

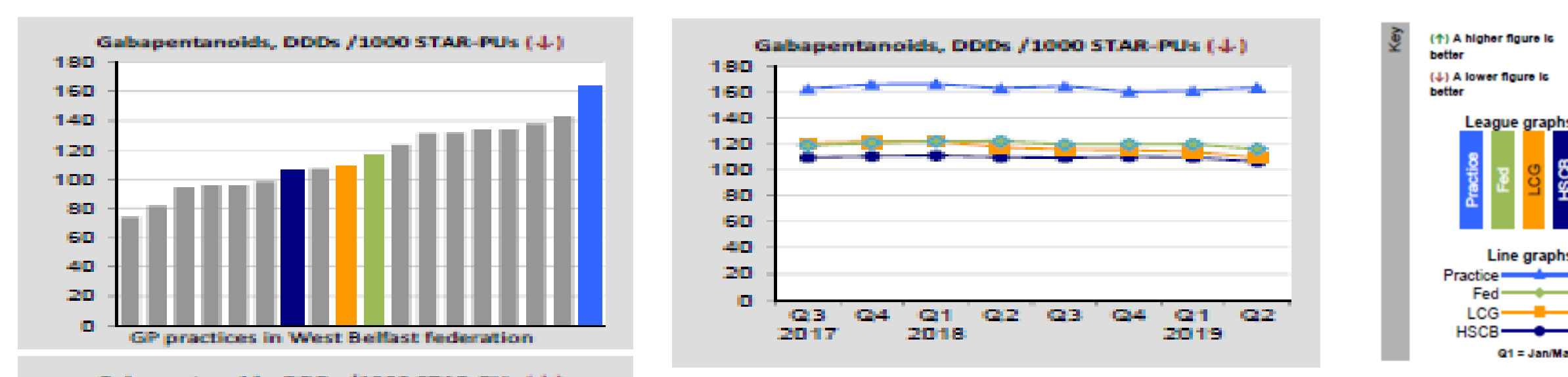
Reducing Pregabalin Prescribing in Grosvenor Road Surgery

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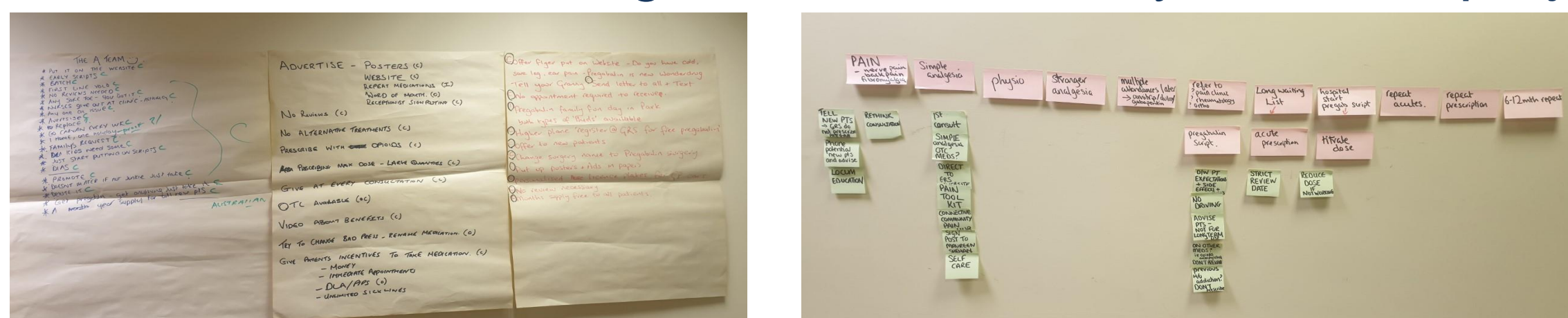
Pregabalin is a controlled drug which is licensed for use in Generalised Anxiety Disorder, Epilepsy and Neuropathic pain. However, there has been a trend of prescribing Pregabalin for chronic pain leading to increased prescribing rates. Grosvenor Road Surgery is one of the highest prescribers within West Belfast Federation. Pregabalin can cause significant side effects and is unfortunately also a drug of misuse and abuse. There were 33 reported Pregabalin related deaths in Northern Ireland in 2017. As a Practice Team we decided to use a QI approach to reduce Pregabalin prescribing therefore reducing potential harm to our patients.

Aim: To reduce the number of patients prescribed Pregabalin per Month in Grosvenor Road Surgery from 139 to 97 (30%reduction) by May 2020

Method:



- COMPASS report data used to show our prescribing to date.
- Practice Team meeting to discuss viability of the QI project.



- Developed a Process Map & a TRIZ in order to understand current system to generate change ideas.
- Practice Team: Admin, Practice-Based (P-B) Pharmacists, P-B Physiotherapists, nurses and doctors engaged with the project and understood the 'WHY' behind it.

Potentially serious side effects and detrimental effects drug having on community

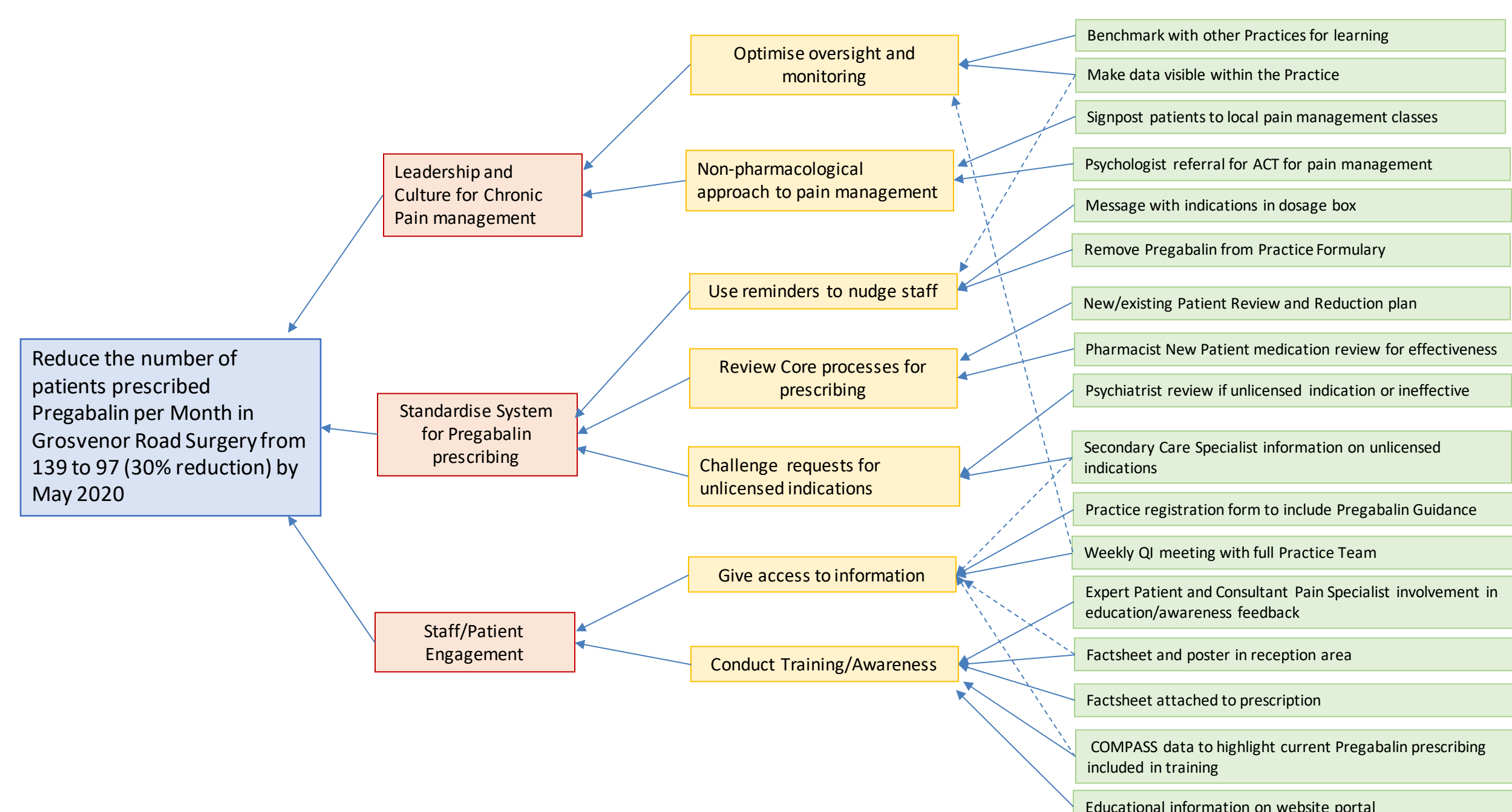
Reduce potential deaths and addiction

Big issue in the area we work, as bad as illegal drugs

Process Changes:

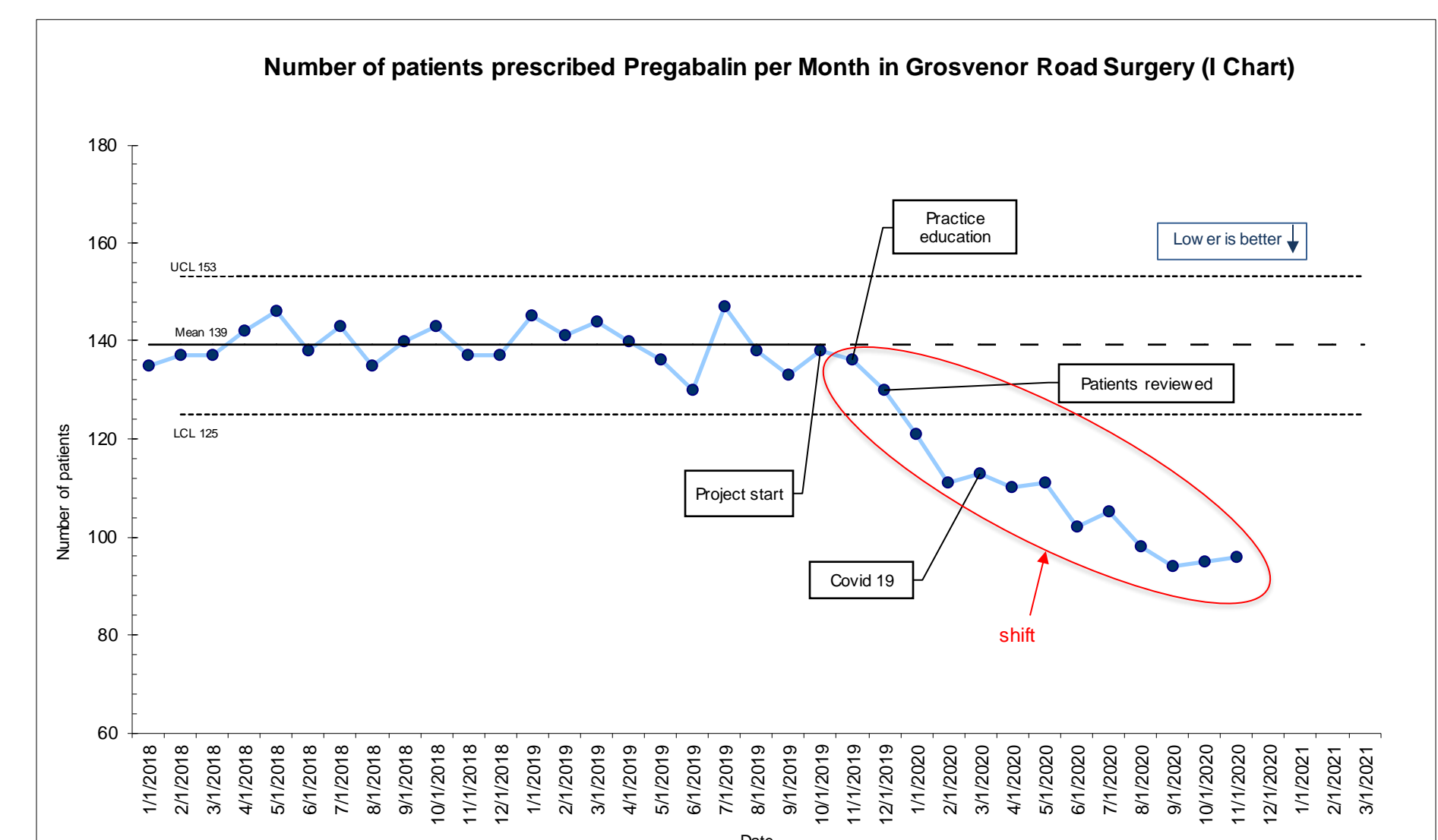
- Pareto charts used to understand who prescribed the Pregabalin and for population segmentation.
- Driver Diagram used to develop change ideas.
- Model for Improvement: Multiple PDSA cycles implemented.
- Change ideas included: Educational video (pharmacist), Factsheet, non-pharmacological approach to pain with increased use of Practice MDT and community and voluntary sector for pain management.

Driver Diagram:

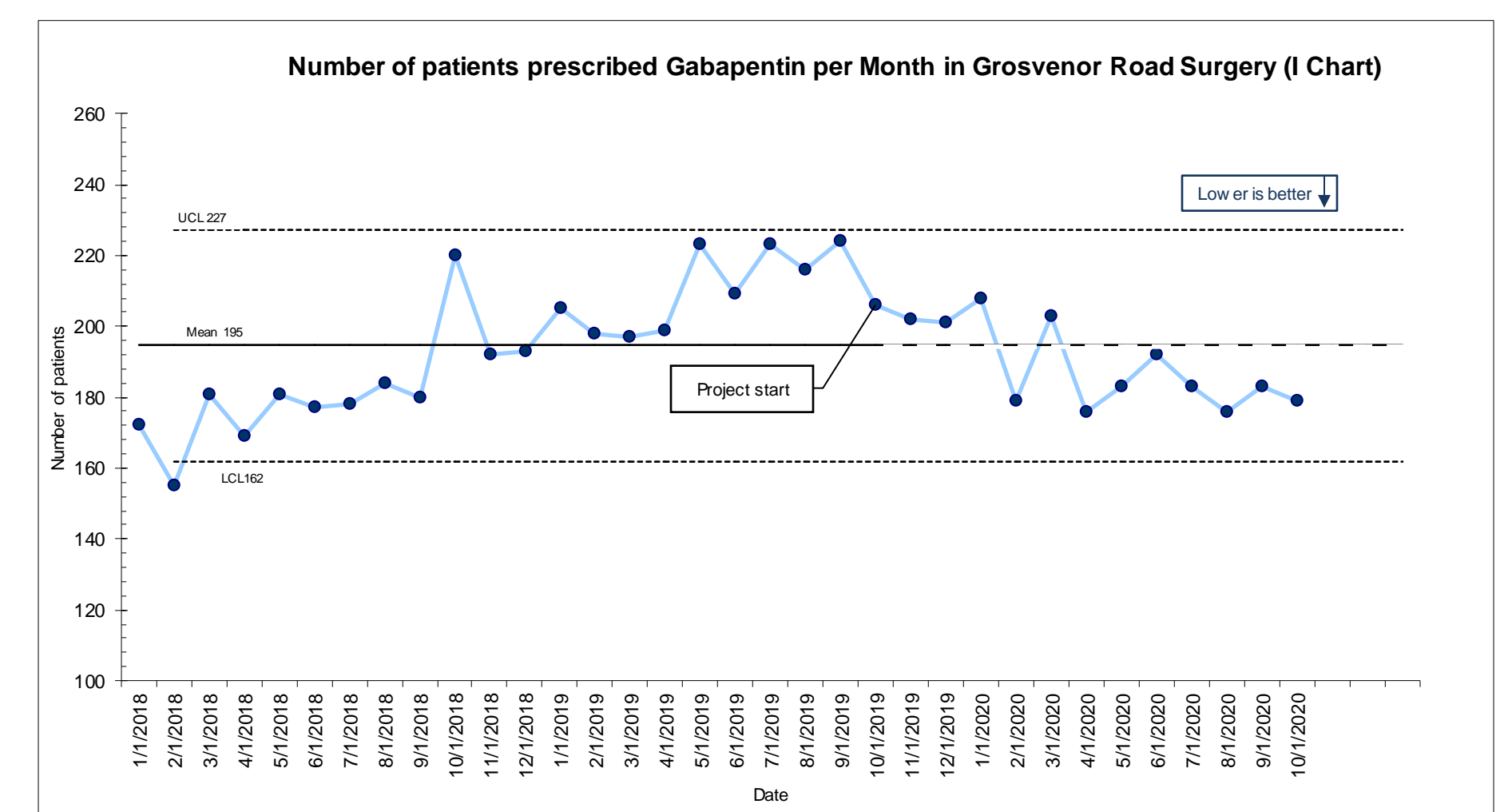


Results:

Outcome Measure: The number of Patients prescribed Pregabalin per Month in Grosvenor Road Surgery (I Chart). We have identified a shift in our data and have achieved a 32% reduction in the number of patients prescribed Pregabalin per Month.



Balancing Measure: The number of Patients prescribed Gabapentin per Month in Grosvenor Road Surgery (I Chart). We did not want patients commenced on Gabapentin as a substitute for Pregabalin. We wanted the number of patients to remain the same or ideally decrease.



Patient Feedback from pain event:

- All patients reported multiple significant side effects associated with Pregabalin.
- All felt that the event was useful.
- Several commented that no pain relief had worked for them.

As the meds do not work for pain would like to reduce them

Interesting and informative

A lot of information I was unaware of

Conclusions:

- By using a QI approach and changing prescribing culture we have reduced the number of patients prescribed Pregabalin in Grosvenor Road Surgery.
- Input and engagement from the full Practice Team were vital in ensuring success in this project.
- Insights from our 'expert' patient and our Practice Team helped us gain a deeper understanding of Pregabalin and it's impact on patients lives and that of the wider community.

Key Learning:

- Team engagement and understanding the 'WHY' behind the project.
- Use of the PDSA cycle. It is important to study changes so you can act to adapt, adopt or abandon change idea.
- Use of data to tell improvement story .

Next Steps:

- Continue to develop my QI knowledge.
- Use the skills I have gained to mentor others in QI.
- Develop a QI culture within Primary Care in Northern Ireland.
- Develop QI relationships within HSCQI network and IHI.

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