


Clinically important prescribing cascades affecting older adults: A modified Delphi study across professions and countries

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INTRODUCTION

- Tools are needed to help clinicians prevent, identify, and address prescribing cascades.
- We developed an international consensus-based list of clinically important prescribing cascades.

METHODS

- 3 rounds of modified Delphi consensus process (Mar 2020-Mar 2021)
 - Panelists: physicians, pharmacists, nurses from 6 countries
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- 139 cascades rated in Round 1; cascades highly rated by $\geq 70\%$ of panelists as 'clinically important' included in subsequent rounds.
 - Factors influencing ratings gathered and categorized.
 - After Delphi rounds, highly rated cascades reviewed by the study team to determine the final list.

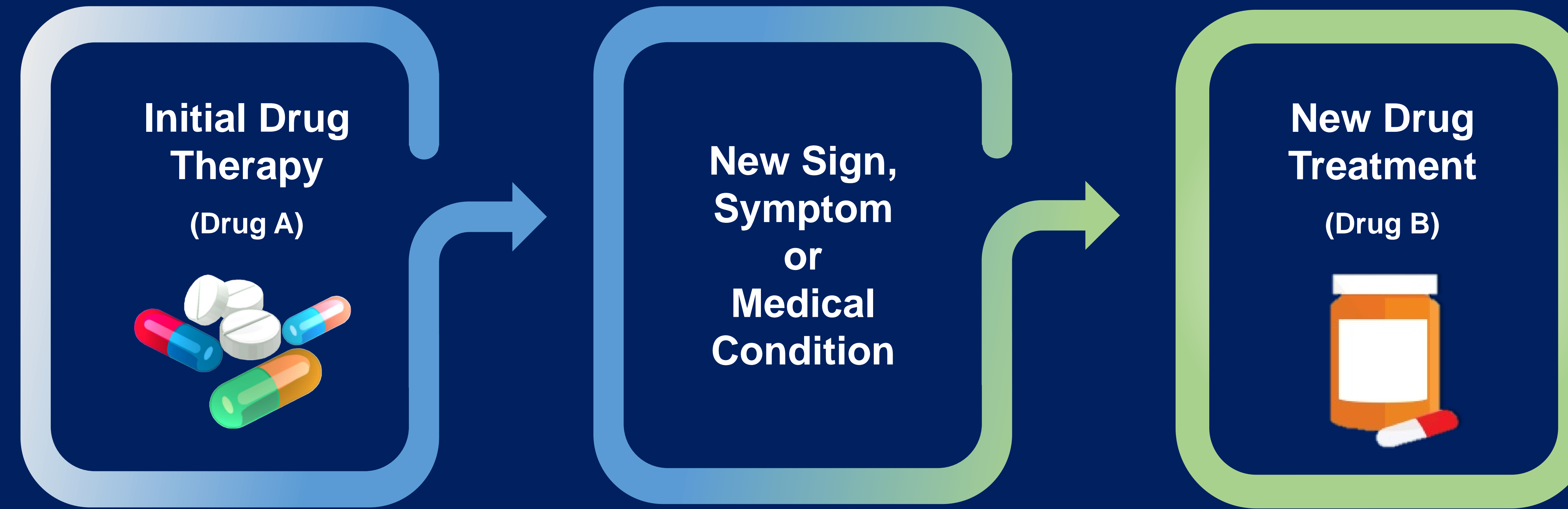
RESULTS

- Panelist Participation: Round 1 (n=40) | Round 2 (n=35) | Round 3 (n=31)
- After 3 rounds, 13 prescribing cascades were highly rated by panelists.
- Tool lists 9 clinically important prescribing cascades consistent with potentially inappropriate prescribing.
- Panelists reported that their 'clinical importance' ratings were influenced by variety of factors.
 - Relative importance of factors in determining clinical importance varied by panelist.

CONCLUSION

- A modified Delphi process was used to develop ThinkCascades, a tool listing clinically important prescribing cascades affecting older people.
- This tool raises awareness about cascades generally, and these cascades in particular.

What is a prescribing cascade?



ThinkCascades is a tool for identifying prescribing cascades affecting older people.

DEFINING 'CLINICAL IMPORTANCE'

- A 'clinically important' cascade occurs when:
 - Risks of the cascade (i.e., prescribing Drug A + B in combination) likely exceed its benefits.
- Panelists considered:
 - How commonly prescribed (Drug A + Cascade)
 - Severity of Side Effect
 - Availability of alternatives (Drug A + B)

ThinkCascades TOOL

Drug A	Side Effect	Drug B
Cardiovascular System		
Calcium channel blocker	Peripheral edema	Diuretic
Diuretic	Urinary incontinence	Overactive bladder medication
Central Nervous System		
Antipsychotic	Extrapyramidal symptoms	Antiparkinsonian agent
Benzodiazepine	Cognitive impairment	Cholinesterase inhibitor or memantine
Benzodiazepine	Paradoxical agitation or agitation secondary to withdrawal	Antipsychotic
Selective serotonin reuptake inhibitor (RI)/Serotonin norepinephrine RI	Insomnia	Sleep agent
Musculoskeletal System		
Non-steroidal anti-inflammatories (NSAID)	Hypertension	Antihypertensive
Urogenital System		
Urinary anticholinergic	Cognitive impairment	Cholinesterase inhibitor or memantine
Alpha-1 receptor blocker	Orthostatic hypotension, dizziness	Vestibular sedative

DISCLOSURES

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