



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
Halifax Nova Scotia • Halifax Convention Centre
APRIL 4 - 6, 2019

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SESSION 165

Too Much of a Good Thing? How to Successfully Deprescribe

National drug claim reports indicate that older adults living in rural areas use more potentially inappropriate medications than seniors living in urban areas (CIHI 2018). This can be explained by a variety of factors, such as limited access to safer non-pharmacological therapies. This case-based session will discuss strategies adapted to the rural context for successfully tackling polypharmacy. We will identify which medications to deprescribe in older patients, integrating highlights from the 2019 American Geriatrics Society 2019 Updated Beers Criteria. Evidence-based tools and tips will be shared to help guide physicians, from initiating conversations about deprescribing sedative-hypnotics with patients and colleagues through to safely managing the taper and substitution with non-drug therapies. By overcoming barriers to deprescribing, every physician can become an effective deprescriber.

1. Describe practical deprescribing strategies in inpatient and outpatient settings.
2. Develop a customized approach to deprescribing in your practice setting.
3. Familiarize the audience with the evidence-based tools available to assist in the deprescribing process.