



# Non-medical prescribing in the older person

Nicky Hayes

Consultant Nurse for Older  
People

King's College Hospital,  
London





# Session overview

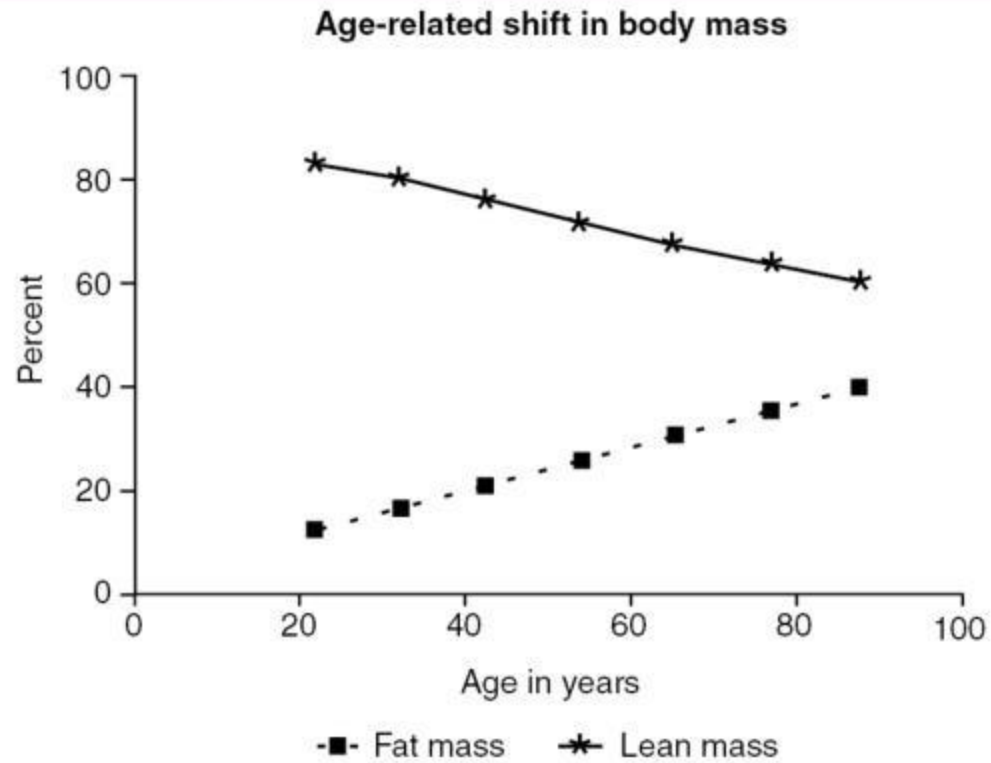
- Non-medical prescribing in the older person
- Developing confidence and competence in your ability to prescribe
- Demonstrating compliance with the NMC Code for revalidation
- The benefits of non-medical prescribing for older people



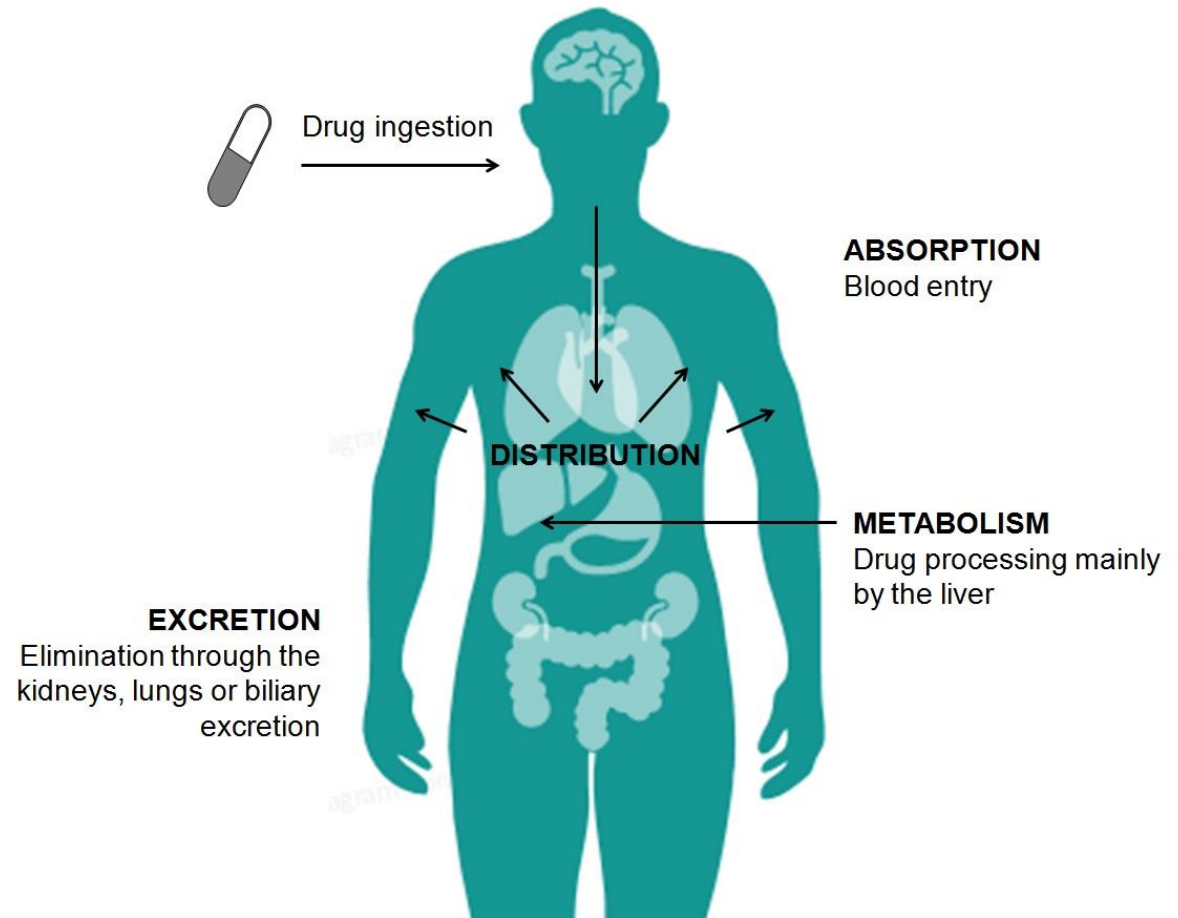
## Non-medical prescribing in the older person

- The ageing process
- Frailty
- Comprehensive Assessment of the older person
- Principles of prescribing and de-prescribing for older people

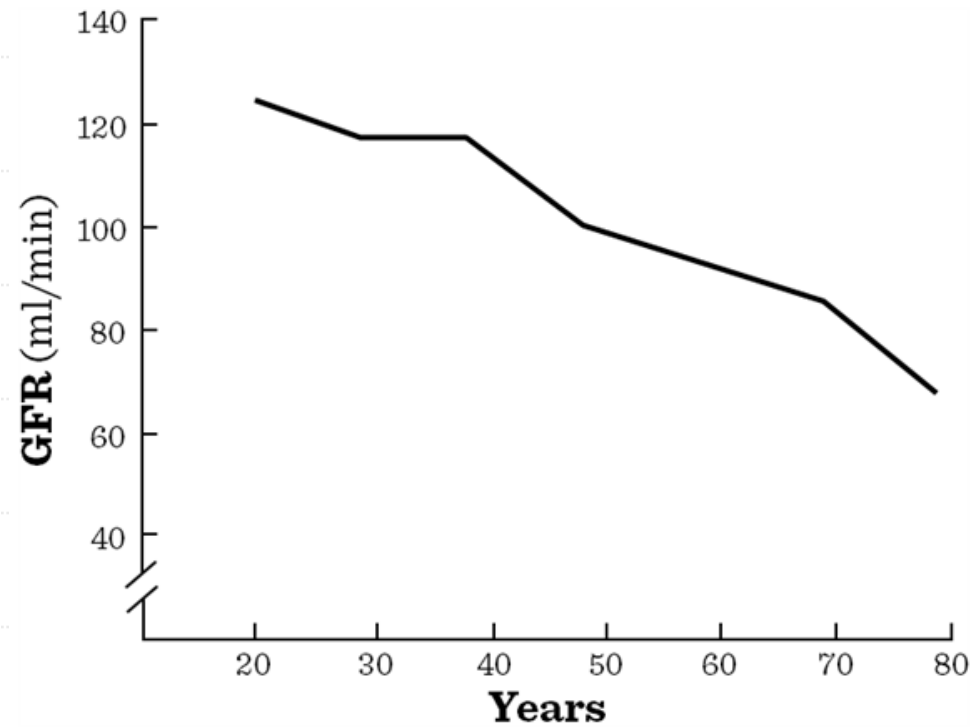
# Age-Related Changes in Body Composition/Metabolism



# Pharmacokinetics

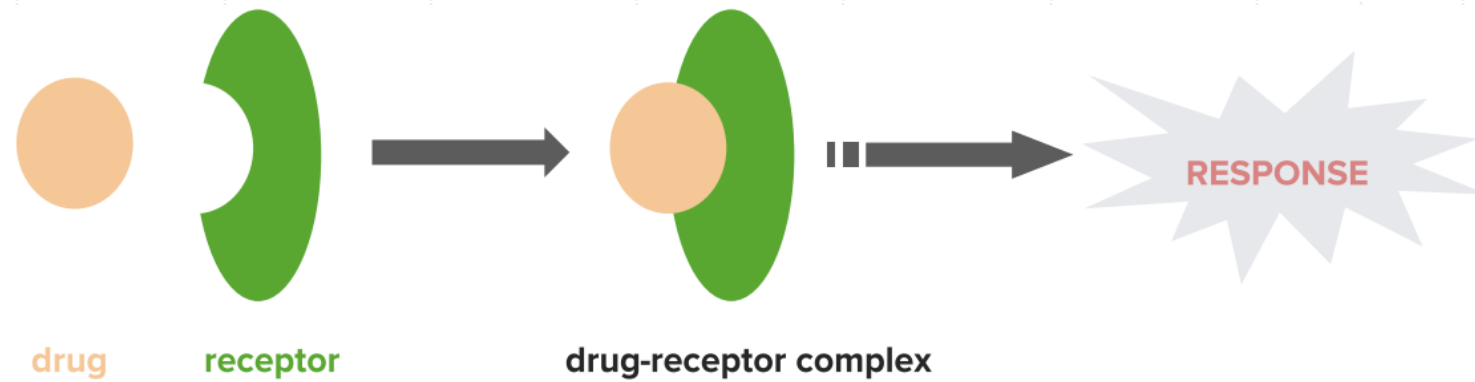


## Age-related reduction in Glomerular Filtration Rate



# Pharmacodynamics

*Receptor changes with ageing  
– increased sensitivity to  
anticholinergic effects*





# Frailty syndromes

Falls

Immobility

Delirium

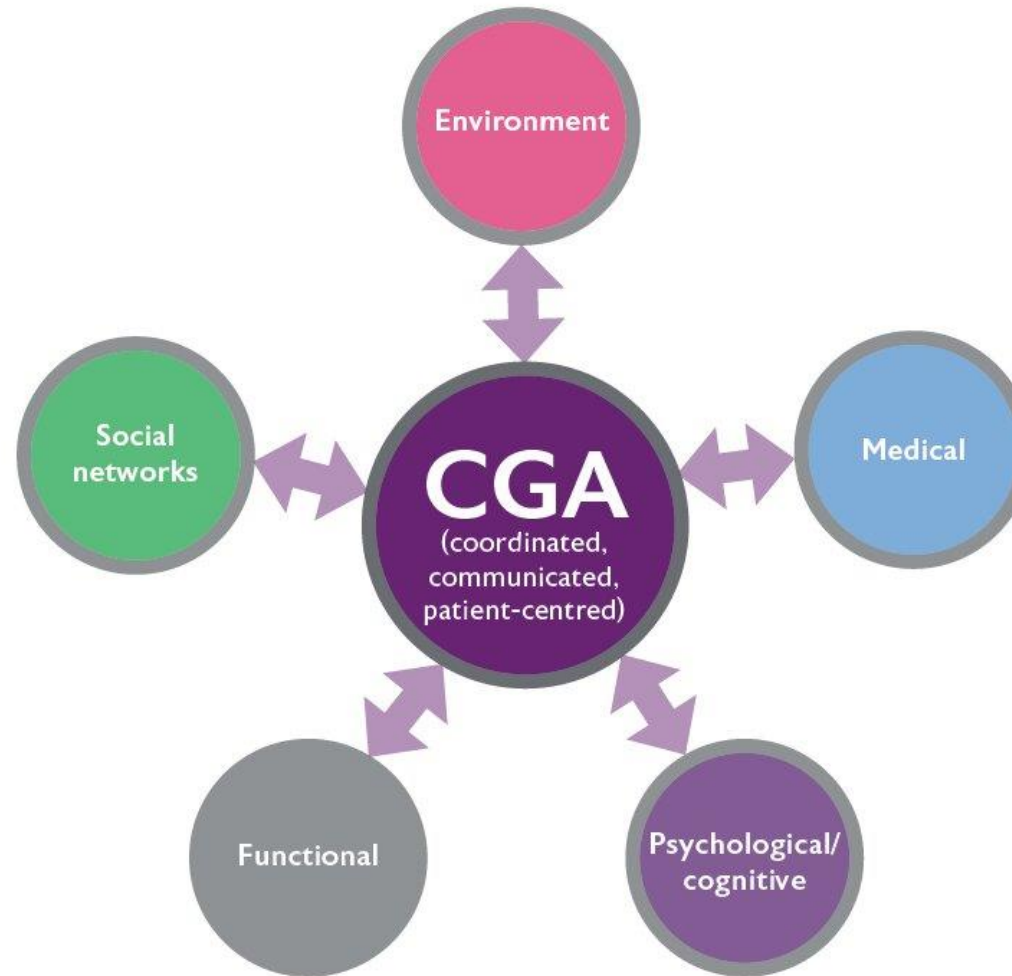
Incontinence

Susceptibility  
to side effects  
of medication



## Definition of Comprehensive Geriatric Assessment

“ A multi-dimensional, interdisciplinary diagnostic process to determine the medical, physiological and functional capabilities of a frail older person in order to develop a coordinated and integrated plan for treatment and long-term follow-up. ”



# Deprescribing in older adults: a new concept for nurses in administering medicines and as prescribers of medicine

Corina Naughton,<sup>1</sup> Nicky Hayes<sup>2</sup>

<sup>1</sup>Florence Nightingale Faculty of Nursing and Midwifery, Kings College London, London, UK

<sup>2</sup>Consultant Nurse for Older People, King's College Hospital NHS Foundation Trust, London, UK

## Correspondence to

Dr Corina Naughton, Florence Nightingale Faculty of Nursing and Midwifery, Kings College London, 57 Waterloo Road, London SE1 8WA, UK; [corina.naughton@kcl.ac.uk](mailto:corina.naughton@kcl.ac.uk)

CN and NH contributed equally to the writing of this manuscript.

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## ABSTRACT

Deprescribing is a new and emerging theme in the care of older adults living with multimorbidities including frailty. Deprescribing requires a comprehensive review of risk and benefits of a medication in the context of the quality of remaining life and patient and family priorities and preferences. Nursing to date has not engaged with this issue, yet in their roles administering medicines and prescribing medicines they are a fundamental part of the pathway in deprescribing decisions and in supporting patients to make such decisions. In administering medicines, nurses are in a position to observe the degree of difficulty or burden experienced by patients due to polypharmacy or side effects of medicines. While as prescribers for adults with multimorbidities, active review of the risk and benefits of all medicines using evidence-based instruments is part of prescribing responsibility. This article is calling for a critical examination of nurses' roles in deprescribing and in

## BACKGROUND

In England, there has been a 55% increase in the average number of items prescribed for each person per year, rising from 13.7 (2004) to 19.6 (2014).<sup>2</sup> In addition, the rapidly expanding over-the-counter medicines market can add to the number of medicines taken. Unprecedented levels of polypharmacy, especially in the older-old population, combined with increases in patient harm and adverse drug events due to condition–drug and drug–drug interactions leading to morbidity and mortality are key drivers for a deprescribing movement.<sup>3–4</sup>

Deprescribing is an extension of the appropriate and rational prescribing ethos. It takes good prescribing practice (effective, safe, minimise risk, cost-effective, respect for patient choices) and medicines optimisation principles one step further.<sup>5–6</sup> There is an explicit emphasis on stopping medication in consultation with the patient and family rather

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# **STOPP/START criteria for potentially inappropriate prescribing in older people: version 2**

DENIS O'MAHONY<sup>1,2</sup>, DAVID O'SULLIVAN<sup>3</sup>, STEPHEN BYRNE<sup>3</sup>, MADIE RAY<sup>1</sup>

PAUL GALLAGHER<sup>2</sup>



# Developing confidence and competence in your ability to prescribe

- NMP training programme
- Royal Pharmaceutical Society *Competency Framework for all Prescribers* September 2022
- Local mentor and assessment
- Scope of practice
- Ensuring robust governance
- Public and organisational confidence and risk

# Prescribing as part of Advanced Clinical Practice



Leadership and  
Management

Clinical  
Practice

Education

Research

NHS Trust governance  
Professional guidelines      Scope of practice  
Competencies      Capability Framework  
HEE Framework and guidance

# Demonstrating compliance with the NMC Code for revalidation



STANDARDS FOR NON-MEDICAL PRESCRIBING




RECORDING YOUR QUALIFICATION



LOCAL REQUIREMENTS



# The benefits of non-medical prescribing for older people



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