Conferencia 19 de marzo a las 17h, Facultad de Estudios Estadísticos, Aula Juan Béjar

"Methodological Challenges in Deprescribing Research" ✕ DIAMOND

Resumen

As people live longer, medications have become a cornerstone of modern healthcare. However, taking multiple medicines can sometimes do more harm than good, for example due to drug interactions and side effects. Deprescribing is the process of reducing or stopping unnecessary medications and offers a solution to preventing medication-related harm. However, despite its potential, deprescribing does not always happen because healthcare professionals often do not have clear evidence on when and how to deprescribe safely. A particular challenge with developing this clear evidence is the time and investment needed to conduct new high-quality studies. For example, randomised controlled trials could take several years from beginning to end and many only consider one medication group at a time. Another approach is to conduct research on existing real-world date e.g., electronic health records.

However, this approach needs to be carefully designed to make sure that we can identify when medications are intentionally deprescribed from other scenarios. We also need to ensure that other potential biases are accounted for. The aim of this research project is to develop advanced analytical methods that can be applied to real-world data in order to generate the evidence that will make deprescribing a safe and effective option for patients and healthcare professionals.

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