Multidisciplinary clinical medication reviews in primary care: general practitioner, pharmacist, nurse and patient improving together the patient's therapeutic plan

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1. Introduction

Polymedication and inappropriate prescriptions are major challenges in primary care, particularly among older and complex patients. These issues increase the risk of adverse drug events, hospitalizations, and reduced quality of life.

Optimizing pharmacotherapy requires a coordinated and structured interprofessional approach. The regional OPPA Project (Optimization of Patients' Pharmacotherapy and Ageing / Complexity) in Brittany aims to support multidisciplinary clinical medication reviews (OPPA MDT meetings) (multidisciplinary Team meetings) involving general practitioners (GPs), pharmacists, nurses, and patients. By strengthening collaboration across primary care teams and with patients, this project seeks to improve the relevance, safety, and monitoring of the patient's therapeutic plan.

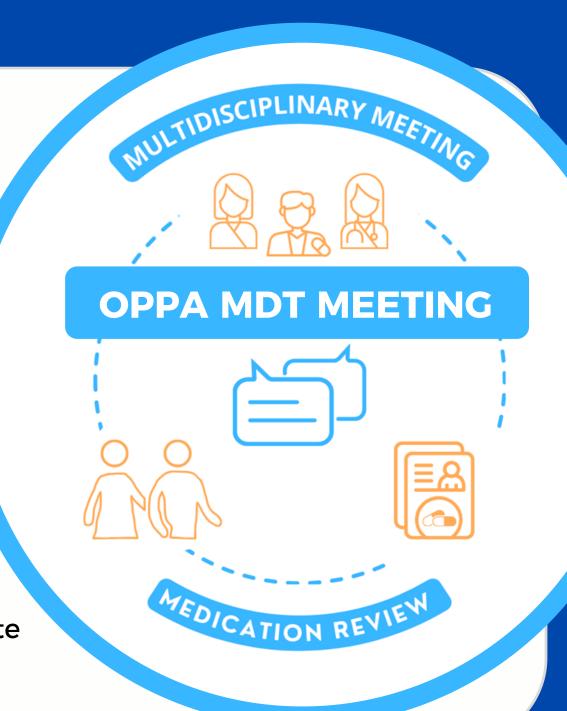
This poster presents the OPPA Pilot project designed to assess the feasibility, impact, and organizational requirements for implementing OPPA MDT meetings involving GPs, pharmacists, nurses to improve patient's therapeutic plan within different primary care settings.



2. Aims

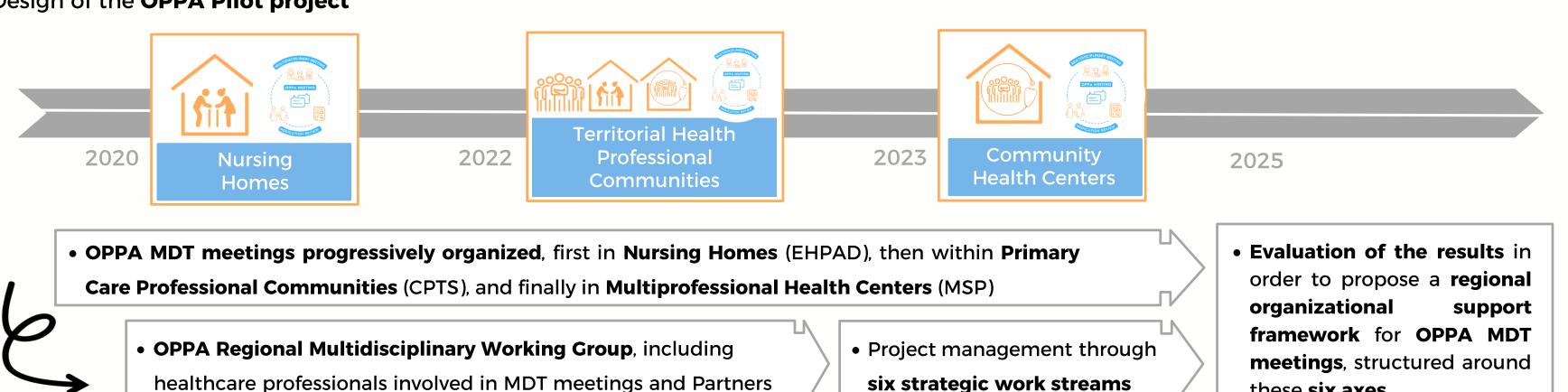
The **OPPA Pilot project** aims to:

- Assess the feasibility of implementing **OPPA MDT** meetings in coordinated primary care practice
- Evaluate the impact of **OPPA MDT meetings** on quality of care
- Identify barriers and facilitators for strengthening collaboration among primary care teams in the relevance and monitoring of patients' therapeutic plan
- Propose an organizational support framework to facilitate implementation and sustainability of **OPPA MDT meetings**



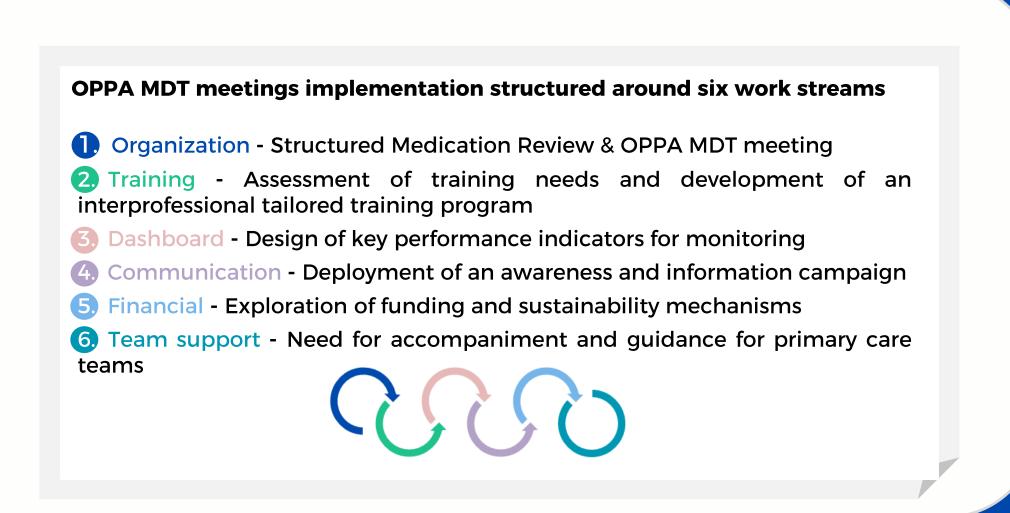
3. Method

• Design of the **OPPA Pilot project**



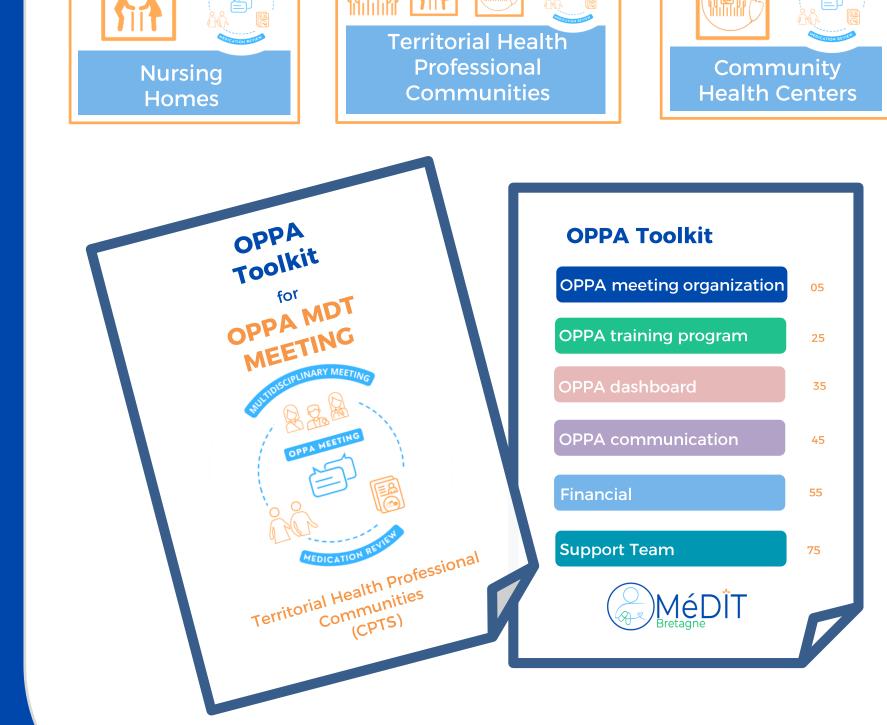
PRIMARY

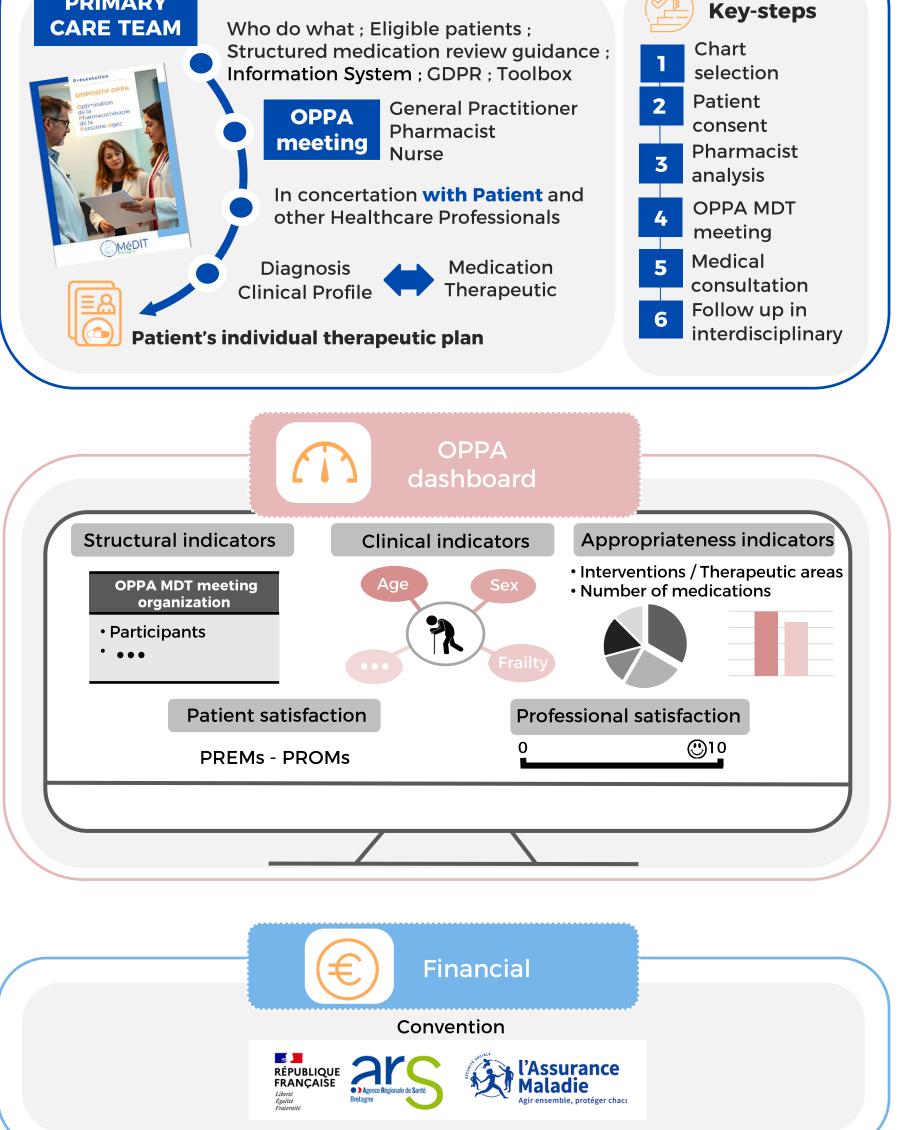
these six axes



4. Results

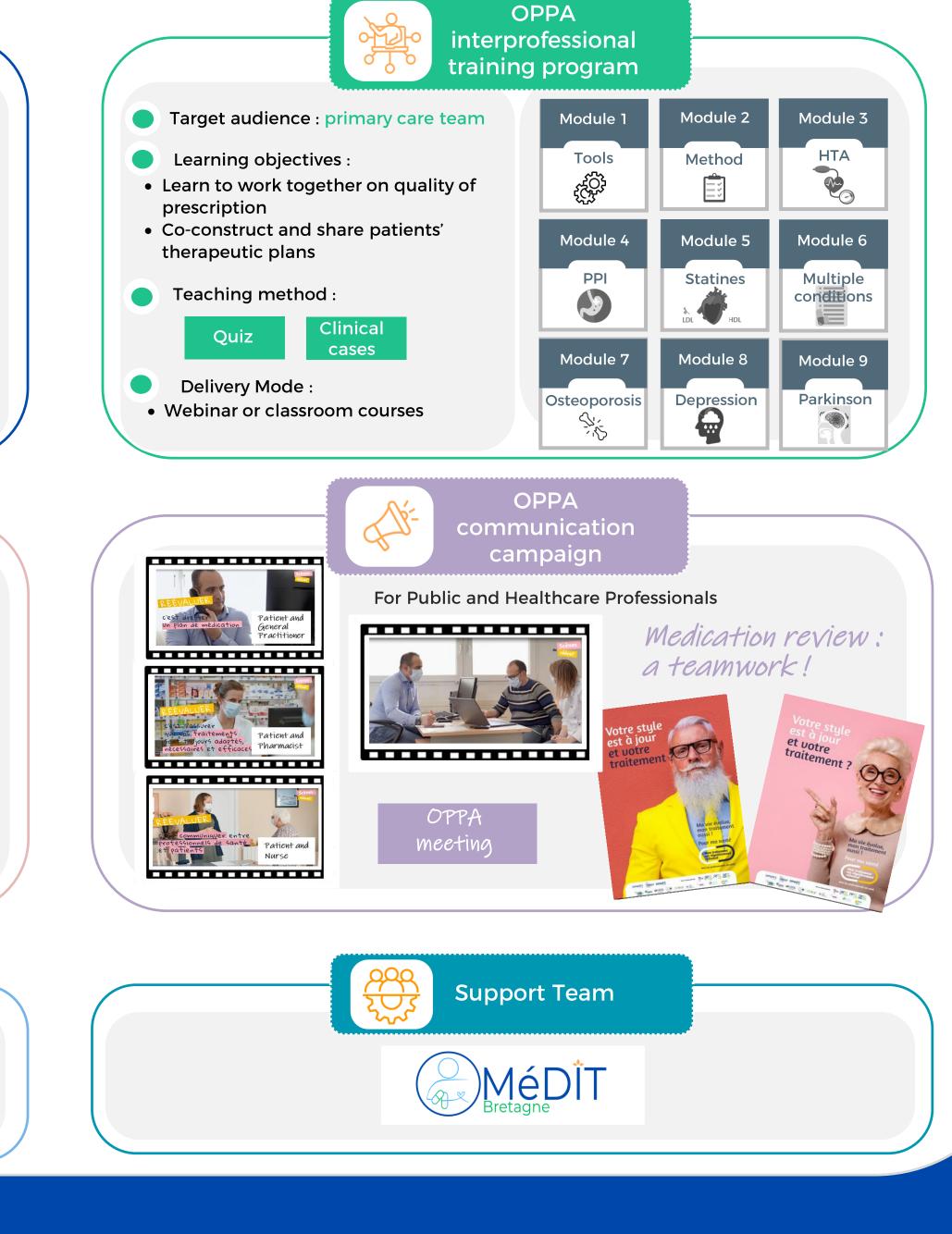
- OPPA Support framework for OPPA MDT meetings
- Built on OPPA Pilot project feedback : 118 OPPA MDT meetings, 287 patient files, 100+ participating health professionals, and over 1,000 professionals participated in **OPPA** training sessions
- Presented as practical and structured OPPA Toolkit *, tailored to three primary care settings : Nursing Homes (EHPAD), Territorial Health Professional Communities (CPTS) and Community Health Centers (MSP)





OPPA MDT meeting

methodological guide



5. Conclusion

* in the process of validation

- The pilot phase of the regional OPPA project demonstrated the feasibility and added value of OPPA MDT meetings in improving collaboration among general practitioners, pharmacists, nurses, and patients to optimize the patient's
- therapeutic plan. • These results supported the co-construction of a regional support framework to facilitate the organization and sustainability of such meetings across different primary care settings.
- This framework is designed to be agile, allowing integration of future evolutions in professional roles, scopes of practice, and activities. In particular, it highlights and strengthens the contribution of community pharmacists in clinical pharmacy activities.
- The next challenges are to maximize the use of digital tools to streamline preparation, coordination, and follow-up, and to meet the emerging requirements of periodic certification and continuous professional development for healthcare professionals.

Acknowledgement

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References

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