



**KOLLING**  
Institute of  
Medical Research  
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## Australian Deprescribing Network (ADeN) Workshop and National Stakeholders Meeting


August 3<sup>rd</sup> 2015

*Kolling Institute of Medical Research, Royal North Shore Hospital, Sydney*



### Agenda

<b>9:00 – 9:25am</b>	<b>Registration and refreshments</b>	L5 Foyer
<b>9:25 – 11:00am</b>	<b>Update on deprescribing research in Australia and NZ</b>	Wallace Freeborn Lecture Theatre
9:25 – 9:30am	Dr Emily Reeve: Introduction and housekeeping A/Prof Ian Scott: Welcome	
9:30 – 9:35am	Mrs Robyn Gillespie, <i>University of Wollongong</i>	
9:35 – 9:40am	Mrs Nagham Ailabouni, <i>University of Otago</i>	
9:40 – 9:45am	Kristen Anderson, <i>University of Queensland</i>	
9:45 – 9:55am	Questions	
9:55 – 10:00am	Dr Jesse Jansen, <i>School of Public Health, University of Sydney</i>	
10:00 – 10:05am	Ms Lisa Kouladjian, <i>Sydney Medical School, University of Sydney</i>	
10:05 – 10:10am	Dr Danijela Gnjidic and Dr Kris Jamsen, <i>University of Sydney and Monash University</i>	
10:10 – 10:20am	Questions	
10:20 – 10:25am	Mr Justin Turner, <i>Monash University</i>	
10:25 – 10:30am	Prof Libby Roughead, <i>University of South Australia</i>	
10:30 – 10:35am	Mrs Jane Curtis and Mr Craig Patterson, <i>Australian Medicines Handbook</i>	
10:35 – 10:45am	Questions	
10:45 – 10:50am	Dr Kathleen Potter, <i>University of Western Australia</i>	
10:50 – 10:55am	Mrs Amy Page, <i>University of Western Australia</i>	
10:55 – 11:00am	Questions	
<b>11:00 – 11:05am</b>	<b>Prof Sarah Hilmer: Introduction to National Stakeholder Meeting</b>	Wallace Freeborn Lecture Theatre
<b>11:05 – 11:20am</b>	<b>Morning tea and poster viewing</b>	L5 Foyer
<b>11:20 – 12:00pm</b>	<b>Discussion groups</b>  <i>Five discussion groups will be held simultaneously. Attendees may choose which one they would like to attend.</i>	
	Development of deprescribing guidelines <i>Facilitator: Mrs Amy Page</i>	Wallace Freeborn Lecture Theatre

	What is polypharmacy <i>Facilitator: Dr Sepehr Shakib</i>	Wallace Freeborn Lecture Theatre
	Conducting deprescribing research in hospital <i>Facilitator: Dr Patrick Russell</i>	Norman Nock 1
	How should we educate on deprescribing <i>Facilitator: Prof Jennifer Martin</i>	Norman Nock 1
	Deprescribing in the setting of psychopolypharmacy or in non-elderly populations <i>Facilitator: Prof Tim Lambert</i>	Norman Nock 1
<b>12:00 – 1:00pm</b>	<b>Forum</b>  <i>Held in conjunction with the Scientific Staff Council of the Royal North Shore Hospital</i>  <b>Deprescribing from bench to bedside, population and policy</b>  Prof Sarah Hilmer, Prof Christopher Etherton-Beer and A/Prof Ian Scott	Auditorium
<b>1:00 – 2:00pm</b>	<b>Lunch and poster viewing</b>	L5 Foyer
<b>2:00 – 4:00pm</b>	<b>National Stakeholders Meeting: Quality Use of Medicines to Optimise Ageing in Older Australians</b>	Auditorium
	 	
2:00 – 2:10pm	Carol Bennett, CEO Alzheimer's Australia: Welcome address and recognition of country	
2:10 – 2:20pm	Sarah Hilmer, Professor of geriatric pharmacology (convener): Overview. Outline fact sheet, feedback from survey and goals of the meeting	
2:20 – 2:25pm	Aine Heaney (NPS MedicineWise): NPS Perspective	
2:25 – 2:30pm	Jo Taylor (facilitator): Overview of process	
2:30 – 3:15pm	Breakout groups - <i>see additional sheet for group and room allocations</i>	
3:15 – 3:45pm	Feedback to whole group	
3:45 – 3:55pm	Jo Taylor: Summary	
3:55 – 4:00pm	Sarah Hilmer: Close and next steps	
<b>4:00 – 5:00pm</b>	<b>Afternoon tea</b>	L5 Foyer

## **National Stakeholders Meeting**

*August 3<sup>rd</sup> 2015*

### **Quality Use of Medicines to Optimise Ageing in Older Australians: Fact Sheet**

Australia has an ageing population with an associated increase in people living with multiple chronic diseases including dementia.

Medicines use in older people is a complex balance between managing disease and avoiding medicines-related problems (which could require stopping medicines).

In Australia, polypharmacy is the norm: two thirds of Australians aged over 75 years take five or more medicines. Twenty to 70% of older people use at least one medicine that is either harmful or unnecessary. This can lead to adverse drug reactions, falls, confusion, frailty, loss of independence, hospitalisation and mortality. These adverse events may be mistaken for disease or ageing itself.

There is emerging evidence that supervised withdrawal of harmful or unnecessary medicines (deprescribing) is safe and may improve quality of life in older people. Deprescribing is not about denying effective treatment. Over 90% of older adults surveyed in a range of settings stated that they would like to stop one of their medicines if their doctor said it was possible.

Polypharmacy has significant financial implications for the individual and the community. Of the approximately \$8.9 billion spent on the PBS annually, \$4.5 billion is spent on people aged over 65 years. In Australia, deprescribing harmful or unnecessary medicines could save \$900 million per year in drug costs alone, which could be redirected to better support older Australians.

Quality use of medicines is best achieved through partnership between consumers, clinicians, educators, policy makers and researchers.