

## Resources to support Structured Medication Review (SMRs) in primary care

Comprehensive, holistic structured clinical medication reviews are designed to help people who have complex or problematic polypharmacy achieve better clinical and personal outcomes. There are many resources and tools published to support the process of medication review, address problematic polypharmacy and support deprescribing.

Background information on medication review and practical advice on tools and resources to support SMRs are summarised in the two bulletins:

Polypharmacy (<https://surreyccg.res-systems.net/PAD//Content/Documents/2/Ensuring-appropriate-polypharmacy-tool-22.pdf>)

Deprescribing (<https://surreyccg.res-systems.net/PAD//Content/Documents/2/254i-polypharmacy-and-deprescribing-ii-20.pdf>)

### Tools to support SMRs

*Clinicians should select the tool(s) that they find easiest to use to support the medication review process.*

NO TEARS ([available on PAD](#)), Ensuring appropriate polypharmacy ([available on PAD](#)) and NHS Scotland's 7-Steps medication review are all 'patient-centred' tools which help guide the healthcare professional in a stepwise manner to ensure that all the key areas of a medication review are covered.

NHS Scotland polypharmacy tool, IMPACT, STOPP/START and STOPP/FRAIL (for use in older patients with limited life expectancy) are all 'medicine-centred' tools which focus on individual therapeutic areas and provide detailed advice on the suitability of different medicines in older people.

The NHS Scotland polypharmacy tool is also available as an App.

### Anticholinergic burden (ACB)

Medicines with anticholinergic effects can cause problems in older people. An ACB scoring tool is [here](#). For further information on medicines that cause anticholinergic side effects and assessing ACB burden see [here](#).

### Deprescribing

The process of deprescribing is to reduce or stop medicines that may not be beneficial or may be causing harm, whilst ensuring quality of life is maintained or improved. Tools available to support deprescribing are available [here](#), and at [deprescribing.org](https://www.deprescribing.org).

## Shared Decision Making

Shared decision-making is a process where people are supported to make the best decisions about which medicines they should or should not take.

NICE recommendations about shared decision making with patients, and principles to follow when communicating benefits and risk of treatment are here:

<https://www.nice.org.uk/guidance/cg138/chapter/1-Guidance#enabling-patients-to-actively-participate-in-their-care>

*Educational resources to support shared decision making skills:*

- Pharmacist specific – CPPE <https://www.cppe.ac.uk/career/sdm/>
- NHS England recommended learning:
  - [Skills for Health, Skills for Care and Health Education England](#): E-learning introduction to person centered approaches
  - Association of Medical Royal Colleges and University of Cambridge risk communication toolkit: e-learning course designed for health care professionals to help them develop skills for communicating effectively about the potential harms and benefits of treatment options. [Communicating potential harms and benefits](#)

*Resources that can be used in shared decision-making conversations with patients*

- Choosing Wisely UK - <https://www.choosingwisely.co.uk/> global initiative aimed at improving conversations between patients and their clinicians and nurses.
- NICE patient decision aids – NICE have created a collection of [patient decision aids](#) and other decision support tools
- NHS Scotland polypharmacy shared decision making [resources](#)

## Video consultation skills:

Ideally a medication review would be undertaken in a face to face consultation in the patient's home or care home where possible and in line with infection prevention and control in light of COVID-19, or remotely where deemed clinically appropriate.

Remote consultations require an adaptation to clinical consultation skills. Resources to support video consultation skills:

- [BMA guide](#)
- [University of Oxford Department of Primary Care Health Sciences guidance and resources for NHS patients and clinicians to support online consultations](#)
- [Remote consultations: how pharmacy teams can practise them successfully](#)
- [Specialist Pharmacy Services webinar on remote consultations](#)