💊 Deprescribing in Frailty – Educational Checklist

A reflective learning checklist for students and early-career professionals exploring deprescribing in frailty.

1️⃣ Review

☐ Understand the importance of reviewing all medications. Consider indication, duplication, benefit–risk balance, and adherence.

2️⃣ Identify

☐ Learn to identify potentially inappropriate medications (PIMs). Use tools such as STOPP/START criteria.

3️⃣ Plan

☐ Develop a plan for safe deprescribing. Consider tapering schedules, alternative options, and monitoring needs.

4️⃣ Communicate

☐ Practice communication skills. Discuss deprescribing decisions empathetically with patients and multidisciplinary teams.

5️⃣ Monitor

☐ Reflect on the follow-up process. Observe outcomes, adverse reactions, and evaluate if patient goals are met.

💬 Reflection Prompt

How can deprescribing improve quality of life for older adults? Provide an example from your studies or placement.

🔬 Learning Resources

- STOPP/START Criteria (Version 3): https://bmjopenquality.bmj.com/content/bmjqir/5/1/u207857.w4260/DC1/embed/inline-supplementary-material-1.pdf
- NICE NG5 – Medicines Optimisation: https://www.nice.org.uk/guidance/ng5
- Polypharmacy Guidance (Scottish NHS): https://polypharmacy.scot.nhs.uk/
- Older Adults Pharmacy Resources (BGS): https://www.bgs.org.uk/older-adult-pharmacy-resources
- RPS Polypharmacy Hub: https://www.rpharms.com/recognition/setting-professional-standards/polypharmacy-getting-our-medicines-right