

A Practical Guide to Effective Non-Medical Prescribing in Care of the Older Adult

For Current and Aspiring Non-Medical Prescribers

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Thursday 28th September 2023

Virtual Conference



Speakers include:

Aleksandra Howell

Senior Clinical Pharmacist Oxford University Hospitals NHS Trust;
Clinical Lead West of England
Academic Health Science Network

Nigel Dodds

Nurse Consultant for
Older People
Kings College
Hospital London

Dr Clifford Lisk

Consultant Physician in Acute Medicine &
Geriatric Medicine Barnet Hospital, Royal Free
Hospital NHS Foundation Trust, CLCH;
Lead Training Programme Director Internal
Medicine Training, North-Central London,
Health Education England

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Non-Medical Prescribing in Care of the Older Adult

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“Rates of medication error are higher in older adults, in care home settings, primary and secondary care and during transfer of care, contributing to high rates of hospital admission among people over 75, especially those with frailty... patient safety is paramount when addressing older adults prescribing”

Getting it Right First Time Geriatric Medicine February 2021

“Around 1 in 5 prescriptions for older people living at home may be inappropriate, with older people who are already on multiple medications being most at risk... too many older people are being let down by a healthcare system that is allowing medicines to do more harm than good... It is vital we tackle the very real problem of older people taking too many medicines. However, we must also guard against the risk of undertreating older people... Good clinical management is the key – ensuring that every older person is treated as an individual with their care optimised to best meet their need”

More harm than good Why more isn't always better with older people's medicines, Age UK

“Pharmacists play an increasing role in medicines management and optimisation for older people in hospital, including medicines reconciliation on admission, medicines optimisation and deprescribing, assessment of patients who need support with medicines administration or timely management of medicines on discharge from hospital. In some trusts, there are consultant pharmacists who lead pharmacy services for care of older people and work in multidisciplinary teams to manage problematic polypharmacy. In the community pharmacists are a vital resource to support community multidisciplinary teams and care homes. We believe that pharmacists should be supported to develop and extend these roles with appropriate training. This can help to free up geriatrician time and also support the safe practice of those who administer medicines.”

Getting it Right First Time Geriatric Medicine February 2021

“Poor prescribing practice and a lack of information sharing about medicines means that older people are being let down too often by both their clinicians and the healthcare system that is supposed to look after them.”

More harm than good Why more isn't always better with older people's medicines, Age UK

This important national conference provides an essential update for current and aspiring non medical and pharmacist prescribers on prescribing for older adults. Through national updates and extended interactive practical case studies delegates will hear how to develop and maintain prescribing competence, and how to develop effectiveness in post qualification practice. The conference will discuss the role of the September 2021 Updated Prescribing Competency Framework in supporting non-medical prescribing in older adults. The conference will include case studies on managing pain in the older person, improving medicines optimisation, prescribing in falls prevention, frail older people, and delirium, and developing the role of the NMP in care homes. The conference will include an extended focus on ensuring patient safety and the Nurse Prescribers role with regard to medication management, polypharmacy and de-prescribing following the 2021 GIRFT recommendations:

“Many patients treated within geriatric medicine are on multiple medications (polypharmacy), often due to common multi-morbidities such as diabetes, dementia, osteoporosis, heart failure and COPD... on average, 17% of patients over 75 in England are on ten or more prescribed medicines and up to 30% in some CCG areas... Older people with frailty may suffer from altered drug pharmacokinetics and loss of homeostatic reserve, which increases the risk of side effects such as falls and delirium. Certain medicines, such as anticoagulants, analgesics and drugs for diabetes, are particularly prone to cause serious side effects, Rates of medication error are higher in older adults, in care home settings, primary and secondary care and during transfer of care. This appears to be compounded when there is evidence of co-morbidity, such as dysphagia, kidney disease or dementia. These side-effects and errors contribute to high rates of hospital admission among people over 75, especially those with frailty. Medicines safety in care of older people For all of these reasons, it is vital that the use of medicines in care of older people is closely monitored and reviewed to improve outcomes for patients, avoid unnecessary admissions and reduce the overall cost of care.”

Getting it Right First Time Geriatric Medicine February 2021

“The use of multiple medicines is increasing due to our ageing population, and nearly half of all medicines prescribed for long-term conditions are not being taken as intended.”

NHS England

This conference will enable you to:

- Network with colleagues who are working to improving pharmacist and non medical prescribing for older adults
- Learn from outstanding practice in ensuring patient safety in older adult prescribing
- Reflect on Pain management in the older adult and some of its many facets through case presentation
- Improve medicines optimisation
- Understanding how to reduce inappropriate or problematic polypharmacy
- Learn how to use the September 2021 revision of the National Prescribing Competency Framework
- Understand how to effectively develop, demonstrate and maintain continued competence in Prescribing for Older Adults
- Explore best practice in frailty, Polypharmacy & Prescribing
- Reflect on lessons from experts in non medical prescribing for specific case study areas with in depth interactive sessions focusing on pain in the older person, medication management for falls prevention, prescribing to avoid delirium (including as a symptom of Covid-19) and the role of the NMP in care homes
- Working with patients with co-morbidity
- Develop your role and confidence as a non medical prescriber
- Self assess, reflect and expand your skills in prescribing practice whilst understanding your limits of practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 Chair's Welcome and Introduction

Dr Qun Wang *Trust Lead for Non-Medical Prescribing/Nurse Consultant Geriatrics* Epsom and St. Helier University Hospitals NHS Trust

10.10 Non-Medical Prescribing in the Older Person

Nigel Dodds
Nurse Consultant for Older People
Kings College Hospital London

- non-medical prescribing and the older person
- developing confidence and competence in your ability to prescribe
- demonstrating compliance with the NMC Code for revalidation
- the benefits of non-medical prescribing for older people

10.40 EXTENDED SESSION: Ensuring Patient Safety in Older Adult Prescribing

Heather Smith
Consultant Pharmacist: Older People
NHS Leeds CCG

- current issues and effective prescribing
- ensuring patient safety in prescribing for the older adult
- the importance of medication review and reducing 'medication creep'
- reducing inappropriate and problematic polypharmacy
- reducing and monitoring drug side effects and interactions in older people
- supporting non-medical prescribers to ensure appropriate prescribing and deprescribing

11.25 Comfort Break and Virtual Networking

11.40 EXTENDED SESSION: Ensuring competence and confidence in and across prescribing practice

Speaker to be announced

- improving non-medical prescribing practice
- implementing the Sept 2021 revision of the national competency framework
- the new Designated Prescribing Practitioner Framework
- ensuring you have the history-taking, clinical assessment and diagnosis skills to prescribe appropriately and effectively
- keeping your prescribing knowledge up-to-date: accessing education, training and resources
- difficult issues: pharmacology & prescribing decision making, understanding co-morbidity issues and drug interactions
- understanding your limits of practice and competence

12.20 Small Breakout Groups

12.35 Lunch Break and Virtual Networking

13.05 EXTENDED SESSION: Frailty, Polypharmacy & Prescribing

Dr Clifford Lisk
Consultant Physician in Acute Medicine and Geriatric Medicine
Barnet Hospital, Royal Free Hospital NHS Foundation Trust
Lead Training Programme Director
North-Central London, Health Education England

- frailty and its relation to polypharmacy
- what an aged body does to a drug and a drug does to an aged body
- why patients end up with extensive polypharmacy
- prescribing for patients with malnutrition
- how to deprescribe
- deprescribing tools
- a word on herbal medicine use in older adults

13.50 Prescribing, Medication Management and Falls

Aleksandra Howell
Senior Clinical Pharmacist
Oxford University Hospitals NHS Foundation Trust
Clinical Lead West of England AHSN

- understanding which medications contribute to falls and syncope
- assessing medications within falls services and clinics
- deprescribing and falls
- understanding when falls is a side effect of medication

14.20 EXTENDED SESSION: Non Medical Prescribing, Frailty and Virtual Clinics

Speaker to be announced

- non medical prescribing, frailty and virtual clinics
- non medical prescribing within virtual clinics
- improving outcomes in practice and extending the role of the NMP

This session includes Small Breakout Groups

15.15 EXTENDED SESSION: Managing pain in the older person

Dr Qun Wang
Trust Lead for Non-Medical Prescribing/Nurse Consultant Geriatrics
Epsom and St. Helier University Hospitals NHS Trust

- considering the effects of aging and comorbidities
- frailty and its relation to polypharmacy
- the importance of pain recognition
- pharmacological and non-pharmacological management
- considering drug interactions and side effects
- case studies

16.00 Comfort Break and Virtual Networking

16.10 Prescribing to avoid delirium

Dr Louis Koizia
Consultant Geriatrician
Imperial College NHS Foundation Trust

- recognition of delirium
- how to recognize dementia v delirium
- evidence for pharmacological treatments
- medications management and review

16.40 Developing the role of the NMP in Care Homes

Linda Nazarko OBE
Consultant Nurse in Physical Healthcare
West London NHS Trust

- the potential role of the NMP Independent Prescriber in Care Homes
- working in primary care alongside GPs to improve care in care homes
- how proactive reviews can reduce acute admissions
- managing people with Covid-19 and medications used to manage this

17.10 Closing Remarks

There will be time after each session for Questions and Answers

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Date

Thursday 28th September 2023

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
- £250 + VAT (£300.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

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If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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