

General principles of Medicines Optimisation

Medicines Optimisation is a patient-focused approach to getting the best from investment in and use of medicines. It requires a holistic approach, an enhanced level of patient centred professionalism, and partnership between clinical professionals and a patient.

Medicines optimisation approach requires multidisciplinary team working. Healthcare professionals will need to work together to individualise care, monitor outcomes, review medicines appropriately and support patients when needed.

Below is a selection of resources that can support medicines optimisation.

South Yorkshire and Bassetlaw Integrated Care System [Generic Brand Guidance for SYB](#) - June 2025

[Medicines Optimisation, Quality Standard, QS120, NICE, 2016](#)

[NICE Multimorbidity guidance - September 2016](#)

[NICE NG5- Medicines Optimisation Guidance](#)

Shared decision-making (SDM)

Shared decision-making (SDM) is an essential part of evidence-based medicine, seeking to use the best available evidence to guide decisions about the care of the individual patient, taking into account their needs, preferences and values. SDM supports person centred care, alongside care planning and self-management.

Resources to support patient decision making

[NICE - Shared decision making](#)

[NICE - patient decision aids](#)

[How to provide patients with the right information to make informed decisions, RPS, 2018](#)

Also see [Me and My Medicines](#). The Me and My Medicines campaign encourages patients, families and carers to ask questions about their medicines so that they can be helped to get the most benefit and make informed shared decisions. [This leaflet](#) can be used in consultations to support conversations.

Patient information leaflet to support:

- [Structured Medication Reviews](#)

Evidence Based Tools, Guidance & Resources to support Structured Medication Reviews (SMRs), Polypharmacy and Deprescribing

Resources

[ACB Calculator](#)

[Anticholinergic cognitive burden scale, Aging Brain Care, 2012](#)

[CPPE Learning Disabilities Hub](#)

[Frailty, Comprehensive Geriatric Assessment \(CGA\) toolkit](#)

[General deprescribing algorithm](#)

[MedStopper](#)

[NHS SPS Patient Centred Approach](#)

[NHS Scotland 7 Steps Medication Review](#)

[PrescQIPP IMPACT \(Improving Medicines and Polypharmacy Appropriateness Clinical Tool\) tool - April 2023](#)

[*PrescQIPP Polypharmacy and deprescribing](#)

[Reducing medication related falls risk in older adults](#) - Review date November 2027

- Patient information leaflet - [Older persons – staying safe with medication and reducing your risk of a fall](#)

[STOPPFrail \(Screening Tool of Older Persons Prescriptions in Frail adults with limited life expectancy\): consensus validation \(see table 1 under results for agreed STOPPFrail criteria\)](#)

[STOMP](#)

[STOPP Start Toolkit version 3](#)

*PrescQIPP offers a wide range of resources on SMR, Polypharmacy and Deprescribing, log into [PrescQIPP](#) to access these resources.

*To register with PrescQIPP follow this [link](#)