

MEDICATION WASTE

Medication plays a crucial role in mental health care. However, large amounts of medication are wasted.

50% Non-adherence rates among certain patient groups

Medication comprises the biggest proportion of mental health's carbon footprint. Reducing medical waste can save money, carbon and improve care.

How can medication waste be reduced?

Reducing prescribing costs: certain drugs have low cost alternatives that can often replace more expensive, intensive medication prescription. The Better Care Better Value indicator can be used to prescribe low cost statins



Screening drugs to avoid drugs with adverse effects. Screening tools can reduce use of drugs with adverse effects. Tools, such as the STOPP tool allows doctors to easily identify potential adverse effects.

Evidence based prescribing: checking the evidenced effective dose for drugs can be crucial in ensuring over-prescribing does not occur.



Phone calling patients 2 weeks after medication is prescribed to ensure or remind the patient to adhere to the recommended dose.

Can it be done?

University of Manchester Hospital called patients 2 weeks after prescribing medication. This reduced non-adherence rates from 16% to 9%, and reduced the number of GP visits and A&E appointments. Estimated savings of £90 and 212kgCO₂e per patient in 2 months.

Rochdale Primary Care Trust: used the Better Care, Better Value indicator, alongside training pharmacy technicians, GPs, and writing letters to patients. Prescribing low cost statins increased from 19% to 45% with care levels maintained, but efficiency savings made.

At the **Imperial College Health Trust**, 52% of the 1600 patients over 70 using the STOPP tool led to a reduction, or change of medication

A **study on the long-acting drug** flupentixol decanoate found prescribing practices were often at a higher dosage than is evidenced to be effective. Estimated savings for England are £300,000 and 170,000 kg of CO₂e. Find out more: