

Establishing knowledge and confidence of hospital pharmacists to medicines optimisation for older people

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BACKGROUND AND AIM

BACKGROUND

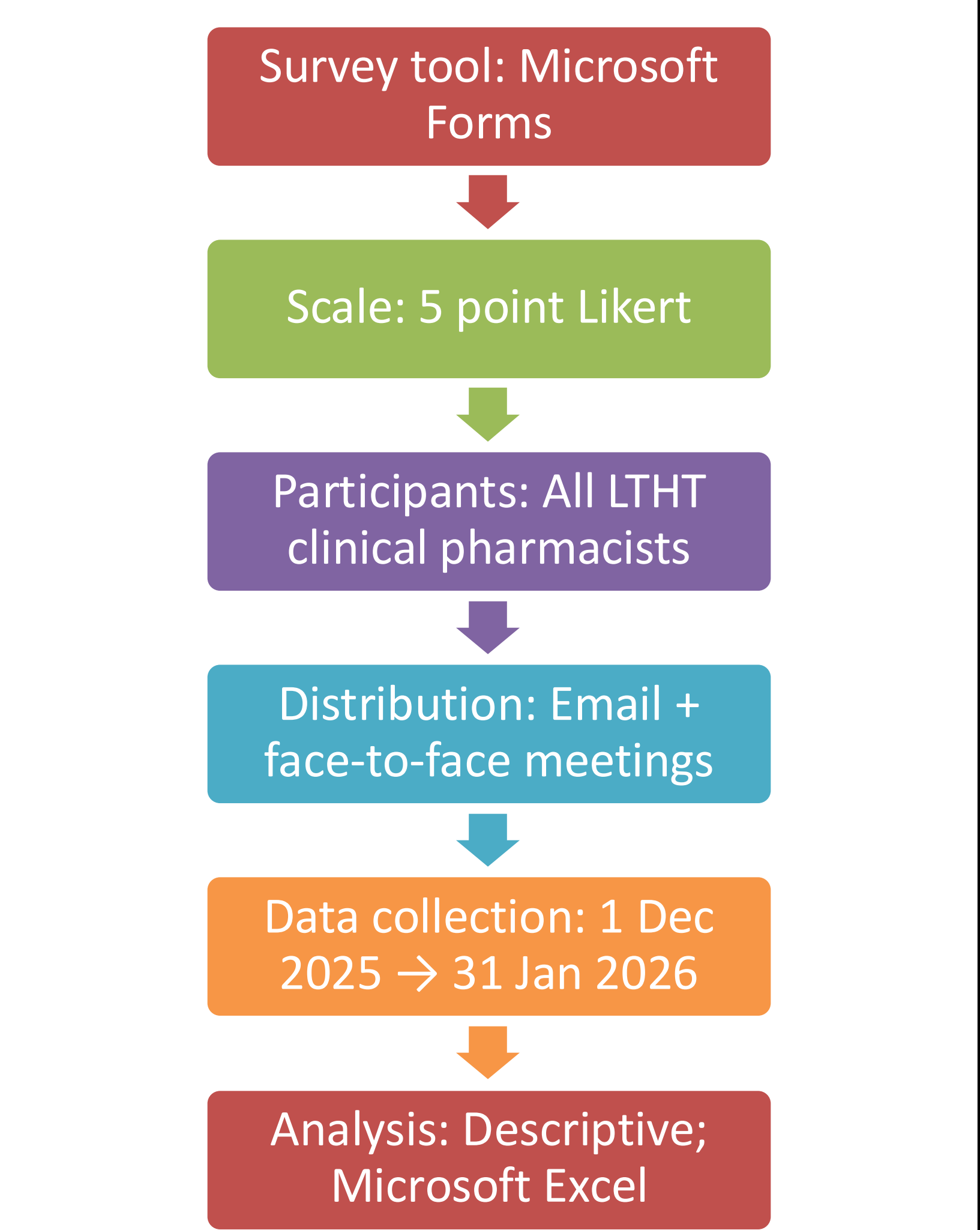
- Polypharmacy (≥5 medicines) is common in adults 65+ and linked to harm
- Older adults with frailty are at higher risk of adverse outcomes.
- Medicines optimisation (MO) is a priority within the LTHT Frailty Strategy.
- Pharmacists are central to reducing inappropriate polypharmacy, but confidence levels vary.

AIMS

To assess hospital pharmacists’ knowledge and confidence in delivering medicines optimisation for older adults at LTHT.

METHODS AND PARTICIPANTS

METHODS

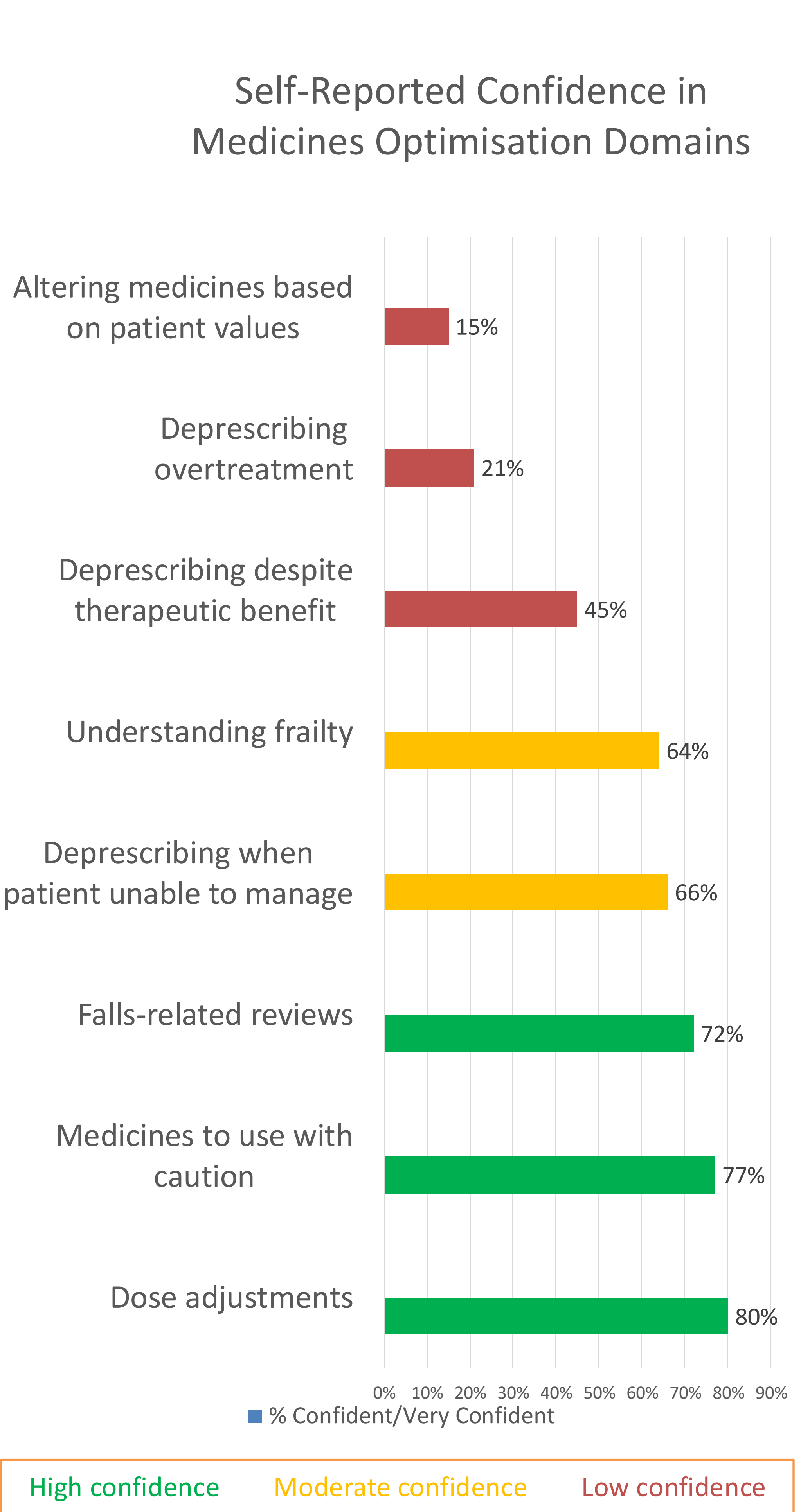


PARTICIPANTS

N = 44	31 female / 13 male
Practice levels: trainee → advanced	43% had ≥50% caseload aged 65+

RESULTS

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CONCLUSIONS

- Pharmacists show strong confidence in core MO tasks.
- Confidence drops for complex deprescribing and values-based decisions.
- Training opportunities include:
 - shared decision-making
 - deprescribing in frailty
 - managing overtreatment

CONTACT/ ACKNOWLEDGEMENTS

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With thanks to all pharmacists who took part in the survey.