

De-escalation and Deprescribing Worksheets

De-escalation and deprescribing are two key considerations to improve medication management. These worksheets contain a series of prompts to consider as you determine whether de-escalation or deprescribing is appropriate. Note: these are meant as guides and are neither comprehensive nor prescriptive.

Medications under review for de-escalation or deprescribing:		
Date reviewed: Medication:	Date reviewed: Medication:	Date reviewed: Medication:
Is the patient part of a population where benefit may no longer be observed (eg, elderly)? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is the patient part of a population where benefit may no longer be observed (eg, elderly)? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is the patient part of a population where benefit may no longer be observed (eg, elderly)? <input type="checkbox"/> No <input type="checkbox"/> Yes
Is the patient experiencing adverse events or having difficulty taking this medication as prescribed? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is the patient experiencing adverse events or having difficulty taking this medication as prescribed? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is the patient experiencing adverse events or having difficulty taking this medication as prescribed? <input type="checkbox"/> No <input type="checkbox"/> Yes
Is discontinuation likely to result in withdrawal or disease rebound? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is discontinuation likely to result in withdrawal or disease rebound? <input type="checkbox"/> No <input type="checkbox"/> Yes	Is discontinuation likely to result in withdrawal or disease rebound? <input type="checkbox"/> No <input type="checkbox"/> Yes
Does the medication need to be tapered or can it be stopped outright? <input type="checkbox"/> Stopped <input type="checkbox"/> Tapered	Does the medication need to be tapered or can it be stopped outright? <input type="checkbox"/> Stopped <input type="checkbox"/> Tapered	Does the medication need to be tapered or can it be stopped outright? <input type="checkbox"/> Stopped <input type="checkbox"/> Tapered
Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, what?	Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, what?	Are there any special considerations (ex. withdrawal from opioids or anxiolytics)? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, what?
Decision: <input type="checkbox"/> De-escalate <input type="checkbox"/> De-prescribe <input type="checkbox"/> Reevaluate Notes:	Decision: <input type="checkbox"/> De-escalate <input type="checkbox"/> De-prescribe <input type="checkbox"/> Reevaluate Notes:	Decision: <input type="checkbox"/> De-escalate <input type="checkbox"/> De-prescribe <input type="checkbox"/> Reevaluate Notes:

Additional considerations for deprescribing medications:

1. Why and when was therapy started?

2. Was the diagnosis substantiated?

3. Was the medication prescribed to counter adverse effects of another medication?

4. Is the medication continuing to confer evident patient benefit?

5. Are there alternative, equally effective nonpharmacological therapies available?

Source: AMA. *Practice transformation series: medication management*. 2019.