



## GEM

General practice Evidence for Modern day practice.

GEMs offer brief updates from general practice research tackling the challenges of front-line practice.

### The title of your research

**Identifying enablers and barriers to individually tailored prescribing: a survey of healthcare professionals in the UK**

### Your name

**Joanne Reeve**

### The clinical problem tackled by this research.

Many people now take multiple medicines on a long-term basis to manage health conditions. But growing numbers report experiencing treatment burden, with a need for their treatment plan to be better tailored to their personal circumstances. Person-centred tailoring of care is the distinct expertise of the medical generalist, but clinicians report finding this difficult to do in everyday practice. We surveyed primary care clinicians to systematically identify the barriers they experience, along with potential solutions.

### What this research tells us about this problem.

Responses from 419 clinicians (GPs, nurse prescribers and pharmacists) described 4 barriers: Permission, Prioritisation, Professional skills & confidence, and Performance Management. We discuss how to address each of these to reduce the burden of problematic polypharmacy.

### The research team (\* are GPs)

J Reeve\*, N Britten, R Byng\*, J Fleming, JKrska.

### Suggested WISE action

Take a look at your practice medicines review policy – which barriers do you experience (see link below) and how can you tackle them to improve patient-centred prescribing?

(<https://bmcfampract.biomedcentral.com/track/pdf/10.1186/s12875-017-0705-2>)

### Where you can read more about this work.

Identifying enablers and barriers to individually tailored prescribing: a survey of healthcare professionals in the UK. BMC Family Practice (2018); 19: 17

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