



## Deprescribing for Older Adults – A Toolkit for Practitioners

(Activity Code: AGI-03-P158)

May 15<sup>th</sup> 2024, 12pm - 3pm

Venue: Itqan Simulation and Innovation Center

Target Audience: Physicians, Pharmacists, Nurses, Health Researchers, QU Faculty & Staff members

**Aim:** To acquire evidence-based competencies in the management of polypharmacy and deprescribing for older adults and to equip participants with the necessary skills to implement these interventions effectively within their designated healthcare settings.

### Speakers

**Dr. Noor Alsalemi:** Assistant Professor, Department of Clinical Pharmacy and Practice, College of Pharmacy Qatar University

**Dr Ahmed Awaisu:** Professor & Head of Department, Department of Clinical Pharmacy and Practice, College of Pharmacy Qatar University

### Activity schedule:

| Time and Speakers                      | Schedule and Learning outcomes  |
|--|---|
| 12:00pm -12:05pm<br>Dr Zachariah Nazar | Welcoming and introduction  |
| 12:05 - 12:40<br>Dr Ahmed Awaisu       | Define polypharmacy and identify its predisposing factors   |
| 12:40 - 1:15<br>Dr Noor Alsalemi       | Differentiate between appropriate and inappropriate polypharmacy                                      |
| 1:15 – 1:20                            | Break   |
| 1:20- 1:50<br>Dr Ahmed & Dr Noor       | Identify available interventions to manage polypharmacy   |
| 1:50 – 2:20<br>Dr Ahmed & Dr Noor      | Determine and apply available deprescribing tools and international deprescribing practice guidelines |
| 2:20 – 2:50<br>Dr Ahmed & Dr Noor      | Describe and apply the process of deprescribing   |
| 2:50- 3:00                             | Q&As, Evaluation  |

\* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

\* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 3 Hours."

\* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."