

---

Consider using a tool

- STOPP/START tool
- NO TEARS
- Anti-cholinergic burden: [Anticholinergic Burden | NI Formulary \(hscni.net\)](https://www.ni.gov.uk/ni-formulary/anticholinergic-burden) – in UI, dementia and older people. You can use on-line calculators, e.g., <http://www.acbcalc.com/> to work out the cumulative ACB score for all medicines that a patient is taking
- Bisphosphonate Review | NI Formulary (hscni.net) - A patient information leaflet on Drug Holidays is available in the Patient Zone section of the NI Formulary website



## The NO TEARS tool

Need and indication

Open questions

Tests and monitoring

Evidence and guidelines

Adverse events

Risk reduction or prevention

Simplification and switches



- [STOPP START Tool2015.pdf \(wirral.nhs.uk\)](#)



# References

- <https://www.nice.org.uk/advice/ktt18/chapter/evidence-context#reviewing-polypharmacy-and-deprescribing>
- <https://www.nice.org.uk/guidance/ng5/resources/implementation-case-scenarios-487189693>
- <https://www.nice.org.uk/advice/ktt18/chapter/evidence-context#table-1-polypharmacy-resources>
- <https://www.nice.org.uk/advice/ktt18/chapter/evidence-context#multimorbidity>
- Medicines optimization <https://www.nice.org.uk/guidance/ng5>
- <https://www.sps.nhs.uk/articles/polypharmacy-oligopharmacy-deprescribing-resources-to-support-local-delivery/>
- <http://www.prescripp.info/>
- HSCBPrimaryCareMedicationReviewGuidanceWebVersion%20(1)  
<https://livewellwithpain.co.uk/>. <http://www.paindata.org/calculator.php>  
A patient information leaflet to aid deprescribing of methocarbamol/lignocaine plasters NI formulary website  
[Pharmacy-Forum-Support-NEW-OCT-2017.pdf \(pfni.org.uk\)](#) – A guide to support medication (Review in older people)  
MUST Tool - [Malnutrition Universal Screening Tool \(bapen.org.uk\)](#) – malnutrition referral  
Minor ailments, pharmacy first, smoking cessation - [Minor Ailments Scheme - Community Pharmacy NI](#)