



Bath and North East Somerset,
Swindon and Wiltshire
Clinical Commissioning Group

Frailty Pharmacist

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Frailty Pharmacist Role

- Started in B&NES November 2018.
- Offering patient-centred medication review service to practices without their own clinical pharmacist.
- Consultations conducted face-to-face or via telephone.
- Comprehensive review of all medicines.
- Focus on high-risk drugs.
- Patient groups targeted:
 - Moderately or severely frail & on >10 medicine
 - >70 years & high anticholinergic burden.

Common Interventions

- Concordance issues
- Reducing over treatment, in particular: BP, diabetes
- Risk reduction:
 - ACBS
 - Falls risk e.g. BZDs, Z drugs, tricyclics
 - Postural hypotension
- Overdue monitoring & dose adjustments
- Rationalise, simplify & switch
- Starting new treatments – identifying unmet need.

Case Study

- 90 year old lady, severely frail.
- 31 repeat medicines, including:

Medicine/problem	Action
4 types of barrier cream	Rationalised to formulary choice
Folic acid for > 1 year	Levels checked: stopped
Alendronate for 7 years	Low fracture risk: stopped
Amitriptyline high risk drug	Plan made for gradual dose reduction & stop
Tolterodine high risk drug	Pt finding ineffective: stopped
Paracetamol 1g QDS Pt weight 43kg	Dose reduced

Recording Templates

Drug Review

Overview Review Polypharmacy MCA Notes Resources

Polypharmacy Review

ardens help & feedback

Review Polypharmacy medication review

NO TEARS

- Need + indication checked
- Open questions asked
- Tests + monitoring done
- Evidence and guidelines checked
- Adverse events checked
- Risk reduction or prevention
- Simplification + switches checked

ACB Scale score [ACB Calc](#) [Medicheck](#)

No. of drugs stopped

Medication alert: ?Review as on repeat + no review in last 1y

Allergies & Sensitivities

- House dust mite allergy (X0017)

Current Acutes

Current Repeats

- Alendronic acid 10mg tablets 10 Apr 2018,...take on... 28 tablet
- Sertraline 50mg tablets Never Take O... 14 tablet

Previous Meds

- Revaxis vaccine suspension for injection ... 13 Jul 2017
- Phenoxyethylpenicillin 250mg tablets 2 tablets 4 times a d...17 Jul 2017

New Acute New Repea... Allergies Print Prescri... Quick Print ...

BaNES Frailty

Frailty Medication Review Rockwood Frailty Mental Capacity Information Template Information

BaNES Frailty

[STOPP START toolkit](#)

STOPP

Advice re Cautions, Contraindications, interactions, weight, renal

Unclear indication / Sx resolved: clarify or stop

Consider stop, reduce or take a break other drug

Therapeutic duplication - stop or rationalise

START

Consider addressing other undertreated conditions

Non-formulary meds/other cost-effective recs?

MONITORING

Medication monitoring

- Readings of Haemoglobin concentration**
 - Haemoglobin concentration Not recorded.
- Readings of Haemoglobin A1c level - IFCC standardised**
 - Haemoglobin A1c level - IFCC s... Not recorded.
- Readings of Glomerular filtration rate**
 - Glomerular filtration rate Not recorded.

MEDICATION SELF-PURCHASED

Advice on over-the-counter medication