

Deprescribing: Knowing when to stop

Patrick Viet-Quoc Nguyen^{1,2,3}

¹University Hospital of Montreal, CHUM, Canada

²CHUM Research Center, Canada

³Quebec Network for Research on Aging, Canada

Drug therapy is part of the treatment of most illnesses. Medication has great potential benefits reducing symptoms, disease progression, mortality and morbidity. The use of medication also increases the risk of harm through adverse reactions. Over time, people with chronic diseases and elderly people are prescribed a large number of drugs leading to polypharmacy. This may lead to an increase in drug adverse reactions due to additive effects and drug interactions. Pharmacodynamic and pharmacokinetic parameters may also influence adverse reactions. On the other hand, under prescription can cause patients to miss out on the potential benefits of useful medication. Deprescribing is an attempt to balance potential for benefits and harm by systematically withdrawing inappropriate medications with the goal of

managing polypharmacy and improving outcome. Many barriers exist to deprescribing. It may come from the patient, his family and caregivers, healthcare professionals and physicians. The pharmacist has a central in deprescribing. He can raise the patient's and prescriber's awareness to polypharmacy, prescribing cascades, therapeutic duplicate, iatrogenic disease and inappropriate medications. He can recommend modification to drug to improve drug safety, compliance and reducing costs. This can be done while maintaining drug therapy efficacy in achieving therapeutic goals.

Biography

Patrick Viet-Quoc Nguyen has graduated with a Pharmacy Baccalaureate degree and a Master in advance Pharmacotherapy at the Montreal University pharmacy faculty in Canada in 2003 and 2012 respectively. He has obtained an executive MBA from the Fundesem Business School in Spain in 2008. Since 2013, he is a hospital Pharmacist specialized in the geriatrics and emergency field at the Centre Hospitalier de l'Université de Montreal (CHUM). He is a Researcher at the CHUM research centre. Since 2016, he is a Member of the Quebec network for research on aging. He has over 10 publications and teaches at the Montreal University.

patrick.nguyen@sympatico.ca

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