

Assessing the Attitudes, Perceptions, and Practices of Pharmacists Towards Deprescribing

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Abstract

Background: Deprescribing is a critical intervention for reducing polypharmacy risks, adverse drug events, and medication non-adherence, particularly in older adults. Despite its benefits, deprescribing remains underutilized due to systemic, interpersonal, and individual barriers.

Objective: This study aimed to assess pharmacists' confidence, attitudes, and perceived barriers to deprescribing.

Methods: A survey was distributed to alumni of the Southern Illinois University Edwardsville School of Pharmacy. The questionnaire assessed confidence in deprescribing, barriers to implementation, and the need for additional training. Descriptive and inferential analyses were conducted to identify trends and associations.

Results: Pharmacists in ambulatory care settings and those with postgraduate training exhibited greater confidence in deprescribing. Community pharmacists reported higher concerns regarding prescriber resistance. Workload constraints, staffing shortages, and limited access to medical records were identified as key barriers. While 95% of pharmacists reported willingness to deprescribe, over 44% of pharmacists indicated a need for further deprescribing training.

Conclusions: Expanding deprescribing education, strengthening pharmacist-prescriber collaboration, and addressing systemic barriers are essential to increasing pharmacist engagement in deprescribing.

Key Words: Deprescribing, Geriatrics, Medication Safety, Pharmacist, Polypharmacy