

## DEPRESCRIBING MEDICATION AT THE END OF LIFE



### DESCRIPTION:

Polypharmacy can complicate care, especially at the end of life—where every medication choice matters. This program will provide hospice interdisciplinary team members with the knowledge and skills needed to address polypharmacy in patients nearing the end of life while promoting harm reduction and maintaining comfort and quality of life through collaborative care planning. You will learn how to identify medications that may be doing more harm than good, recognize the hidden risks of prescribing cascades, and weigh the benefits of deprescribing against the goals of comfort and quality of life as well as communicating these concepts effectively with patients and their caregivers.

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### PROGRAM DETAILS:

This presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting. If you login for the live version of the program, you'll also have the opportunity to email or text the experts' questions that they will discuss and answer during the program's Q & A session.

<b>LIVE DATE:</b>	October 14, 2025
<b>TIME:</b>	Noon to 1:30pm ET
<b>ON DEMAND:</b>	Available for 6 months; until April 14, 2026
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home, or faith community environments

**This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available approximately a day after the live event.**

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### TECHNICAL REQUIREMENTS

To view the program, you will need a computer and screen, reliable internet access, and speakers.

TEST LINK for live program Audio and Video: <https://zoom.us/test>

**Technical Questions?** Please go to <https://zoom.us/> and click “support”

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### PROGRAM FEES/REGISTRATION:

**Registration includes continuing education and on-demand viewing for 6 months from live date.** Register directly online, on HFA's website: <https://www.hospicefoundation.org>

#### ADVANCE PURCHASE

Individual Viewer: Member: FREE | Non-member: \$35.00  
Organizational Viewing: Member: FREE | Non-member: \$135.00  
Organization + Community Access License: \$390

## **SAME DAY and ON-DEMAND PURCHASE**

Individual Viewer: Member: FREE | Non-member: \$45.00  
Organizational Viewing: Member: FREE | Non-member: \$150.00  
Organization + Community Access License: \$400

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### **LEARNING OBJECTIVES:**

At the conclusion of this program, participants will be able to:

- Identify barriers to deprescribing medications at end of life
  - Develop and implement care plans for deprescribing medications in a collaborative setting
  - Identify medication(s) classes appropriate for deprescribing at end of life.
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### **PROGRAM OUTLINE:**

1. Introduction (2 min):
    - Welcome & objectives of the session
    - Define polypharmacy and its impact
  2. Benefits and challenges of deprescribing (10 min):
    - What's deprescribing and who is beneficial for?
    - Why can deprescribing be difficult?
  3. Deprescribing approach and algorithm (15 min):
    - Categorizing medications based on benefit at end of life.
    - Understanding the prescribing cascade
    - Communication strategies
    - Importance of ongoing medication reconciliation
  4. Medication classes to consider deprescribing (30 min):
    - Dementia medications
    - Antithrombotic medications
    - Diabetes medications
    - Inhalers
    - Statins
  5. Conclusion (3 min)
  6. Question & Answer Session (30 min)
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### **CONTINUING EDUCATION (CE) CREDITS:**

This program is valid for 1.5 continuing education contact hours. CE hours are available for 6 months, until April 14, 2026.

A complete list of board approvals for this program is posted to HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org) on the program's registration page.

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### **COURSE COMPLETION REQUIREMENTS:**

Participants must attend the entire 1.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online which includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary).

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## EXPERT PANELISTS:

### **Nancy Messih, RPh, BCGP**

*Clinical Pharmacist | Hospice & Palliative Care Specialist | Geriatric Pharmacotherapy Expert*

Nancy Messih is a seasoned clinical pharmacist with over two decades of diverse experience across hospice and palliative care, long-term care, specialty pharmacy, compounding, and retail settings. Currently serving at Care Dimensions Hospice and Palliative Care, she brings a patient-centered approach to medication management, ensuring safety, efficacy, and regulatory compliance in complex clinical environments. Nancy specializes in deprescribing, formulary optimization, symptom management, and interdisciplinary collaboration, with a strong focus on improving quality of life for patients facing serious illness. Her expertise includes managing automated dispensing systems, leading medication safety initiatives, and serving as a clinical resource for healthcare teams. As a Board-Certified Geriatric Pharmacist and licensed in multiple states, Nancy combines deep pharmacological knowledge with a compassionate, team-based approach to care. Her background spans high-volume mail order and specialty pharmacy services, non-sterile and sterile compounding, and integrated roles in both inpatient and community care settings.

## REVIEWER:

**Angela Novas, MSN, RN, CRNP, ACHPN**, *Senior Medical Officer*, Hospice Foundation of America

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## BIBLIOGRAPHY/REFERENCES:

- *Hospice Medication Deprescribing Toolkit*, Nov. 2020, [www.nhpco.org/wp-content/uploads/NHPCO\\_Deprescribing\\_Toolkit.pdf](http://www.nhpco.org/wp-content/uploads/NHPCO_Deprescribing_Toolkit.pdf).
  - “UpToDate Lexidrug: Evidence-Based Drug Referential Content for Teams.” *Drug Referential Solution | UpToDate Lexidrug | Wolters Kluwer*, [www.wolterskluwer.com/en/solutions/uptodate/enterprise/lexidrug](http://www.wolterskluwer.com/en/solutions/uptodate/enterprise/lexidrug). Accessed 16 Oct. 2024.
  - Solien, Joe, et al. *One Point Patient Care Clinical Symptom Guide 3rd Edition*, Nov. 2021.
  - A practical guide to stopping medicines in older people. *Best Practice Journal* [Internet] 2010 April [cited 2024 Oct 17]. Available from: <https://bpac.org.nz/BPJ/2010/April/stopguide.aspx>
  - American Geriatrics Society 2023 Updated AGS Beers Criteria® for Potentially Inappropriate Medication Use in Older Adults, [agsjournals.onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.18372](https://agsjournals.onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.18372). Accessed 19 Aug. 2025.
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## SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org) or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

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### **CONFLICT OF INTEREST:**

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

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### **FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

1707 L Street NW, Suite 220, Washington, DC 20036

[educate@hospicefoundation.org](mailto:educate@hospicefoundation.org)

1-800-854-3402 toll-free / (202) 457-5811 phone

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