

Hospice Foundation of America's Program

DEPRESCRIBING MEDICATION AT THE END OF LIFE

Online CE Course

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.

PROGRAM DETAILS

The online presentation features an experienced professional offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to see and hear the expert presenters.

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| RELEASE DATE: | Program originally premiered October 14, 2025 |
| ON DEMAND: | Viewing available to registered individuals for 6 months after purchase. |
| LENGTH: | 90 minutes |
| CE HOURS: | 1.5 hours |
| CONTENT LEVEL: | The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced. |
| TARGET AUDIENCE: | The course is useful to Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments |

HOW THE ONLINE COURSE WORKS

Step 1 - Register/purchase the course

Step 2 - View the course online through the link in your confirmation email or in your account.

Step 3 – Complete the online exam and evaluation

TECHNICAL REQUIREMENTS

A computer and reliable internet connection. Mobile service provider charges may apply.

REGISTRATION AND COURSE MATERIALS

Register directly online, on HFA's website: www.hospicefoundation.org.

There are no refunds on registration. *Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

Course materials include the online program video, slides, and viewer guide. All course materials are accessible online immediately after registering.

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Identify barriers to deprescribing medications at end of life
2. Develop and implement care plans for deprescribing medications in a collaborative setting
3. Identify medication(s) classes appropriate for deprescribing at end of life.

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)

CONTINUING EDUCATION

This program is valid for 1.5 contact hours of continuing education. View the current list of board approvals on HFA's website at www.hospicefoundation.org, located on the program's registration page.

COURSE COMPLETION REQUIREMENTS:

Participants must view the entire 90-minute program (online-streaming video). Partial credit is not awarded. Participants must also complete the entire CE process online before a certificate is awarded. The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary).

EXPERT SPEAKER

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, *Senior Medical Officer*, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:

- *Hospice Medication Deprescribing Toolkit*, Nov. 2020, www.nhpco.org/wp-content/uploads/NHPCO_Deprescribing_Toolkit.pdf.

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- 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. Accessed 19 Aug. 2025.

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CE Certificates for this program may only be obtained through HFA.

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 or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST

Planners (Panelists and Reviewers) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES, please contact:

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