

What do clinical practice guidelines say about deprescribing?

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What Guides Deprescribing Decisions?

Efficacy

Side effects

Co-morbidities

Concurrent medications

Goals and preferences

Alternatives

Discard

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...ot spark
Joy.”

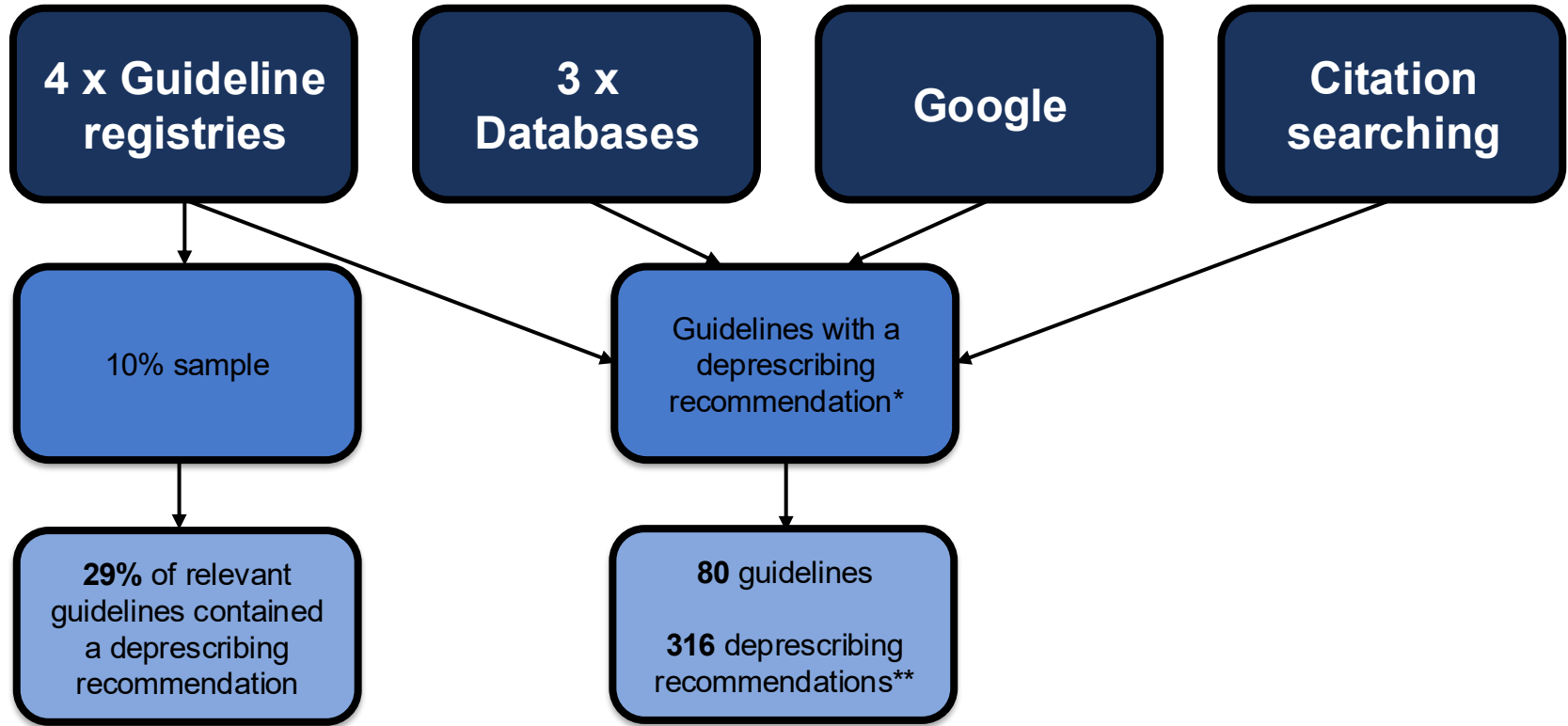
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Aims

- 1 Determine the **proportion** and **characteristics** of guidelines that contain deprescribing recommendations.
- 2 Explore **language features** of identified deprescribing recommendations.

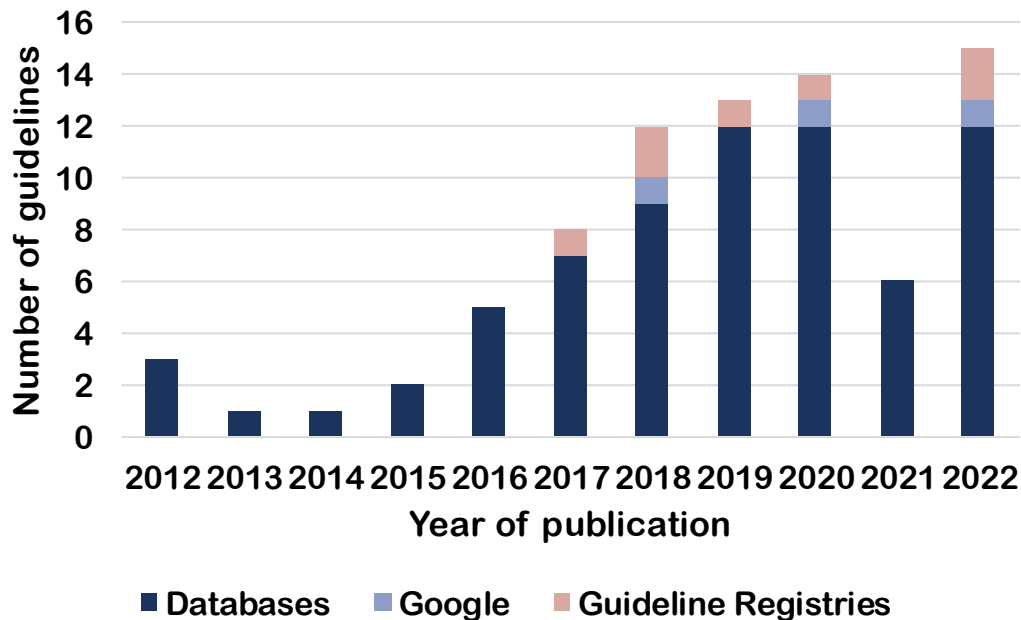
Methods



*Published in English from 2012 onward

**7% of all recommendations pertained to deprescribing

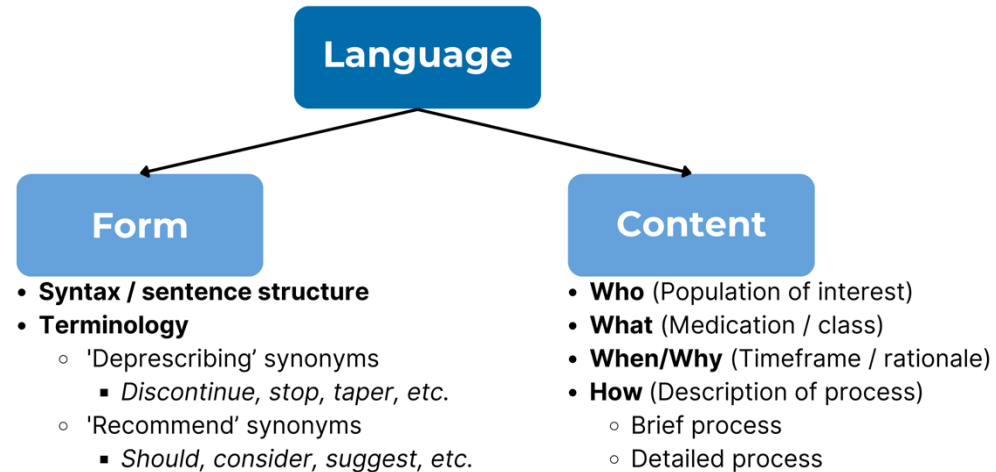
Guideline Characteristics



Development region	n (%)
Europe	33 (41)
North America	32 (40)
International Collaboration	7 (9)
Australia	5 (6)
Asia	2 (3)
Africa	1 (1)
Guideline focus	
Non-deprescribing-focused	72 (90)
Deprescribing focused	8 (10)
ATC Categories	
N (Nervous system)	30 (38)
L (Antineoplastic and immunomodulating agents)	21 (26)
A (Alimentary tract and Metabolism)	10 (13)
C (Cardiovascular system)	5 (6)
R (Respiratory system)	5 (6)
G (Genitourinary system and sex hormones)	3 (4)
S (Sensory Organs)	2 (3)
D (Dermatologicals)	2 (3)
B (Blood and blood forming organs)	1 (1)
H (Systemic Hormonal Preparations, Excl. Sex Hormones and Insulins)	1 (1)

Recommendation Characteristics

Recommendation or	n (%)
Good Practice Statement (n=316)	
Evidence-Based Recommendation	248 (78%)
Good Practice Statement	68 (22%)
Direction (n=316)	
For	288 (91%)
Against	28 (9%)
Strength (n=248)	
Strong	41 (17%)
Weak or conditional	77 (31%)
Consensus	17 (7%)
Not specified	113 (46%)
Certainty of evidence (n=248)	
High	5 (2%)
Moderate	25 (10%)
Low	32 (13%)
Very low	43 (17%)
No evidence	1 (0.4%)
Not specified	142 (57%)



Key Messages



- Upward trend in guidelines containing deprescribing recommendations over time.



- Imbalance in prescribing and deprescribing recommendations.
- Substantial variability in the content, format and language of deprescribing recommendations.



- Lack of clear and actionable recommendations on *how* to deprescribe

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SYSTEMATIC REVIEW

What do clinical practice guidelines say about deprescribing? A scoping review

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