

STOP-Med-HD

Strategic Optimization of Prescription Medication use in Patients on HemoDialysis

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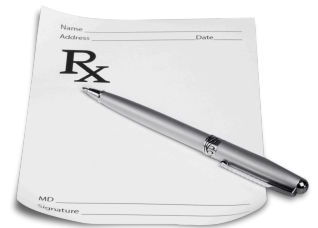
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Current Challenges

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 www.stopmedhd.ca

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