

MEDICATION OPTIMIZATION FOR SUSTAINABILITY IN INPATIENT CARE

Resource Tool Box



This tool box provides useful resources and tools that can be accessed to support medication optimization.

Incorporating sustainability into practice:

- [Training for Better Health Outcomes: Integrating Sustainability Into Healthcare Quality Improvement Education](#)
- [Climate Conscious Inhaler Practices in Inpatient Care](#)
- [Climate Resilient, Low Carbon Sustainable Pharmacy](#)
- [Options for the Sustainable Prescriber](#)

Medication Optimization Resources:

- [The Canadian Medication Appropriateness and Deprescribing Network \(CADeN\)](#)
- [deprescribing.org](#)
- [Choosing Wisely Canada](#)
- [Rxfiles](#)
- [American Geriatrics Society's Beers Criteria](#)
- Screening Tool for Older People's Prescriptions (STOPP) & Screening Tool to Alert to Right Treatment (START) Criteria ([STOPP/START Criteria](#))
- [MedSafer](#)
- [MedStopper](#)
- [The Anticholinergic Burden Calculator](#)

Medication Safety Patient Handouts:

- CADeN [EMPOWER Brochures](#)
- [deprescribing.org Deprescribing Information Pamphlets](#)
- Choosing Wisely Canada [Patient Resources](#)
- Shared Decision Making Worksheets for Patients: Centre for Collaboration, Motivation and Innovation: [BRAIN Decision Making Worksheet](#)

Conducting a Medication Review

- BC Guidelines [Conducting a Medication Review](#)

Insomnia Prescription Pad:

- Choosing Wisely Canada and Collège québécois des médecins de famille: [Insomnia Prescription Pad](#)

Drug Use Evaluation Services:

- Canadian Society of Hospital Pharmacists (CSHP) [Drug Use Evaluation Services: Guidelines 2014](#)

Documentation:

- University Health Network [Discharge Summary Best Practices](#)

Plan-Do-Study-Act Cycle for Quality Improvement:

- Healthy Quality Ontario [PDSA Cycles](#)
- Healthy Quality Ontario [PDSA Toolkit](#)
- Healthy Quality BC PDSA [Cycle Worksheet](#)

Physician Practice Improvement:

- College of Physicians and Surgeons of Alberta:
 - [Practice-Drive Quality Improvement](#)
- Doctors of British Columbia:
 - [Physician Quality Improvement \(PQI\)](#)
- The College of Physicians and Surgeons of Ontario:
 - [Quality Improvement Program for Individuals](#)
 - [Quality Improvement Partnerships for Hospitals](#)
 - [Quality Improvement Webinar Recording](#)

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The Canadian Coalition
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Resource	Description	Medication input needed	Individual deprescribing plan	Targeted PIMs list +/- PPOs	Deprescribing algorithm or toolkit	App for download	Patient handouts
Canadian Medication Appropriateness and Deprescribing Network (CADeN)	A Canadian network that promotes deprescribing through educating the public and healthcare providers, as well as evaluating ways of improving appropriate use of medications across the country.						✓
deprescribing.org	A Canadian organization that produces evidence-based deprescribing guidelines and accompanying tools for specific targeted medications to support deprescribing and improve people's well being.				✓	✓	✓
Choosing Wisely Canada	A Canadian organization that provides recommendations based on your specialty and healthcare setting to decrease unnecessary testing and treatments that have potential to cause harm to patients and contribute to the climate crisis.				✓		
RxFiles	An academic detailing program that provides objective, comparative drug information to healthcare providers. Clinician tools and Geri-RxFiles are useful resources to support deprescribing efforts.				✓	✓	✓
American Geriatrics Society's Beers Criteria	A list of potentially inappropriate medications (PIMs) that should be avoided as a treatment option for older adults based on a comprehensive, systematic review of evidence on drug-related adverse effects.			✓		✓	
STOPP/START Criteria	Guidelines that target inappropriate prescribing by providing healthcare practitioners with a list of potentially inappropriate medications (PIMs) and a list of potential prescribing omissions (PPOs).			✓			
MedSafer	A computer based system that identifies potentially inappropriate medications (PIMs) and creates a list of deprescribing opportunities for patients and prescribers based on the medication's risk of causing harm or causing an adverse drug event.	✓	✓				✓
MedStopper	A clinical tool that supports healthcare professionals when deciding to reduce or discontinue medications based on the potential of the drug to improve symptoms, potential to reduce risk of illness and its potential to cause harm.	✓	✓				
The Anticholinergic Burden Calculator	A calculator that allows clinicians to assess and predict their patient's risk of anticholinergic side effects and provides recommendations on how to reduce the patient's cumulative anticholinergic burden.	✓					