





## 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 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 conferences, on case appropriateness of use of medicines for older people in Belgian nursing homes.

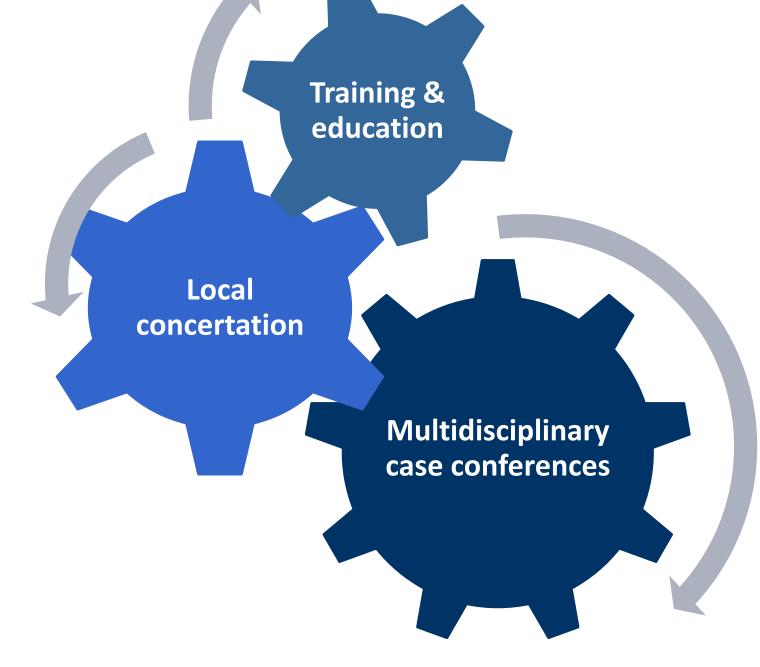


#### Methods

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 onsite 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.