

# How can medicines reviews in primary care be optimised to help patients make the most of their medicines?

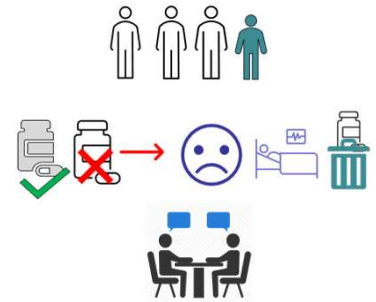
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## Introduction

- Approximately 15 million people in England (almost 1 in 4) have long-term conditions (LTCs) that are managed by medicines.<sup>1</sup>
- Up to half of medicines prescribed for LTCs are not being taken as prescribed<sup>2</sup>, which can lead to poor patient control, increased utilisation of NHS services, and medicines waste.
- The National Institute of Health and Care Excellence (NICE) states that patients who are prescribed medicines should have them reviewed regularly<sup>3</sup> but does not dictate who should undertake the review. Reviews are undertaken in primary and secondary care by several healthcare professionals, including pharmacists.



## Aim and objectives

- The aim of this research is to develop an evidence-based framework that can be implemented in pharmacists' practice.
- This will be achieved by:
  - establishing the evidence base for pharmacist-led MRs through a systematic review to identify core components of MR and how they link to outcomes (Project 1)
  - undertaking a mixed methods study to understand the current implementation of medication reviews by pharmacists across the healthcare system (Project 2)
  - triangulating these findings to contextualize recommendations for implementation of MR by pharmacists in practice (Project 3)

## Project 1: Systematic review



- Aim: to identify the core components of a pharmacist-led medication review and to link these to outcomes.

What is the aim of the medication review?

What are the core components of the medication review?

What outcomes from the medication review were measured?

What was the context of the medication review?

How did the core components and context influence the outcomes?

- Data extraction will be focused on context, nature of intervention, implementation, outcomes, measures relating to the hypothesized mechanism of effect and unanticipated pathways and consequences.

## Project 2: Mixed methods study



- Aim: to understand the current implementation of medication reviews by pharmacists across the healthcare setting

### Objectives

Explore the contextual factors which influence the delivery and functioning of the medication review **[context]**<sup>4</sup>

Describe the structures, resources and processes through which medication reviews are currently implemented **[implementation]**<sup>4</sup>

Explore how medication reviews and participants' interactions with them, initiate change **[mechanisms]**<sup>4</sup>

- Data will be collected through questionnaires, observations and interviews.

## Project 3: Framework development

- The results of the systematic review and the mixed methods study will be utilised to develop a framework which outlines recommendations on how medication reviews by pharmacists should be implemented in practice.
- Pharmacists and other healthcare professionals with whom they work will be involved in this process.



## References

- Department of Health (2012) *Long Term Conditions Compendium of Information: 3rd Edition*.
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- National Institute of Health and Care Excellence (2008) *Medicines adherence: involving patients in decisions about prescribed medicines and supporting adherence*. (NICE Clinical guideline CG76) Available at: <https://pathways.nice.org.uk/pathways/medicines-optimisation/medication-review> (Accessed: 15 January 2019)
- Moore, G. et al. (2014) *Process Evaluation of Complex Interventions: UK Medical Research (MRC) Guideline, MRC Population Health Science Research Network*.

