

Supporting Primary Care with Challenging Behaviour in Dementia: MEDREV

The National Dementia Strategy introduced a target of reducing the prescribing of anti-psychotics. Aston University, in conjunction with a number of other organisations, is running a research project entitled MEDREV.

MEDREV aims to test the **feasibility of staff training** (for care home staff and GPs) and **medication review** (by specialist pharmacist) to limit the inappropriate prescribing of psychotropics for BPSD (Behavioural and Psychological Symptoms of Dementia) in people with dementia in care homes.

Key Points:

- The medication review includes **all** psychotropics for BPSD (there is increasing evidence that focussing on anti-psychotics has simply driven prescribing to other potentially inappropriate medicines).
- By training care home staff and providing them with other “tools” to help them manage BPSD we aim to reduce their reliance on medication.
- The input from secondary care specialists is designed to support primary care with managing this complex area.
- The medication review is collaborative and responsibility for implementation will continue to rest with the GP; the GP is under no obligation to implement the review.

What is involved for practices?

- Receive training.
- Collaborate with the medication review process.

Ethics and governance:

The research is funded by the NIHR and has full ethical and governance approval. Service support costs for practices are fully funded. It has the full support of the local Primary Care Research Network, the CCGs in greater Birmingham and is closely aligned to the [Birmingham Dementia Strategy](#).

The benefits:

Potential benefits for primary care and people with dementia:

- Support from expert secondary care pharmacists with managing BPSD.
- Enhance practice achievement on QOF and contributes to individual revalidation / appraisal portfolios.
- Training on up to date evidence for managing BPSD including case discussions.
- Formal written evidence of active engagement in research for CQC purposes.

The team:

This research is conducted by an inter-disciplinary team of academics and clinicians, including GPs, Health Psychologists, Pharmacists and Psychiatrists.

The chief investigator is **Dr Ian Maidment**, Senior Lecturer in Clinical Pharmacy, at Aston University who has worked in the field of dementia care, both as a clinician and researcher, for over 20 years. **Rachel Shaw**, a Reader in Health Psychology at Aston, leads on the training aspects. **Steve Iliffe**, Emeritus Professor of Primary care for Older People, University College London is a co-applicant and **Dr Elizabeth Bates**, NIHR Academic Clinical Lecturer in Primary Care at the University of Birmingham and Practising GP is providing local support.

Full details of the study are available at www.aston.ac.uk/medrev.

The protocol is published in BMJ Open: <http://bmjopen.bmj.com/content/6/3/e010279.full>

If you have any further questions or would like to be involved, please do not hesitate to contact us.

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