

# ASSESSING HEALTHCARE PROFESSIONALS' VIEWS ON DEPRESCRIPTION .

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## BACKGROUND AND IMPORTANCE

"Given the high prevalence of potentially inappropriate medication, deprescribing emerges as a safe and structured approach to drug withdrawal. Our goal is to assess knowledge and perception regarding deprescribing, recognizing its significance in enhancing clinical practice"

## AIM AND OBJECTIVES

"The main objective is to assess healthcare professionals' understanding and attitudes towards deprescribing, aiming to reduce inappropriate medication use. Specific objectives encompass evaluating awareness levels, identifying perceived benefits, and assessing factors influencing deprescribing practices."

## MATERIAL AND METHODS

"An observational cross-sectional study was conducted using an adapted survey based on the PACDP-12 tool, targeting medical and pharmaceutical professionals within a regional healthcare area. The survey comprised 12 questions categorized into attitudes, challenges, and facilitators associated with deprescribing. A mixed methodology was utilized, incorporating multiple-choice and Likert-type questions to comprehensively capture participants' perspectives."

## RESULTS

"The search results present a survey conducted among 181 healthcare professionals, primarily physicians, to inquire about their knowledge and opinions regarding deprescribing.

The majority of respondents (86.7%) were physicians, and a majority worked in an urban setting (81%). 79% of respondents stated familiarity with the term 'deprescribing,' and 68.5% strongly agreed on its benefits in the current scenario.

Key motivations for deprescribing a medication included mitigating harm from adverse effects (79%) and reducing the patient's therapeutic burden (60%). A significant portion (58%) concurred that deprescribing should be a priority in daily practice.

Common barriers to deprescribing were limited time for addressing deprescription (73.5%) and resistance or reluctance from the patient or their family (55%). Overall, the majority of respondents agreed that deprescribing is beneficial and should be a priority in daily practice."

## CONCLUSION AND RELEVANCE

Health professionals recognize the importance of deprescribing and accept it, although they face practical challenges. The need for educational programs and strategies to overcome barriers and effectively promote deprescription is emphasized.