**PAPER NUMBER #372**

**Reducing medication complexity in aged Care: using co-creation as research model for effective practice change.**

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**Objectives/aims**

The SImplification of Medications Prescribed to Long tErm care Residents (SIMPLER) study is a cluster-randomised controlled trial investigating a structured intervention to reduce unnecessary medication regimen complexity. The study is informing policy and practice about simplifying medication use in residential aged-care.

A partnership between Helping Hand Aged Care and Monash University has seen a Research Fellow embedded within residential aged care. This allows the needs and perspectives of stakeholders to be considered, enhancing the likelihood of successful implementation. Knowledge generated in the aged care setting may be more relevant and insightful for changing practice.

**Methods**

The SIMPLER study recruited 242 residents across eight residential aged care sites from April to August 2017. Implementation of the intervention included residents, families, Registered Nurses, Helping Hand Aged Care staff, GPs and pharmacists. The intervention involved application of the Medication Regimen Simplification Guide for Residential Aged CarE (MRS GRACE). Four, 8, 12, 24 and 36-month evaluation is planned.

A process evaluation involving document analysis and qualitative semi-structured interviews has assessed enablers and barriers for wider implementation.

**Main findings**

Preliminary analyses indicate 92 simplification recommendations were made for 62 of the 96 residents who received the intervention, with 65% of recommendations relating to changing a medication administration time. Many of the simplification recommendations were able to be actioned by Registered Nurses.

Semi-structured interviews indicated strong support for embedding a researcher within an aged care provider organisation, and for the long-term acceptability and sustainability of interventions developed using this model.