

Polypharmacy MDT

We have supported Leicester, Leicestershire and Rutland to evaluate their innovative Polypharmacy MDT in which secondary care teams supported virtual medication reviews with primary care.

The MDT teams reviewed a total of **716 medicines** across **8 clinics** and provided an average of **9 interventions or good practice points per patient**. A recommendation to stop or change dose was made for **102 (14.2%) drugs** causing pharmacological concerns and **89 (12.4%)** due to limited efficacy. A further **156 (21.8%)** drugs had a good practice point made.

42.5% of patients had a reduction in their anticholinergic cognitive burden score. [Watch our webinar](#) or [view the slides](#).

TOP TIPS



Ensure team roles and responsibilities are fully understood



Admin support is essential to manage sign up and clinic planning



Don't do it in isolation. Have training/ support resources in place



Primary care staff should directly record advice from the clinic onto the GP system



Do not have a lengthy referral form – it will limit referrals

Contact healthinnovation-em@nottingham.ac.uk to discuss support available to set up your Polypharmacy MDT clinic

