

Steps	Process	Person specific issues to address
<b>1. Aims</b> What matters to the individual about their condition(s)?	<b>Review diagnoses and consider:</b> <ul style="list-style-type: none"> <li>therapeutic objectives of drug therapy</li> <li>management of existing health problems</li> <li>prevention of future health issues, including lifestyle advice</li> </ul> <b>Ask individual to complete PROMs (<a href="#">questions to prepare for my review</a>) before their review</b>	<ul style="list-style-type: none"> <li>Motivated and keen to reduce anxiety and time spent worrying</li> <li>Improve focus at work</li> <li>Improve sleep</li> <li>Prefers to avoid medication</li> </ul>
<b>2. Need</b> Identify essential drug therapy	<b>Identify essential drugs (not to be stopped without specialist advice)</b> <ul style="list-style-type: none"> <li>drugs that have essential replacement functions (e.g. levothyroxine)</li> <li>drugs to prevent rapid symptomatic decline (e.g. drugs for Parkinson's disease, heart failure)</li> </ul>	<ul style="list-style-type: none"> <li>none</li> </ul>
<b>3.</b> Does the individual take unnecessary drug therapy?	<b>Identify and review the continued need for drugs</b> <ul style="list-style-type: none"> <li>what is medication for?</li> <li>with temporary indications</li> <li>with higher than usual maintenance doses</li> <li>with limited benefit/evidence for use</li> <li>with limited benefit in the person under review (see <a href="#">Drug efficacy &amp; applicability (NNT) table</a>)</li> </ul>	<ul style="list-style-type: none"> <li>none</li> </ul>
<b>4. Effectiveness</b> Are therapeutic objectives being achieved?	<b>Identify the need for adding/intensifying drug therapy to achieve therapeutic objectives</b> <ul style="list-style-type: none"> <li>to achieve symptom control</li> <li>to achieve biochemical/clinical targets</li> <li>to prevent disease progression/exacerbation</li> <li>is there a more appropriate medication to achieve goals?</li> </ul>	<ul style="list-style-type: none"> <li>Medication options explored but not appropriate at present, interested and preference for cCBT and non-pharmacological management (e.g. sleep hygiene, physical activity, caffeine reduction)</li> </ul>
<b>5. Safety</b> Does the individual have or is at risk of ADR/ Side effects?  Does the person know what to do if they're ill?	<b>Identify individual safety risks by checking for</b> <ul style="list-style-type: none"> <li>appropriate individual targets e.g. HbA1c, BP</li> <li>drug-disease interactions</li> <li>drug-drug interactions (see <a href="#">ADR table</a>)</li> <li>monitoring mechanisms for high-risk drugs</li> <li><a href="#">risk of accidental overdosing</a></li> </ul> <b>Identify adverse drug effects by checking for</b> <ul style="list-style-type: none"> <li>specific symptoms/laboratory markers (e.g. hypokalaemia)</li> <li>cumulative adverse drug effects (see <a href="#">ADR table</a>)</li> <li>drugs used to treat side effects caused by other drugs</li> </ul> <b>Medication Sick Day guidance</b>	<ul style="list-style-type: none"> <li>No current plans or intent to harm herself or others</li> <li>No family history of suicide</li> <li>Has good family and friends support network</li> <li>Prefers non-pharmacological treatment to start with</li> <li>Reducing the use of medicines that are not indicated or appropriate avoids the risk of ADRs</li> <li>Ensure discussion and clear information on which medicines to withhold at times of dehydrating illness</li> </ul>
<b>6. Sustainability</b> Is drug therapy cost-effective and environmentally sustainable?	<b>Identify unnecessarily costly drug therapy by</b> <ul style="list-style-type: none"> <li>considering more cost-effective or environmentally sensitive alternatives, safety, convenience</li> </ul> <b>Consider the environmental impact of</b> <ul style="list-style-type: none"> <li>inhaler use</li> <li>single use plastics</li> <li>medicines waste</li> <li>water pollution</li> </ul>	<ul style="list-style-type: none"> <li>No medicines prescribed. Reducing the use of medicines that are not indicated or appropriate reduces the environmental impact from medicines</li> </ul>
<b>7. Person-centredness</b> Is the person willing and able to take drug therapy as intended?	<b>Does the person understand the outcomes of the review?</b> <ul style="list-style-type: none"> <li>Consider Teach back</li> <li>Involve the adult where possible. If deemed to lack capacity, discuss with relevant others, e.g. welfare guardian, power of attorney, nearest relative if one exists. Even if adult lacks capacity, adults with Incapacity Act still requires that the adult's views are sought. Ensure "Adults with Incapacity Documentation" in place</li> </ul> <b>Ensure drug therapy changes are tailored to individual's preferences.</b> <b>Consider</b> <ul style="list-style-type: none"> <li>is the medication in a form they can take?</li> <li>is the dosing schedule convenient?</li> <li>are they able to take medicines as intended?</li> </ul> <b>Agree and communicate plan</b> <ul style="list-style-type: none"> <li>discuss and agree with the individual/carer/welfare proxy therapeutic objectives and treatment priorities</li> <li>include lifestyle and holistic management goals</li> <li>inform relevant health and social care providers of changes in treatments across the transitions of care</li> </ul> <b>Ask person to complete the <a href="#">PROMs questions</a> after their review</b>	<b>Agreed plan</b> <ul style="list-style-type: none"> <li>Medication options will not be commenced at this stage</li> <li>Sleep hygiene and non-pharmacological options discussed. Written information given with links to self-help resources</li> <li>Referral made to a cCBT program (e.g. Daylight) for GAD. Review in the practice planned for four to six weeks' time</li> </ul>
<b>Key concepts in this case</b> <ul style="list-style-type: none"> <li>Moderate GAD</li> <li>Non-pharmacological option preferred by patient, and matches with stepped-care model as per NICE guidelines</li> <li>Online computerised CBT fits with individual's preference, needs and ease of access</li> </ul>		