

# STRUCTURED MEDICATION REVIEWS (SMRS): MEDICINES OPTIMISATION, PROBLEMATIC POLYPHARMACY AND DEPRESCRIBING



**MIDLANDS  
PRACTICE  
PHARMACY  
NETWORK**

Tuesday 1<sup>st</sup> April 2025

The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES. 9:15am – 4:15pm

## INTRODUCTION

You are invited to join the MPPN for a focused study day designed to empower primary care staff with the essential tools, knowledge, and practical insights to conduct structured medication reviews (SMRs). Our panel of expert speakers will cover critical aspects of medicines optimisation, how to involve patients in the decision-making process, reducing patients' risk of harm from medicines and improving value for local health systems.

Overprescribing is the use of a medicine where there is a better non-medicine alternative, or where its use is inappropriate for that patient's circumstances or inconsistent with their wishes. This can lead to problematic polypharmacy where a patient's medicines are no longer clinically indicated, appropriate or optimised for that person, or they are receiving a combination of multiple medicines with the potential to cause harm to the person. Structured medication reviews (SMRs) enable a comprehensive and clinical review of a patient's medicines and detailed aspects of their health. Reviews are facilitated by shared decision-making conversations with patients around whether medicines are safe, effective and personalised to their needs and current situation.

This workshop will support practitioners working in PCNs that are required to improve medicines optimisation and implement SMRs for at risk cohorts. Discussion will focus on medicines optimisation strategies for reducing polypharmacy, minimising risk of prescribing harm, reducing over-prescribing and managing the risk of dependency on prescription drugs.

This is an unmissable opportunity to build your confidence, enhance your skill set, and network with colleagues.

## SPEAKERS

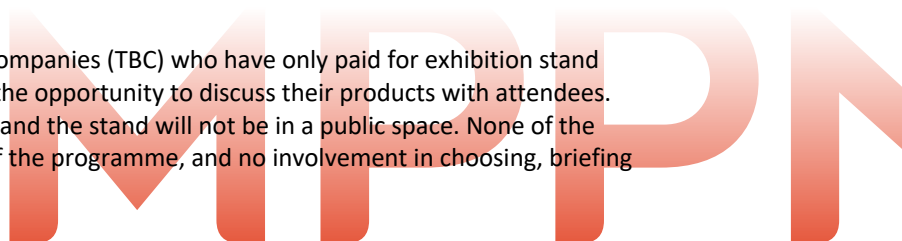
- Stuart Hutchinson, Elderly Care Consultant (retired), Royal Wolverhampton NHS Trust
- Becky Lycett, Advanced Pharmacist, Non-Medical Prescriber with the Telford and Wrekin Community Mental Health Service for the Midlands Partnership Foundation Trust.
- Dr Simon Harlin, GP and Community Clinical Lead from Walsall Healthcare NHS Trust

## DATE & VENUE

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(<https://www.walsallcollege.ac.uk/enterprises/the-hub/>)

## SPONSORS

This workshop is sponsored by pharmaceuticals companies (TBC) who have only paid for exhibition stand space at the meeting and therefore will be given the opportunity to discuss their products with attendees. Sponsors will be present with an exhibition stand and the stand will not be in a public space. None of the companies have had any input into the content of the programme, and no involvement in choosing, briefing or paying the speakers.



## PROGRAMME

The day will be interactive with case studies and opportunities for questions throughout.

- 8:30 am Registration, coffee and networking
- 9:15 am Welcome and Introductions – Bharat Patel, MPPN Chair
- 9:30 am Practical Challenges of Polypharmacy – Bharat Patel  
*An introduction to the practical challenges of polypharmacy and multimorbidity, polypharmacy comparators and the evidence for conducting structured medication reviews (SMRS)*
- 10:15 am Shared Decision-Making – Dr Stuart Hutchinson  
*Learn about different behavioural consultation models and shared decision-making, understand how to apply behavioural consultations to your day-to-day practice and provide patient-centred care as part of your SMRs and de-prescribing*
- 11:15 – 11:35 am Tea & coffee break
- 11:35 am De-prescribing in Mental Health Conditions – Becky Lycett  
*Understand the strategies for deprescribing of antidepressants and benzodiazepines and how to manage withdrawal symptoms.*
- 12:35 – 1:30 pm Lunch
- 1:30 pm Thinking of and identification of frailty – Dr Simon Harlin  
*Learn how to identify, assess and manage patients with frailty. Recognise the importance of acute presentations and how to determine what care and support patients need.*
- 2:15 pm Dependence forming medicines – Dr Stuart Hutchinson  
*Recommendations for initiation, making a management plan and reviewing medicines.*
- 3:00 – 3:15 pm Tea & coffee break
- 3:15 pm De-prescribing of opioids and gabapentinoids – Dr Stuart Hutchinson  
*A review of the general principles for deprescribing and managing withdrawal from opioids, benzodiazepines, gabapentinoids and Z-drugs in primary care.*
- 4:05 pm Summing up, reflections on key learning points, putting theory into practice
- 4:15 pm End

# MPPN