

Polypharmacy Action Learning Sets

Identifying the barriers
that prevent us from
stopping inappropriate
medicines



What are the risks of
polypharmacy for our
ageing population?

How can GP Practices and
Primary Care Networks address
Polypharmacy effectively?

What are the cognitive
barriers to stopping
medicines safely?

What is shared decision-
making and how can it
help?

Why are high risk medicines
particularly problematic in
older patients?

Sessions facilitated by a local
NICE associate and local
geriatricians

Developed primarily for GPs, these Action Learning Sets (ALS) are based on work undertaken in Yorkshire and Humber AHSN. They aim to help GPs understand the complex issues surrounding stopping inappropriate medicines safely and will also help PCNs deliver the Medicines Optimisation elements of the new GP QOF contract. HEE South are evaluating our ALS with a view to rolling out this methodology across England.

Delegates are required to attend all 3 sessions, review an e-learning tool and participate in the evaluation.

Three half day sessions over 2 months:

Session 1: Polypharmacy – the scale, impact and challenges around stopping medicines safely. We will define inappropriate medicines and look at the patient perspective.

Session 2: What tools are available to help? We will explore shared decision making, the evidence and tools to help conduct high quality medication reviews including high risk medicines e-learning.

Session 3: Workshop and facilitated discussions to share experience of medication reviews and consolidate learning.

Cohort 1: Bristol: Wednesday 22nd January 2020 morning; Wednesday 12th February 2020 morning; Wednesday 18th March 2020 morning

Book via Helm Tickets: [Book Here for NMPs](#) [Book Here for GPs](#)

Cohort 2: Bristol: Wednesday 22nd January 2020 afternoon; Wednesday 12th February 2020 afternoon; Wednesday 18th March 2020 afternoon

Book via Helm Tickets: [Book Here for NMPs](#) [Book Here for GPs](#)