

Polypharmacy – When Less is More

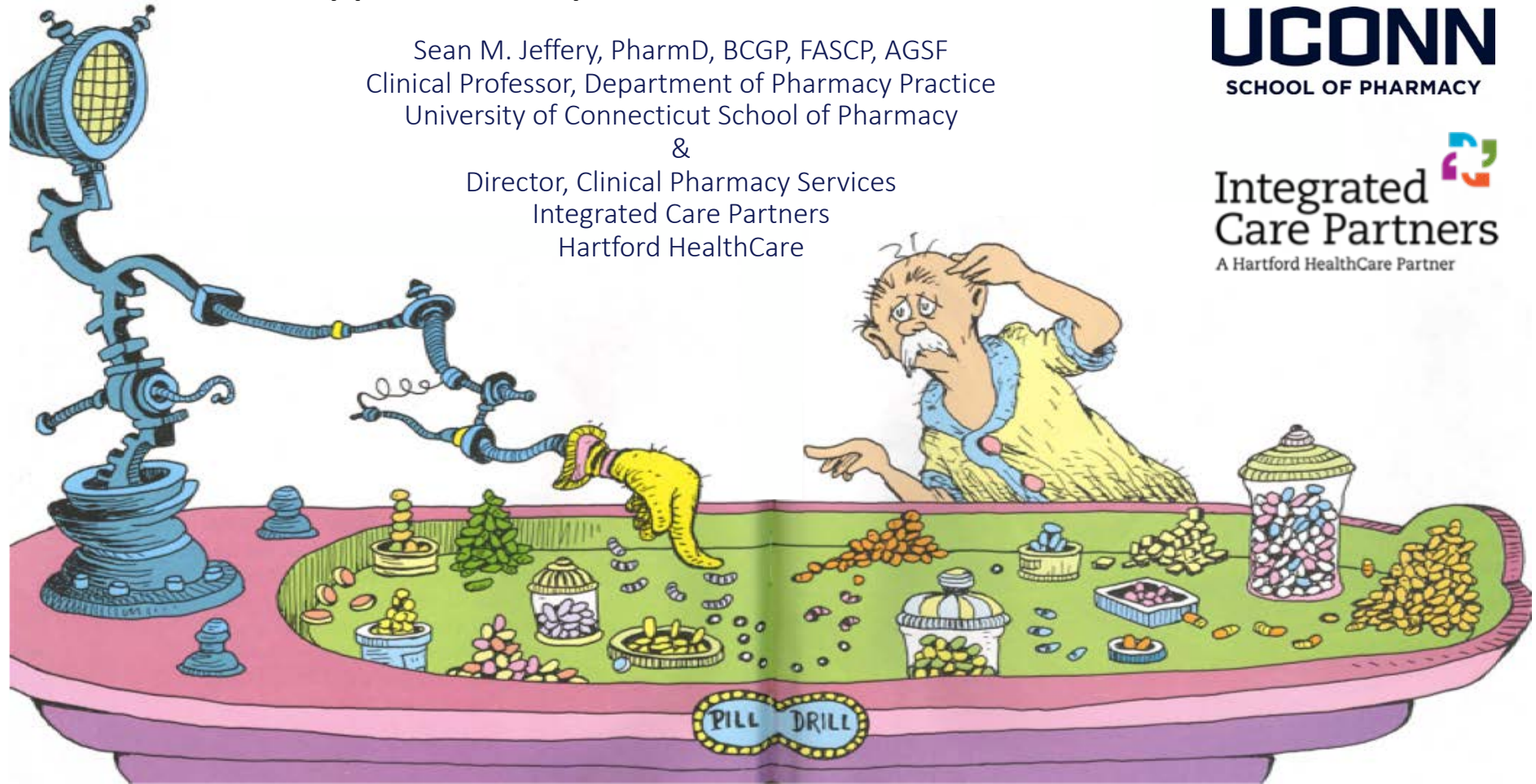
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UConn
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2050



 > 20% over age 65

FDA Approved New Molecular Entities 1827 - 2013

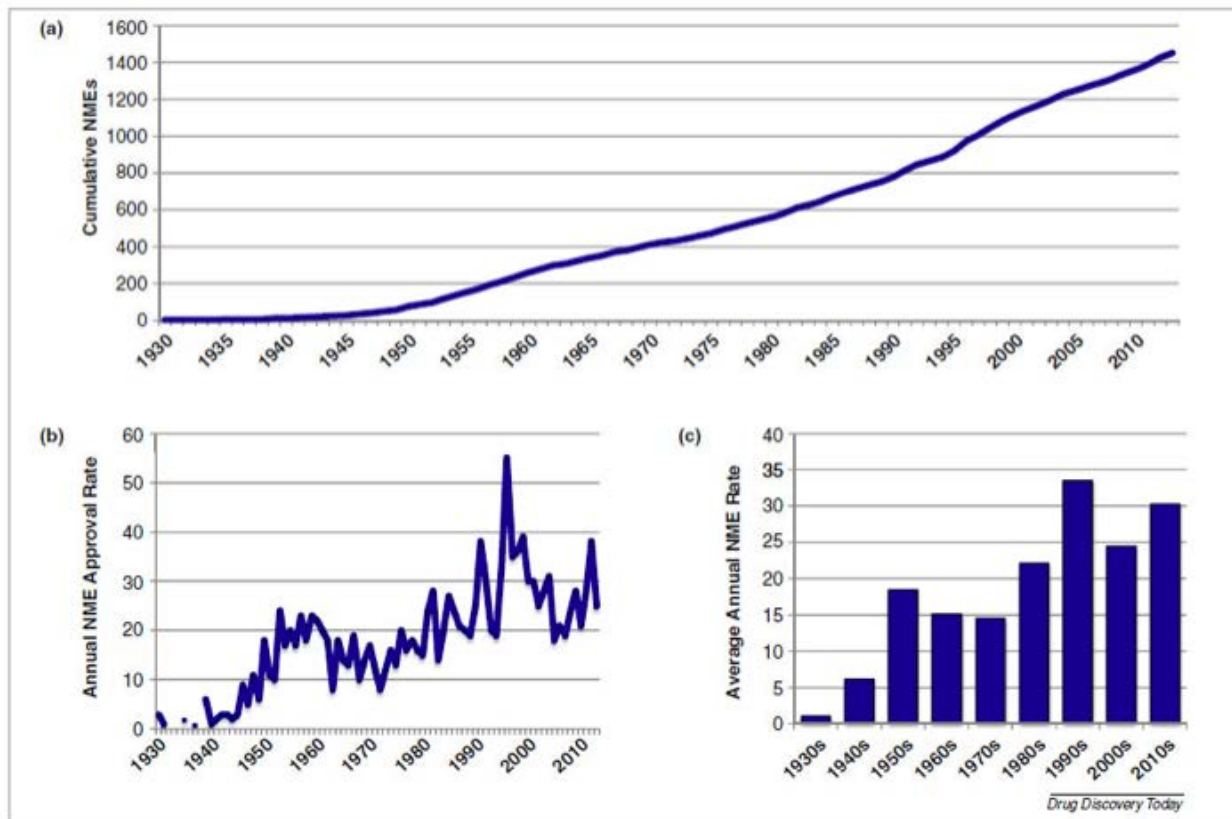


FIGURE 1

FDA-approved new molecular entities. (a) The accumulation of FDA-approved new molecular entities (NMEs) over time since 1930 is indicated. Please note that the approval of two molecules, morphine and aspirin, pre-dated the creation of the FDA and its precursors. (b) The number of annual approvals since 1930 is shown, as are (c) the average annual rates of approval by decade.

The Problem

pälē'färməsē

Too many medications + Too complicated + Inappropriate
+ Not aligned with patient's goals of care = hot mess

“Drugs don’t work in people who don’t take them.”

C. Everett Koop, MD

13th Surgeon General of the United States



Med Wreckonciliation





“I am having accidents...”

Who: an 85 year old female living alone in her house

PMHx:

- HF w/ 1+ peripheral edema
- HTN
- GERD
- Chronic Pain from OA, spinal stenosis
- Urinary Incontinence

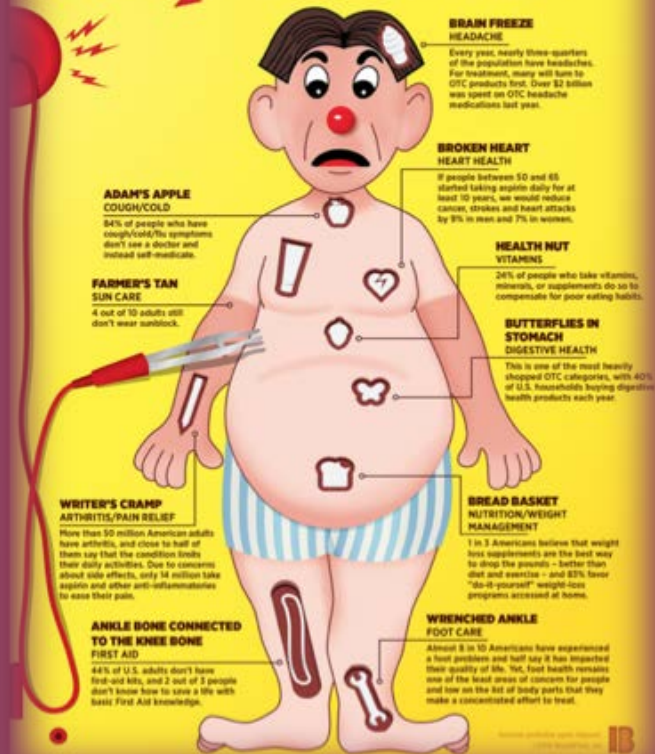
Issue: Patient wants to change diuretics. Transitional Care Case Manager attempted to reconcile medications and identified 7 medications from PCP's EMR.

Current Medications

1. Lorazepam 1 mg po BID for anxiety
2. Amitriptyline 100 mg po qHS
3. Oxybutynin ER 10 mg po once daily
4. Omeprazole 40 mg po BID
5. OxyContin 20 mg po BID
6. Gabapentin 300 mg po QID
7. Ipratropium Bromide 0.06% nasal solution
8. Claritin 10 mg po once daily
9. Verapamil HCl ER 240 mg po qHS
10. Potassium Cl 20 mEq po once daily
11. Metolazone 2.5 mg 1 tab po QOD
12. Bumetanide 4 mg po once daily
13. Furosemide 60 mg po once daily
14. Spironolactone 50 mg po once daily

OTC Operation

"WHERE YOU'RE THE DOCTOR" IS NOW A REALITY



BRAIN FREEZE HEADACHE

Every year, nearly three-quarters of the population have headaches. For treatment, many will turn to OTC products first. Over \$2 billion was spent on OTC headache medications last year.

BROKEN HEART HEART HEALTH

If people between 50 and 65 started taking aspirin daily for at least 10 years, we would reduce cancer, strokes and heart attacks by 8% in men and 7% in women.

HEALTH NUT VITAMINS

24% of people who take vitamins, minerals, or supplements do so to compensate for poor eating habits.

BUTTERFLIES IN STOMACH DIGESTIVE HEALTH

This is one of the most heavily shopped OTC categories, with 40% of U.S. households buying digestive health products each year.

BREAD BASKET NUTRITION/WEIGHT MANAGEMENT

1 in 3 Americans believe that weight loss supplements are the best way to drop the pounds - better than diet and exercise - and 87% favor "do-it-yourself" weight-loss programs accessed at home.

WRENCHED ANKLE FOOT CARE

About 6 in 10 Americans have experienced a foot problem and half say it has impacted their quality of life. Yet, foot health remains one of the least areas of concern for people and low on the list of body parts that they make a concentrated effort to treat.

ANKLE BONE CONNECTED TO THE KNEE BONE FIRST AID

44% of U.S. adults don't know first-aid tips, and 2 out of 3 people don't know how to save a life with basic First Aid knowledge.

WRITER'S CRAMP ARTHRITIS/PAIN RELIEF

More than 50 million American adults have arthritis, and close to half of them say that the condition limits their daily activities. Due to concerns about side effects, only 14 million take aspirin and other anti-inflammatories to ease their pain.

FARMER'S TAN SKIN CARE

4 out of 10 adults still don't wear sunblock.

ADAM'S APPLE COUGH/COLD

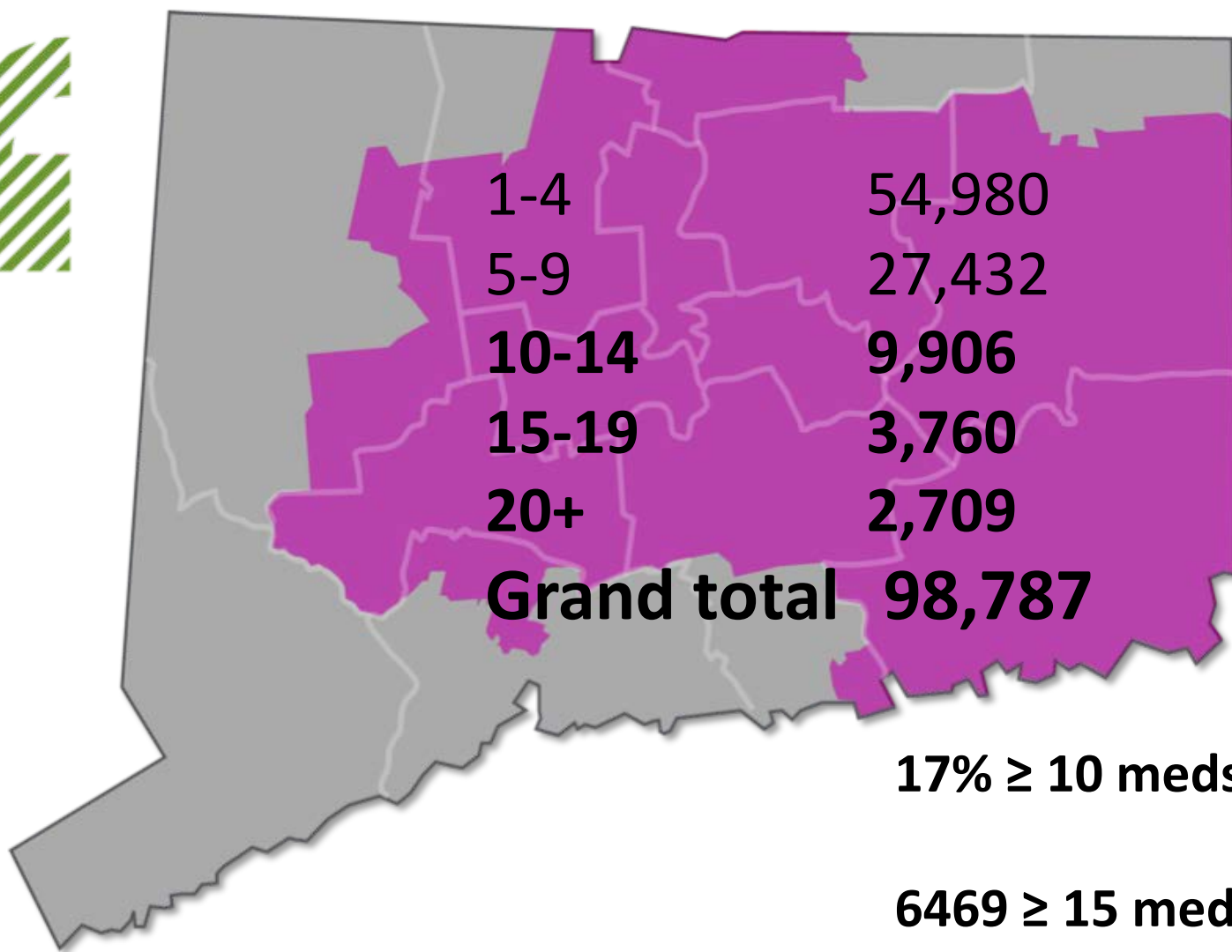
84% of people who have cough/cold/flu symptoms don't see a doctor and instead self-medicate.

OTC Meds

13. Glucosamine Chondroitin Complex 1 tab po daily
14. Calcium 500 + Vit. D 2 tablets po once daily
15. Vit. D 2000IU
16. Multivitamins
17. Vit. B complex
18. Vit. E 400 IU
19. Co Q 10
20. Fish oil
21. Folic acid
22. Ginkgo Biloba caps
23. Melatonin
24. Acidophilus caps
25. Metamucil
26. PEG 3350 Oral powder
27. Sennokot 8.6mg

Reconciled Medications

1. Lorazepam 1 mg po BID for anxiety
2. Amitriptyline 100 mg po qHS
3. Oxybutynin ER 10 mg po once daily
4. Omeprazole 40 mg po BID
5. OxyContin 20 mg po BID
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14. Spironolactone 50 mg po once daily
13. Glucosamine Chondroitin 1 tab po daily
14. Calcium 500 + Vit. D 2 tabs po once daily
15. Vit. D 2000IU
16. Multivitamins
17. Vit. B complex
18. Vit. E 400 IU
19. Co Q 10
20. Fish oil
21. Folic acid
22. Ginkgo Biloba caps
23. Melatonin
24. Acidophilus caps
25. Metamucil
26. PEG 3350 Oral powder
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17% $\geq$ 10 meds

6469 $\geq$ 15 meds



What to do?

planet fitness

The image shows the Planet Fitness logo in pink, 3D-style lettering mounted on a grey brick wall. To the right of the logo, there is a large, dark shadow of a person standing with their arms crossed, cast onto the wall.

Increase Accountability, Reduce Complexity and Strive for Simplicity

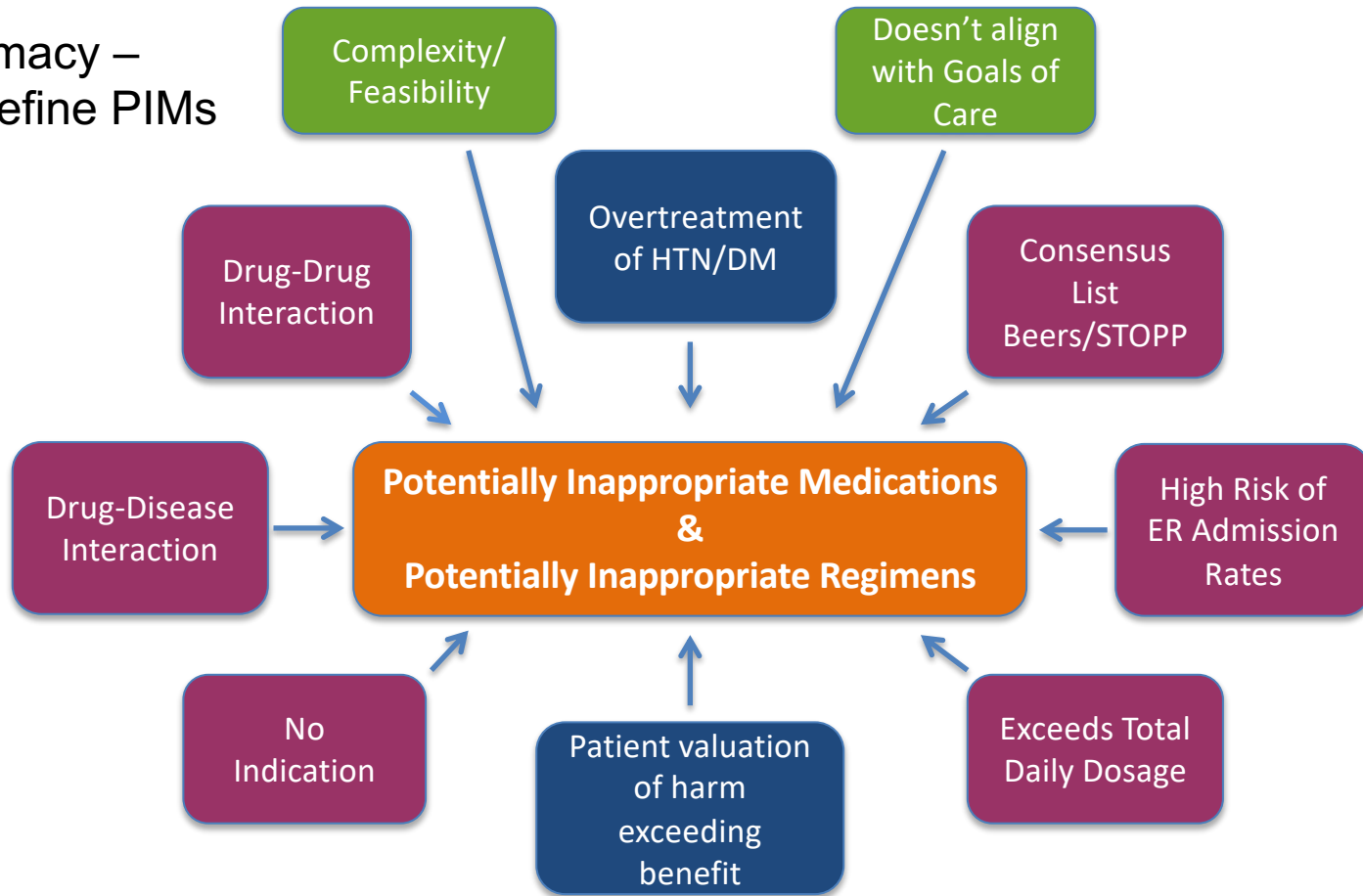


1 PCP
1 Cardiologist
1 Urologist
1 Orthopedic surgeon
None in the same system

3 Local pharmacies
Cash purchases for some meds

Many OTC purchases from retail outlets

Polypharmacy – How to Define PIMs



Provider Prescription Dashboards

≥ 15

7 - 14

≤ 6

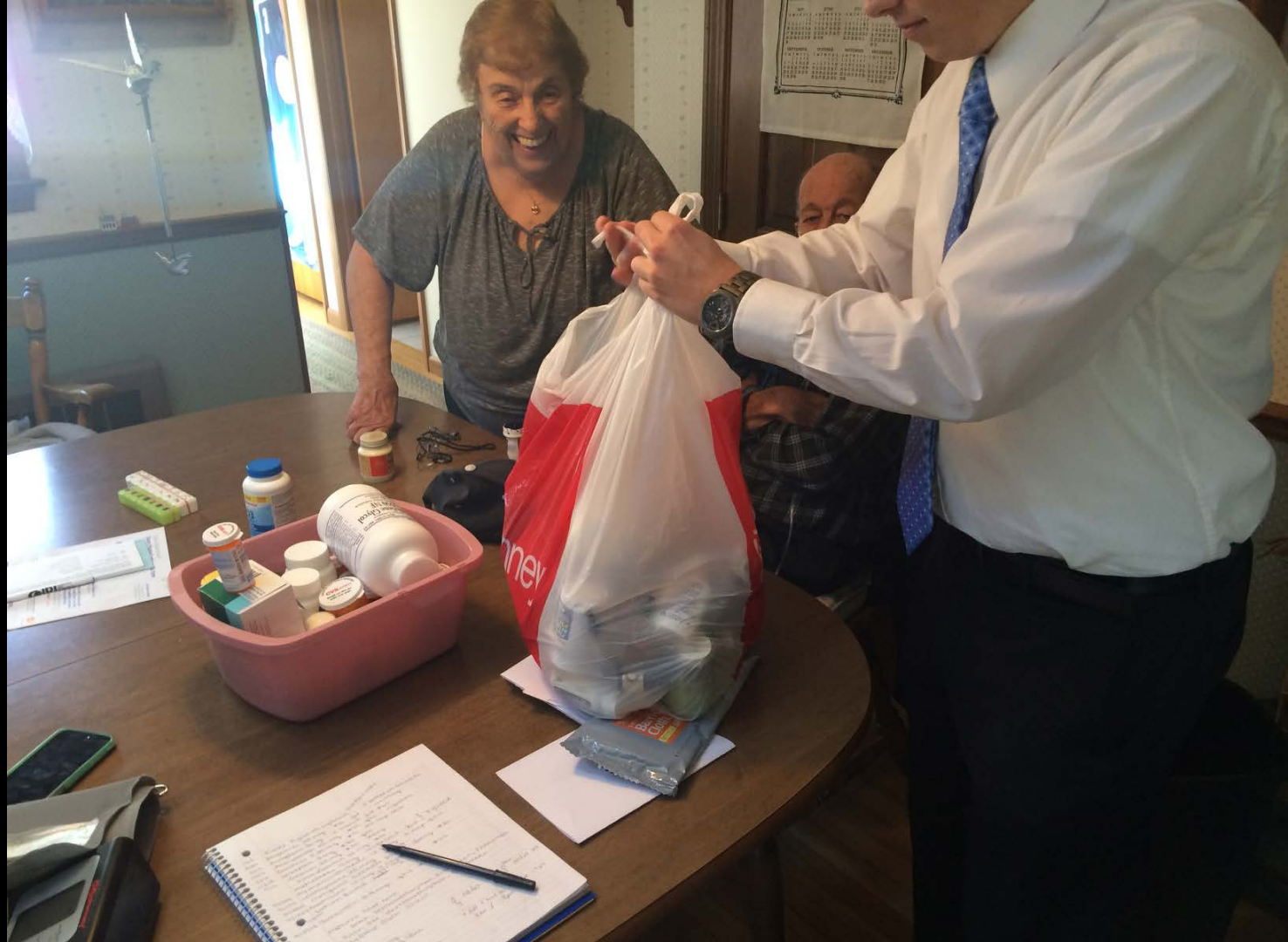


Pharmacists Role in Preventing Polypharmacy & Facilitating Deprescribing

- Most accessible member of healthcare team – in all zip codes
- Could better screen for drug-drug interactions (access to lab values would increase the specificity and sensitivity)
- Pharmacists can improve adherence through med synchronization
- Can communicate with PCP deprescribing rec's through Pharmacist eCare Plan
- Pharmaceutical waste mitigation

- Examples to model:
 - Look at opioid mitigation/monitoring system as template for deprescribing
 - Pharmacist Immunizations widely successful, look for annualized deprescribing opportunities







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