

# The COME-ON project: Collaborative approach to Optimise MEdication use for Older people in Nursing homes – study protocol.

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## Background

**Ageing** has become a worldwide reality and presents new challenges for the health care system. Research has shown that the prescription of **potentially inappropriate medications** is highly prevalent in older people, especially in the **nursing home** setting. The use of potentially inappropriate medications is associated with adverse drug events, hospitalizations, mortality and health care costs.

## Purpose

The Come-On study aims to evaluate the effect of a **complex, multifaceted intervention**, including multidisciplinary case conferences, on the **appropriateness of use of medicines** for older people in Belgian nursing homes.



## Methods

A **multicentre cluster controlled trial** has been set up in **63 Belgian nursing homes** (30 intervention; 33 control). In each of these nursing homes, 35 residents will be selected for participation.

Three-monthly **multidisciplinary case conferences** between nurse, general practitioner and pharmacist will be conducted on a **resident level**. Case conferences will facilitate a **structured medication review** in order to optimize the resident's medication profile.

**Education and training**, both through **e-learning** and **on-site sessions**, will be provided to participating health care professionals. Furthermore, **local concertation** will be held on the level of the **nursing home** to discuss and generate **consensus** on the appropriate use of **two specific medication classes** and stimulate collaboration.



As **primary outcome** the number of *potentially inappropriate medications* (PIM) and *potential prescribing omissions* (PPO) per resident will be compared between groups. **Secondary outcomes** will relate to process and outcomes of case conferences, cost, facilitators and barriers for implementation of the intervention.

## Results

The study protocol, based on input from a **pilot study** performed in four nursing homes, has been approved by the **Ethical Committee** of UZ Leuven and by the **Privacy Commission**. The content for the **e-learning platform** and **on-site trainings** has been built, and a **web application** to support multidisciplinary case conferences and data collection has been developed. **Patient recruitment** started in November 2014; **data collection** will start from March 2015 onwards.

## Conclusion

This abstract describes the **protocol** for a **multicentre cluster controlled trial** that will be conducted in **63 nursing homes in Belgium** from March 2015 onwards.