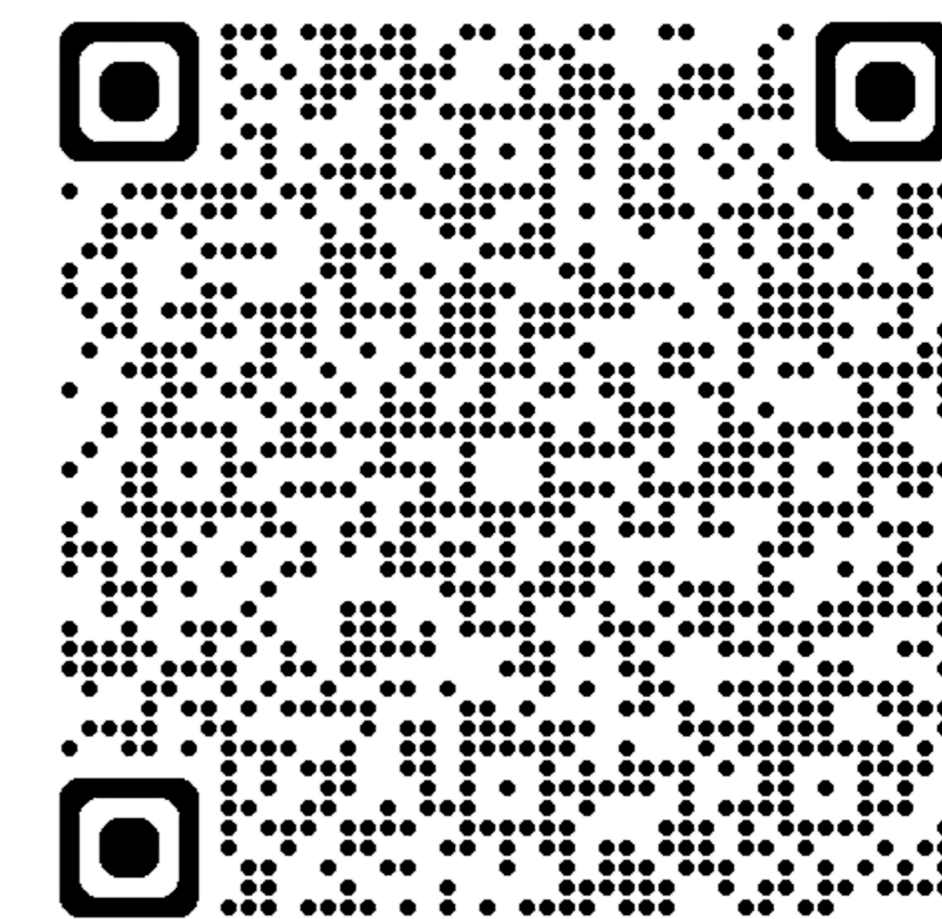


Sustainable Implementation of Multi-Level Interprofessional Deprescribing Service in Nursing Homes

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Context and objectives

Polymedication and prevalence of potentially inappropriate medication are major issues in Swiss Nursing Homes (NHs)¹. An Integrated Pharmacy Service (IPS) is implemented in voluntary NHs in the French-speaking part of Switzerland. This service has been used to develop deprescribing interventions at the resident- and the NH-level, which proved to be **relevant** and **feasible**^{2,3,4}. However, **strategies** are needed to ensure a successful and sustainable implementation of such a service within a larger number of Swiss NHs.

The objectives of our study, which takes place from October 2023 to September 2026 and opened to all voluntary Swiss NHs are to **evaluate the implementation and effectiveness of a facilitated and structured interprofessional deprescribing service**.

Interprofessional deprescribing service studied

Two interprofessional interventions

Interprofessional Quality Circle session - Deprescribing

- Gathering **physicians, pharmacists and nurses**, to elaborate **local deprescribing consensus in NHs**.



- Evidences of deprescribing by class** → what & how
 - e-learning and joint discussions
- Interprofessional discussion**
 - Supported by drug consumption data of NHs and evidences
- 3 classes per year**
 - Definition of consensus on implementation strategies
 - Involvement of residents/relatives
- Monitoring implementation**

Medication reviews for 10% of residents

- Targeting **individual residents**

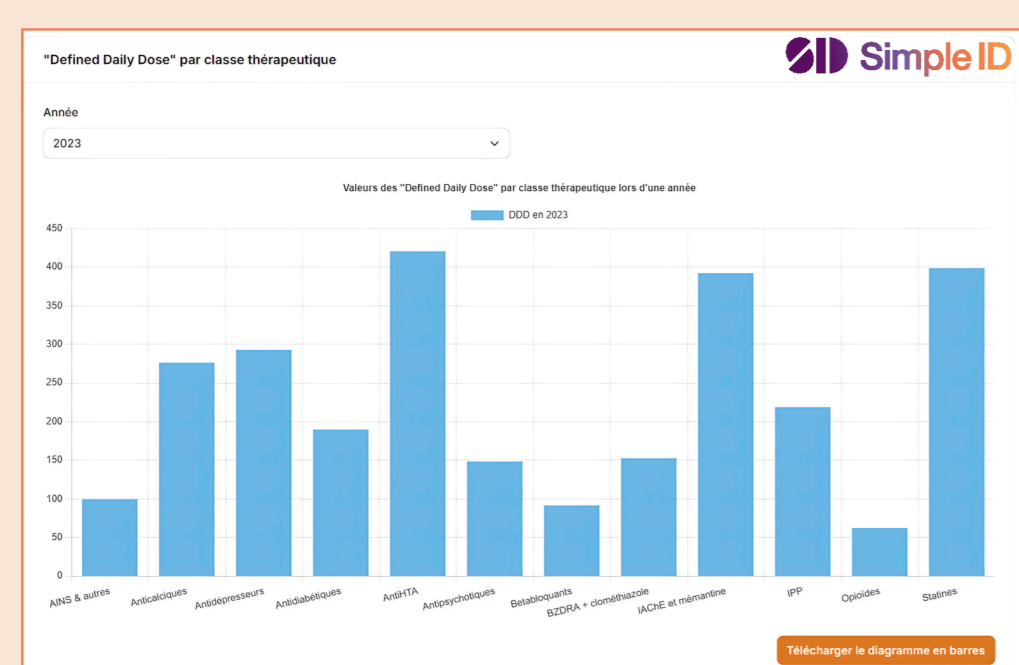


- 3 days**
 - Practical exercises
 - Interprofessional workshops
- By the interprofessional team**
- Medication**
 - Clinical status
 - Therapeutic and life goals
- Identification of potentially inappropriate drugs**
 - Suggestions for improvement
- Established during the interprofessional meeting**
 - Involvement of residents/relatives
- Adjustments if necessary**
 - 4-month follow-up

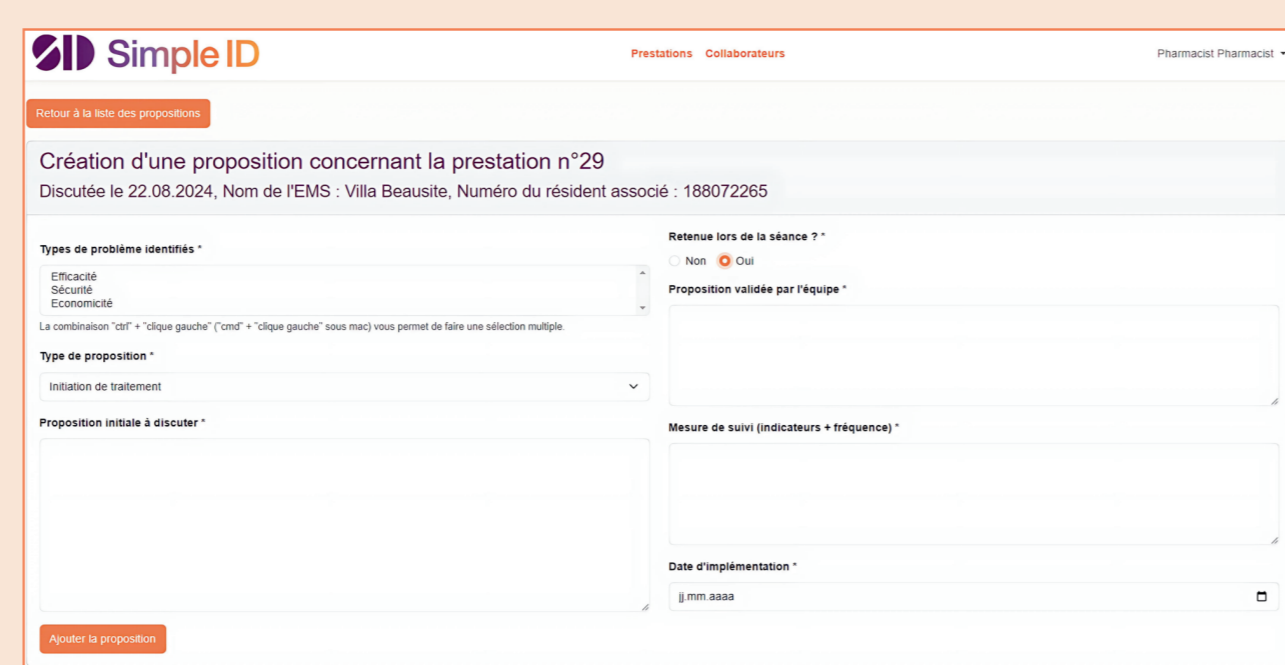
Service implementation strategies involved

Various implementation strategies are proposed to implement quality circles and/or medication reviews in the NHs :

- A **facilitation approach** carried out by a pharmacist providing follow-up, clinical support for pharmacists and foster exchanges of practice.
- A **coordination web portal** to support the medical-care team of NHs in implementing the two services through **benchmarking, service documentation, and team communication**.



View of the benchmarking platform



View of the documentation platform

- An **organized team chat platform** between participating pharmacists, including the project team, on practical aspects and clinical issues.
- Support for information and integration** of residents' perception and attitude.
- Monitoring the quality and impact** of these care practices on residents' health and on the healthcare system.

Evaluation

The study follows a **hybrid (type 3) implementation and effectiveness evaluation design**.

- Implementation evaluation** focused on the **acceptance and maintenance rates** of therapy modification proposals, the **service implementation strategies used** and the **experience of stakeholders** (*professionals, politicians, patients*).
- Effectiveness evaluation** based on the evolution of the prescription frequency and consumption (*using Defined Daily Doses*) of inappropriate medication at NH level.

Evaluation based on **quantitative data** collected by the coordination web portal developed for the project and **qualitative data** obtained from questionnaires and/or interviews targeting different audiences (*professionals, residents, relatives*).

Results

Implementation of the project for 2024 :

- Active in 3 cantons** (*Vaud, Fribourg, Genève*).
- In discussion with cantonal authorities in 2 cantons** (*Bern, Neuchâtel*).
- 65 pharmacists who attended training courses** (*e-learning and /or on-site training*) aimed at implementing quality circles or medication reviews.
- Approximately 60 NHs currently involved in the project**.

Conclusion

This study will provide **insights on the value of various measures** aimed at implementing a facilitated and structured interprofessional deprescribing service, and the **contextual parameters to be taken into account** at different levels (*professional, systemic*) with a view to make this practice widespread.