De-escalation and Deprescribing Worksheets

*De-escalation and deprescribing are two key considerations to improve medication management. These worksheets contain a series of prompts to consider as you determine whether de-esclation or deprescribing is appropriate. Note: these are meant as guides and are neither comprehensive nor prescriptive.*

| **Medications under review for de-escalation or deprescribing:** |
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| Date reviewed:Medication: | Date reviewed: Medication: | Date reviewed:Medication: |
| Is the patient part of a population where benefit may no longer be observed (eg, elderly)?⬜ No ⬜ Yes | Is the patient part of a population where benefit may no longer be observed (eg, elderly)?⬜ No ⬜ Yes | Is the patient part of a population where benefit may no longer be observed (eg, elderly)?⬜ No ⬜ Yes |
| Is the patient experiencing adverse events or having difficulty taking this medication as prescribed?⬜ No ⬜ Yes | Is the patient experiencing adverse events or having difficulty taking this medication as prescribed?⬜ No ⬜ Yes | Is the patient experiencing adverse events or having difficulty taking this medication as prescribed?⬜ No ⬜ Yes |
| Is discontinuation likely to result in withdrawal or disease rebound?⬜ No ⬜ Yes | Is discontinuation likely to result in withdrawal or disease rebound?⬜ No ⬜ Yes | Is discontinuation likely to result in withdrawal or disease rebound?⬜ No ⬜ Yes |
| Does the medication need to be tapered or can it be stopped outright?⬜ Stopped ⬜ Tapered | Does the medication need to be tapered or can it be stopped outright?⬜ Stopped ⬜ Tapered | Does the medication need to be tapered or can it be stopped outright?⬜ Stopped ⬜ Tapered |
| Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? ⬜ No ⬜ YesIf yes, what?  | Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? ⬜ No ⬜ YesIf yes, what? | Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? ⬜ No ⬜ YesIf yes, what? |
| Decision:⬜ De-escalate ⬜ De-prescribe⬜ Reevaluate Notes:  | Decision:⬜ De-escalate ⬜ De-prescribe⬜ Reevaluate Notes:  | Decision:⬜ De-escalate ⬜ De-prescribe⬜ Reevaluate Notes:  |

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| **Additional considerations for deprescribing medications:** |
| 1. Why and when was therapy started? |
| 2. Was the diagnosis substantiated? |
| 3. Was the medication prescribed to counter adverse effects of another medication? |
| 4. Is the medication continuing to confer evident patient benefit? |
| 5. Are there alternative, equally effective nonpharmacological therapies available? |

Source: AMA. *Practice transformation series: medication management.* 2019.