

# SEL Polypharmacy Community of Practice

**Collaborating organisations:** SEL ICS, Health Innovation Network South London, health and care professionals and patients and carers from SEL

## Description

South East London (SEL) Integrated Care Board (ICB) established a Community of Practice (CoP) focusing on problematic polypharmacy in partnership with the Health Innovation Network (HIN) South London in line with the aims of the Getting The Balance Right National Polypharmacy Programme.

## What problem is it trying to solve to tackle overprescribing?

Polypharmacy is a wicked problem, and the CoP approach is recognised as one way to cultivate change through collaboration. CoPs are self-organising, self-governing cross professional and cross organisational structures offering the potential to reduce fragmentation of practice in tackling polypharmacy.

## Implementation (in progress)

The CoP has a guided facilitation process that transforms conversation to collaboration across four sessions in 2023/2024. The approach for Polypharmacy CoP is based on method from Adam Kahane from a book called Facilitating Breakthrough:

- How do we see our situation? (Oct 2023)
- What does success look like? (November 2023)
- How do we get from here to there? (February 2024)
- How do we decide who does what and what is my role in this? (March/April 2024)

Each session uses a series of liberating structures which places power to tackle polypharmacy often reserved for senior stakeholder only in hands of everyone across the health and social care landscape of SEL.



## Top Tips (to date):

The CoP have co-created recommendations to inform the approach to future collaborative working

- Do not re-invent the wheel
- Get more buy in from medical directors and senior leaders
- Survey to ask patients if they want/need a structured medication review
- Raise awareness of services to support patients with medicines
- Pilot/service improvement projects to test out ideas and provide evidence
- Persuade others that it is good for you, good for me, good for everyone

## Outcomes (to date)

The SEL Polypharmacy CoP has 25 members. In summary, we have co-created a joint problem statement, *“a patient centred approach ensures better use of medicines; we need to enable the system to work collaboratively in all aspects of medicines use and empower patients to remain at the centre of their care”* and identified several ideas on how might we tackle the problem:

- Showcasing good practice examples
- Promoting alternatives to medicines
- Communicating better when initiating medicines
- Make our rationale for prescribing clearer
- Better use technology to share information about medicines prescribed
- Empower patients to take responsibility for their own health

The CoP have identified four priorities for future collaborative working and local innovation: better initiation of medicines, continuity of care, patient-centred empowerment and improved communication between patients and clinicians. The CoP have two further meetings to establish how the priorities will be carried forward to make a tangible impact.

## Intended outcomes

**Collaboration:** Connect like-minded individuals who share a commitment to improving patient outcomes and reducing the risks associated with inappropriate polypharmacy.

**Innovation:** Through creative brainstorming sessions, workshops, and collaborative projects that encourage out-of-the-box thinking and exciting strategies.

**Impact:** Tangible impact of CoP recommendations as we collectively implement innovative approaches that lead to safer, more effective medicines optimisation.

