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Avoiding harm from over-prescribing: how to reduce waste and dependence on prescription drugs

Monday 11 November 2019

Royal College of Physicians, 11 St Andrews Place, Regent's Park, London NW1 4LE

Programme organiser: Professor Yoon Loke, University of East Anglia

09.30 Registration and coffee

09.55 Welcome and opening remarks
Professor Yoon Loke, University of East Anglia

Session 1: shared decision making

Chair: Professor Joanne Reeve, Hull Medical School

10.00 Appropriate and inappropriate polypharmacy – choosing the right strategy
Professor Carmel Hughes, Queen's University Belfast

10.30 What do doctors and older patients think about stopping medications?
Dr Debi Bhattacharya, University of East Anglia

11.00 Coffee

Session 2: Drugs associated with serious long-term complications

Chair: Dr Debi Bhattacharya, University of East Anglia

11.20 Is there a safe and effective way to wean patients off long-term corticosteroids?
Professor Emma Baker, St George's University of London

11.50 Overuse of antibiotics: are we able to stem the tide?
Dr Koen Pouwels, Nuffield Department of Population Health

12.20 Is avoidance of hypoglycaemia a better target than HbA1C in frail older people with diabetes?
Professor Yoon Loke, University of East Anglia

12.50 Lunch

Session 3: Drugs associated with dependence or withdrawal symptoms

Chair: Professor Emma Baker, St George's University of London

13.50 Strategies to reduce use of antidepressants
Professor Tony Kendrick, University of Southampton

14.20 My patient can't sleep – how can we avoid over-use of sleeping pills?
Professor Robin Ferner, University of Birmingham

14.50 Tackling the opioid epidemic – is there a way forward for patients in chronic pain?
Professor Harbinder Sindhu, Warwick Medical School

15.20 Tea

Session 4: How can we change prescribing habits?

Chair: Professor Robin Ferner, University of Birmingham

- 15.40 A system-wide approach is essential in tackling over-prescribing**
Professor Joanne Reeve, Hull Medical School
- 16.10 'The computer says no' - are there tools and algorithms that work?**
Professor Yoon Loke, University of East Anglia
- 16.40** Closing remarks by the chair
- 16.45** Close of conference

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