

POLYPHARMACY AND MEDICATION USE REVIEWS

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This content has been adapted from a workshop originally delivered at a Biogen meeting in 2019. Permission kindly provided by Dr Sonia Devereux, GP, Newburgh and Abernethy Surgery, Scotland and Speciality Doctor in MS.

Learning objectives

At the end of this module you should be able to:

- Evaluate the risks and benefits of polypharmacy in people with MS (including drugs used for comorbidities)
- Review practical approaches to rationalise medication use
- Know the information to include in prescription requests in GPs

Reflective questions

Before the module, please reflect on your current understanding of the risks and benefits of polypharmacy. What are your three most important unanswered questions or areas of uncertainty? Do you know when to ask for or take a medicines use review?

What are the three most important 'take-home messages' you learnt in the module? How will these influence your practice?

Are there opportunities to rationalise medication use in your practice? If not, why not? If so, what changes will you make? Do you expect to face any hurdles? If so, how will you overcome these?

Further reading

Frahm N, Hecker M and Zettl UK Polypharmacy in patients with multiple sclerosis: a gender-specific analysis *Biology of Sex Differences* 2019;27;10:27

Marrie RA, Fisk JD, Tremlett H et al Differences in the burden of psychiatric comorbidity in MS vs the general population *Neurology* 2015;85:1972-1979

Masnoon N, Shakib S, Kalisch-Ellett L et al What is polypharmacy? A systematic review of definitions *BMC Geriatrics* 2017;17:230

Scottish Government Polypharmacy Model of Care Group *Polypharmacy Guidance, Realistic Prescribing 3rd Edition* Published 2018