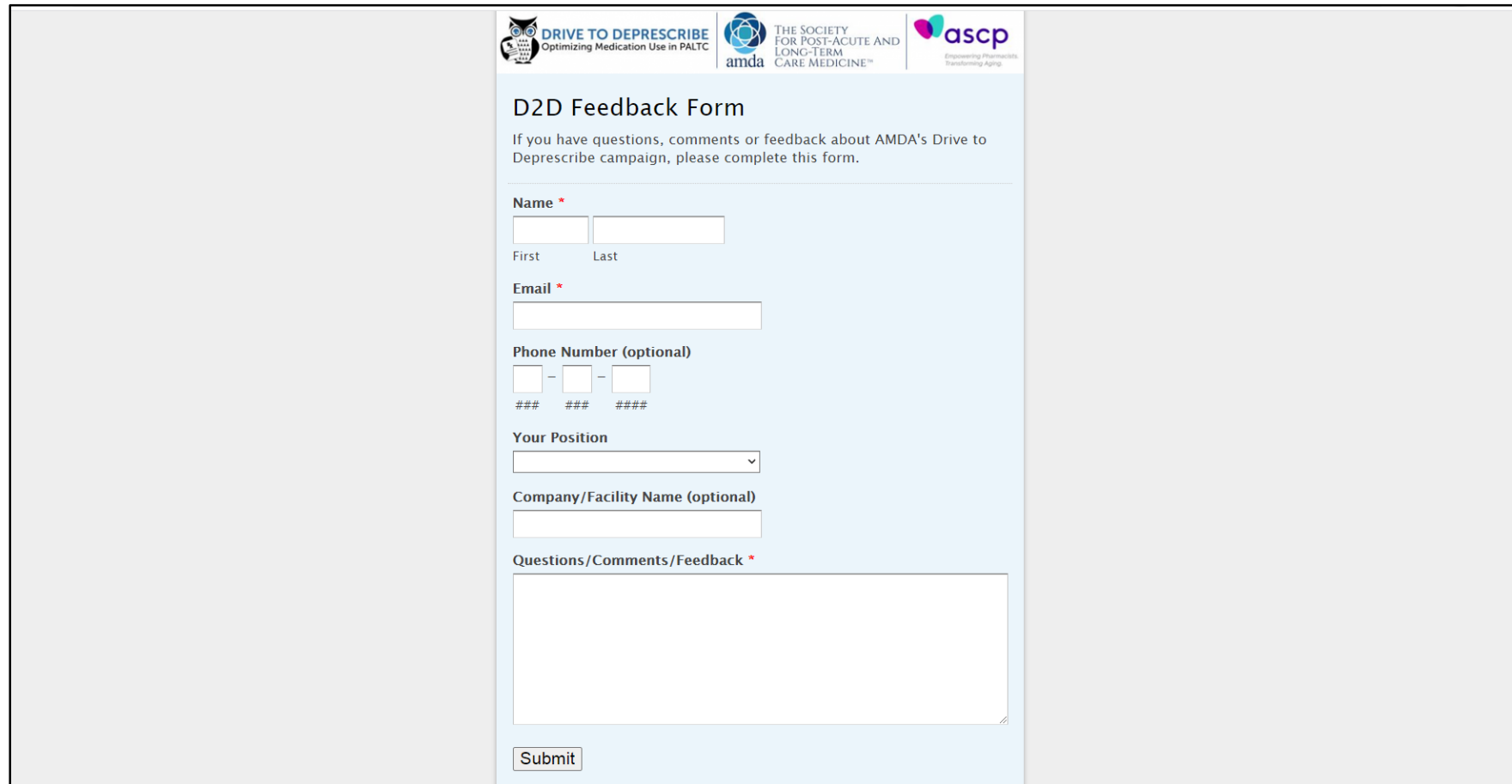
Download PowerPoint Slides (07-15-21)

Progress Check-Ins

Example D2D Presentations

- Build Your Deprescribing Team
 - Identifying Champions and Stakeholders
- Develop Your Deprescribing Intervention and Process
 - “Pre-Determined Criteria Approach” using deprescribing.org algorithms
 - Reference: J Am Med Dir Assoc. 2020 Jan;21(1):140-141.
- Deprescribing Communication Techniques (FRAME Acronym)
- How to Deprescribe Medication Classes:
 - Via deprescribing.org algorithms

Feedback Form



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Optimizing Medication Use in PALTC

amda
THE SOCIETY FOR POST-ACUTE AND LONG-TERM CARE MEDICINE™

ascp
Empowering Pharmacists. Transforming Aging.

D2D Feedback Form

If you have questions, comments or feedback about AMDA's Drive to Deprescribe campaign, please complete this form.

Name *

First Last

Email *

Phone Number (optional)

- -

####

Your Position

Company/Facility Name (optional)

Questions/Comments/Feedback *

Interim Aggregate Data and Lessons Learned from the D2D Initiative



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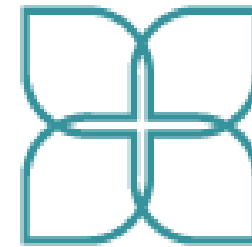
Optimizing Medication Use in PALTC

Interim Aggregate Data

- Partnership with the three largest PA-LTC pharmacy providers:

PharMerica[®]

Omnicare[®]
a **CVS**Health_™ company

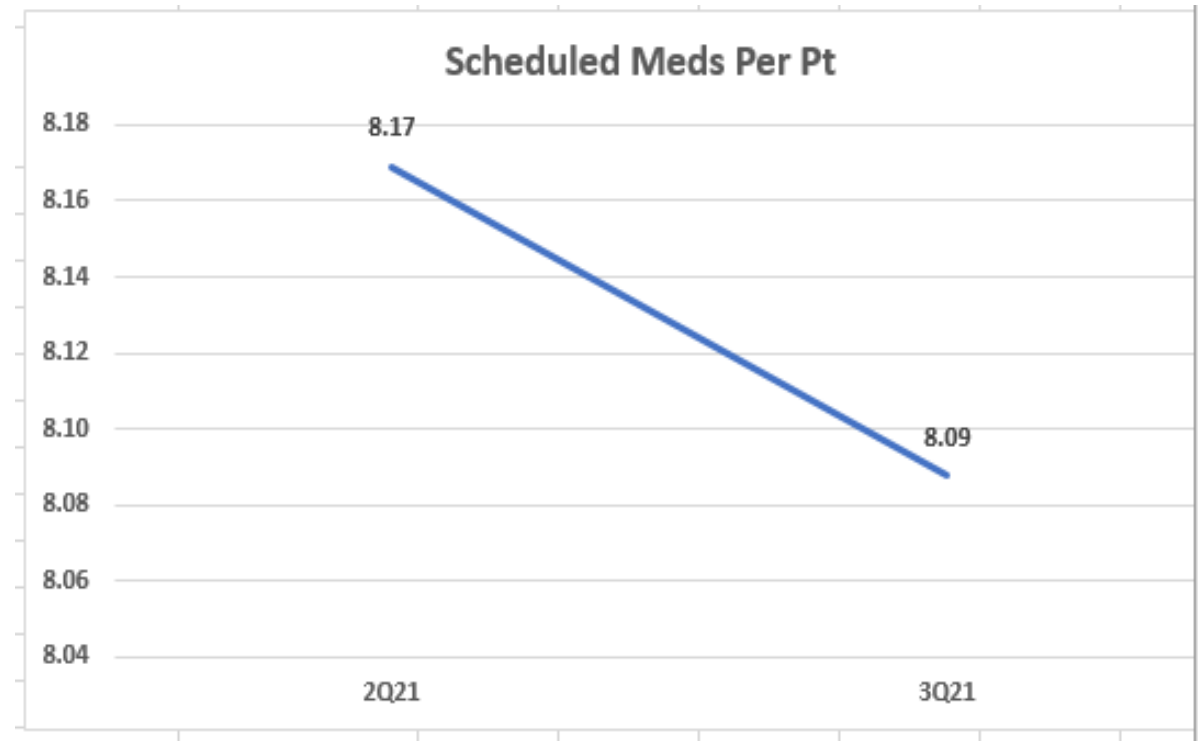


CONSONUS
PHARMACY

Progress: The Data (So Far)

Period	# of facilities	# of long stay patients	Scheduled Meds Per Pt	Progress
2Q21	814	66,801	8.17	
3Q21	823	66,001	8.09	1.00%

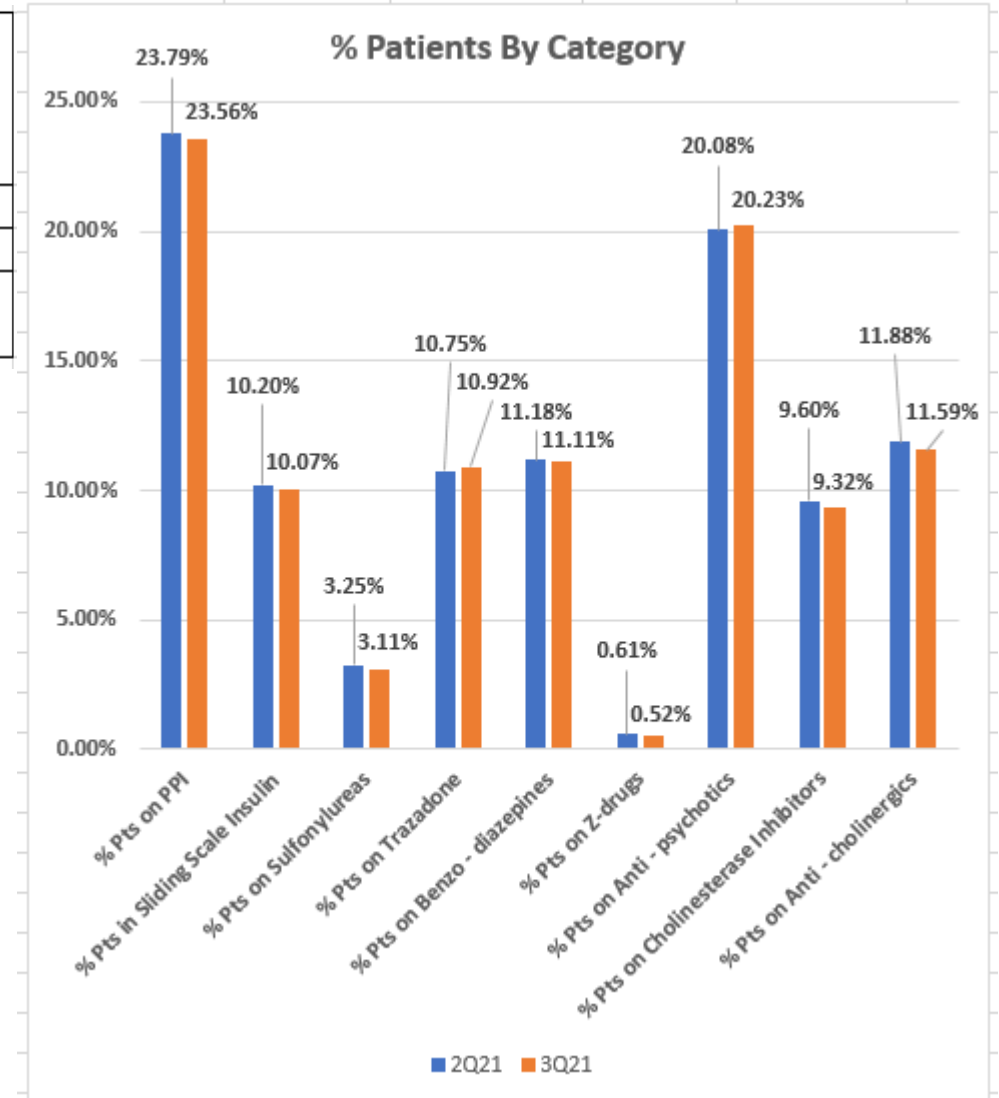
- 1 Quarter Performance Post Baseline
- Early Results Muted But Provide First View to Refocus



% Patients By Category

Period	% Pts on PPI	% Pts in Sliding Scale Insulin	% Pts on Sulfonylureas	% Pts on Trazadone	% Pts on Benzo - diazepines	% Pts on Z-drugs	% Pts on Anti - psychotics	% Pts on Cholinesterase Inhibitors	% Pts on Anti - cholinergics
2Q21	23.79%	10.20%	3.25%	10.75%	11.18%	0.61%	20.08%	9.60%	11.88%
3Q21	23.56%	10.07%	3.11%	10.92%	11.11%	0.52%	20.23%	9.32%	11.59%
% Improvement (Regression)	0.96%	1.28%	4.38%	-1.55%	0.58%	14.83%	-0.73%	2.92%	2.45%

- Significant Improvement Z-drugs
- Lost Ground: Trazadone and Antipsychotics



Interim Lessons Learned

- Facilitate versus lead
- Value the interprofessional team
 - Especially the Medical Director and Advanced Practice Provider
- Focus on categories that move more easily (Z-Drugs) as well as categories that should move more (PPIs)
- Consider new approaches for trazadone, antipsychotics and anticholinergics

Next Steps



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Optimizing Medication Use in PALTC

Next Steps

- Continue monthly virtual learning
- Continue to monitor aggregate data
- Present results at 2022 PA-LTC (AMDA) Annual Meeting

Pearls

- Implementing deprescribing into the PA-LTC can be challenging
- The Society for PA-LTC Medicine-sponsored D2D initiative was developed to reduce the number of scheduled medications and create a deprescribing culture
- Interim aggregate data suggests we are making progress

For Those Practicing in the PA-LTC Setting

- Please consider joining the initiative!
- Register at: <https://paltc.org/drive2deprescribe>

Thank You to the AMDA Staff!



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