



SPECIAL EU PROGRAMMES BODY

Project Case Study: iSIMPATY (Implementing Stimulating Innovation in the Management of Polypharmacy and Adherence Through the Years)

THEME:

Health

FUNDING (ERDF+Match)

€3,280.713.67

MATCH FUNDERS:

Department of Health
Northern Ireland & Ireland

LEAD PARTNER:

Scottish Government/
NHS Scotland

PROJECT PARTNERS

Scottish Government/
NHS Scotland, Northern
Health & Social Care
Trust

PROJECT CONTACT:

alpana.mair@gov.scot

Start Date: 30/09/2019

End Date: 31/03/2023



www.scot.nhs.uk

Polypharmacy is the associated use of multiple medicines and represents a global challenge, which is attributed to aging populations.

A consequence is the increasing prevalence of multi-morbidity. Polypharmacy has substantial economic impact on service demand and hospitalisation as well as detrimental impact on the quality of life of patients.

The iSIMPATY project has six key recommendations to implement programmes to address this patient safety challenge:

- Use a system that has multidisciplinary clinical and policy leadership;
- Nurture and encourage a culture that encourages and prioritises the safety and quality of prescribing;
- Ensure that patients are integral to the decisions made about their medicine and are empowered and supported to do so;
- Use data drive change and outcome measures;
- Adopt an evidence based approach with a bias towards action;
- Utilise, develop, and share tools to support implementation.

“The iSIMPATY initiative illustrates how we can work together to improve health and wellbeing, reduce health inequalities and still ensure the best use of health and care resources.”

Cabinet Secretary for Health and Sport Scotland, Jeane Freeman





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Key Outputs:

By 2022, the iSIMPATY project aims to transform the approach to optimisation of medicines in the three project jurisdictions, it will do this through:

- Delivering Polypharmacy Medicine reviews for 15,000 patients across the three project jurisdictions: 6,000 in Scotland, 4,500 in Ireland and 4,500 in Northern Ireland.
- Delivering training to 120 GPs, hospital doctors and pharmacists - 40 in each jurisdiction.
- Providing a significant contribution towards the embedding of a single approach for polypharmacy management as well as firmly establishing the value of cross-border working in this field.
- Providing a project evaluation report including any recommendations for further work.
- Providing evidence of benefit to patients.

“By placing the patient at the centre of the intervention and by involving them in the decision making about their medication, the aim is to support shared decision making, whilst also gaining their feedback to inform policy. Through this approach, we specifically want to focus on health inequalities to address inappropriate polypharmacy and adherence.”

Scottish Government Project Lead, Alpana Mair



The 7-Steps to appropriate polypharmacy, ensuring the patient is at the centre