**Resources and Tools for Deprescribing:**

**Patient Handouts on Medication:**

* [You May Be at Risk: You are currently taking a sulfonylurea diabetic medication](http://www.criugm.qc.ca/fichier/pdf/SULFONYLUREA.pdf)
* [You May Be at Risk: You are currently taking an antipsychotic drug](http://www.criugm.qc.ca/fichier/pdf/ANTIPSYCHOTIC.pdf)
* [You May Be at Risk: You are taking one of the following sedative-hypnotic medications](http://www.criugm.qc.ca/fichier/pdf/BENZOeng.pdf)
* [You May Be at Risk: You are currently taking a proton pump inhibitor (PPI):](http://www.criugm.qc.ca/fichier/pdf/PPI-EN-Men.pdf)

**Institute for Safe Medication Practices (ISMP) Canada:**

* [Deprescribing: Managing Medications to Reduce Polypharmacy](https://www.ismp-canada.org/download/safetyBulletins/2018/ISMPCSB2018-03-Deprescribing.pdf)
* [5 Questions to Ask About Your Medications](https://www.ismp-canada.org/download/MedRec/MedSafety_5_questions_to_ask_poster.pdf)

**Choosing Wisely Canada:**

* [When Psychosis Isn’t the Diagnosis: A Toolkit for Reducing Inappropriate Use of Antipsychotics in Long Term Care](https://choosingwiselycanada.org/perspective/antipsychotics-toolkit/)
* [Less Sedatives for Your Older Relatives: A toolkit for reducing inappropriate use of benzodiazepines and sedative-hypnotics among older adults in hospitals](https://choosingwiselycanada.org/perspective/benzos-hospital-toolkit/)
* [Drowsy Without Felling Lousy: A toolkit for reducing inappropriate use of benzodiazepines and sedative-hypnotics among older adults in primary care](https://choosingwiselycanada.org/perspective/toolkit-benzos-primary-care/)
* [Bye-Bye PPI: A toolkit for deprescribing proton pump inhibitors in EMR-enabled primary care settings](https://choosingwiselycanada.org/perspective/ppi-toolkit/)

**Alberta Health Services:**

* [Pharmacologic Restraint Management Worksheet](https://www.albertahealthservices.ca/frm-19676.pdf)
* [Enhance the Medication Review Process](https://www.albertahealthservices.ca/assets/about/scn/ahs-scn-srs-aua-step10.pdf)
* [Suggested Steps for Developing an Antipsychotic Medication Review Process](https://www.albertahealthservices.ca/assets/about/scn/ahs-scn-srs-aua-suggested-steps.pdf)
* [Dementia: Antipsychotic Medication](https://myhealth.alberta.ca/Alberta/Pages/Antipsychotic-medicine.aspx)
* [Dementia: Responsive Behaviors](https://myhealth.alberta.ca/Alberta/Pages/Dementia-responsive-behaviours.aspx)

**Deprescribing.org Pamphlets:**

* [Is a Benzodiazepine or Z-Drug still needed for sleep?](https://deprescribing.org/wp-content/uploads/2018/08/benzodiazepine-deprescribing-information-pamphlet.pdf)
* [Is an Antipsychotic still needed?](https://deprescribing.org/wp-content/uploads/2018/08/deprescribing_pamphlet2018_AP_vf3.pdf)
* [Is an Antihyperglycemic still needed?](https://deprescribing.org/wp-content/uploads/2018/08/deprescribing_pamphlet2018_AHG_v03.pdf)
* [Is a Proton Pump Inhibitor still needed?](https://deprescribing.org/wp-content/uploads/2018/08/Deprescribing-Pamphlet_PPI_ENG_CFP.pdf)

**Algorithms:**

* [Anti-Hyperglycemics](https://deprescribing.org/wp-content/uploads/2018/08/AHG-deprescribing-algorithms-2018-English.pdf)
* [Anti-Psychotics](https://deprescribing.org/wp-content/uploads/2018/08/AP-deprescribing-algorithm-2018-English.pdf)
* [Benzodiazepine & Z-Drug (BZRA)](https://deprescribing.org/wp-content/uploads/2019/03/deprescribing_algorithms2019_BZRA_vf-locked.pdf)
* [Proton Pump Inhibitor (PPI](https://deprescribing.org/wp-content/uploads/2018/08/ppi-deprescribing-algorithm_2018_En.pdf))

**American Geriatrics Society:**

* [Beers Criteria Pocket card](http://www.ospdocs.com/resources/uploads/files/Pocket%20Guide%20to%202015%20Beers%20Criteria.pdf)

**Other tools:**

* **Canadian Deprescribing Network-** <http://www.deprescribingnetwork.ca/>
* **A Journey Toward Shared Decision Making-** [Mayo Clinic Shared Decision Making National Resource Center](https://shareddecisions.mayoclinic.org/)
* **Dartmouth-Hitchcock- Center for Shared Decision Making -** <https://med.dartmouth-hitchcock.org/csdm_toolkits.html>
* **Effective Health Care Program: AHRQ Information-** <https://effectivehealthcare.ahrq.gov/products?f%5B0%5D=field_product_type%3Aclinician_summary>
* **The Adherence Estimator: a brief, proximal screener for patient propensity to adhere to prescription medications for chronic disease-** <https://www.ncbi.nlm.nih.gov/pubmed/19210154>
* **Medication Management Strategy: Intervention-** <https://www.ahrq.gov/patient-safety/reports/engage/interventions/index.html>

This seems particularly helpful: [here](https://www.ahrq.gov/patient-safety/reports/engage/interventions/medmanage.html)

* **Ask Me 3: Good Questions for Your Good Health-** <http://www.ihi.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx>
* **Addressing the Polypharmacy Conundrum:** <https://shar.es/a37Lqn>
* **EMPOWER: Eliminating Medications Through Patient Ownership of End Results (2017) -** <http://www.criugm.qc.ca/fichier/pdf/BENZOeng.pdf>
* **Letter to Patients- SH Reduction:** <https://www.ctc-ri.org/sites/default/files/uploads/Letter%2Bto%2Bpatients%2Babout%2BSH%2Breduction_final.pdf>
* **Spider Post- Intervention Focus Group Moderator Guide:** <https://www.ctc-ri.org/sites/default/files/uploads/UofT%20REB-SPIDER%20Post-Intv%20FG%20Moderator%20Guide_Professional_V20191105.pdf>
* **Draw Adherence Work-up Tool:** <https://www.ctc-ri.org/sites/default/files/uploads/Drug%20Adherence%20Work%20DRAW%20tool.pdf>