# STOP-Med-HD

<u>ST</u>rategic <u>Optimization of Prescription Medication use in Patients on <u>HemoDialysis</u></u>

RESEARCH GROUP: M BATTISTELLA [PI], A ABBATICCHIO, M BEAULIEU, C BOHM, A GARG, J MARIN, M TONELLI, J WILSON, M THEODORLIS, A ABBATICCHIO, M CROSS

PATIENT PARTNERS: A DESJARLAIS, D MCCANN, B WALDVOGEL, K SKIDMORE, A SHARMA

### **Current Challenges**

Hemodialysis patients often take multiple medications, with some taking up to 12 on average.

Many of these medications have not been specifically tested in hemodialysis patients, making the **actual risks for these patients unknown**. Furthermore, these medications are not regularly reviewed or reduced, resulting in patients taking multiple medications simultaneously, a situation known as **polypharmacy**.



Another concern with polypharmacy is that hemodialysis patients, due to their chronic conditions, face challenges in effectively eliminating medications from their bodies, putting them at a **higher risk of experiencing side effects**.

#### **The Solution**

Targeted De-Prescribing in Patients with Chronic Kidney disease to Optimize Medications, known as STOP-Med-HD

The research group created medication-specific **deprescribing tools** for hemodialysis units across Canada to help clinicians and their patients with **medication management**, including the reduction or cessation of certain medications in a safe and effective manner.



## What is deprescribing?

**Deprescribing** is part of medication management. It involves working with pharmacists, patients, and healthcare teams to **lower the dose or stop a medicine** that may no longer be helping or may be causing harm.

#### **Tools and Resources**

Learn more about the STOP-Med-HD program at <a href="www.stopmedhd.ca">www.stopmedhd.ca</a>
Primary study contact: Marisa Battistella - marisa.battistella@uhn.ca







