

# Implementing a standardised approach to medication review during Comprehensive Geriatric Assessment in the perioperative setting

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## Introduction

The Centre for Perioperative Care Guidelines for People Living with Frailty emphasises the need for routine frailty assessment and subsequent Comprehensive Geriatric Assessment (CGA) in older adults within the emergency surgical setting.

Medication review and optimisation is an integral part of the CGA. The Scottish Government's Polypharmacy Guidance (2018) provides a 7 steps structure for patient-centred medication reviews. Utilising this structure, our aim was to establish a standardised method for documentation and recording of medication reviews as part of CGAs undertaken by our organisation's perioperative frailty team.

## 7 Steps to Medication Review

What matters to the patient?



Identify essential drug therapy



Does the patient take any unnecessary drug therapy?



Are therapeutic objectives being achieved?



Is the patient at risk of adverse drug reactions?



Is drug therapy cost-effective?



Is the patient willing and able to take drug therapy as intended?

## Results

- ❖ Data was collected over an 8 week period in April and May 2025.
- ❖ 317 patients admitted as emergencies under the care of general surgery, vascular and urology were screened for frailty on admission.
- ❖ The mean Clinical Frailty Scale score was 4.0.
- ❖ An SMR was recorded by our team on 138 of these patients.

*"It feels more manageable now"*

Female, 94

*"I felt listened to about my medicines"*

Male, 77

*"I'm not sure how much good these pills are doing"*

Female, 83

## Methods

Our team aims to screen all adults aged  $\geq 65$  years within the surgical admission unit. Medication review including identification of polypharmacy forms part of this process. Older adults living with frailty were prioritised for a standardised medication review (SMR).

The introduction of an electronic prescribing system in our organisation allowed for the ability to record SMRs and utilise the prescribing dashboard to retrospectively identify the number of SMRs performed.

## Conclusion

The introduction of electronic prescribing in our hospital has given us the opportunity to document and record our medication reviews in a standardised format. Patients have been receptive and engaged with the opportunity to review their medications. Future plans include analysis of interventions made during SMRs using the prescribing dashboard and use of this data to support with securing dedicated pharmacist support to our perioperative frailty team.