



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

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 Primary Care Networks deliver the Medicines Optimisation elements of the new GP contract.

Delegates are required to attend all 3 sessions. One in five places are also available for Non-Medical Prescribers (NMPs)

The sessions

The three half day sessions are spread 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: Wednesday 4th March morning; Wednesday 8th April morning; Wednesday 6th May morning (Password: Polypharmacy1)

[Booking link for GPs. AM session.](#)

[Booking link for NMPs. AM session.](#)

Cohort 2: Wednesday 4th March afternoon; Wednesday 8th April afternoon; Wednesday 6th May afternoon (Password: Polypharmacy1)

[Booking link for GPs. PM session.](#)

[Booking link for NMPs. PM session.](#)