

# Intervention mapping-based development of a pharmacist-led intervention to discontinue chronic antidepressant use

Prof. Dr. Jacqueline Hugtenburg  
Dept. of Clinical Pharmacology and Pharmacy

Co-authors: Samah Bouarfa, Wilma Göttgens, Suzanne Ligthart, Otto Maarsingh, Christiaan Vinkers, Eric Ruhé, Marcel Kooij, Pierre Bet

**Pharm GUIDE AD**





# Background

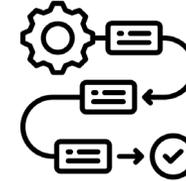
- Chronic antidepressant (AD) use
- Discontinuation is complex and often qualifies as a long-term process
- Patient-tailored AD discontinuation schedule
- Multidisciplinary guidelines
- Challenge for HCPs to perform AD discontinuation intervention



# Aim



To develop an **intervention** including a systematic workflow for community pharmacists (CPs), in collaboration with GPs and psychiatrists, to support patients to discontinue no longer indicated AD use

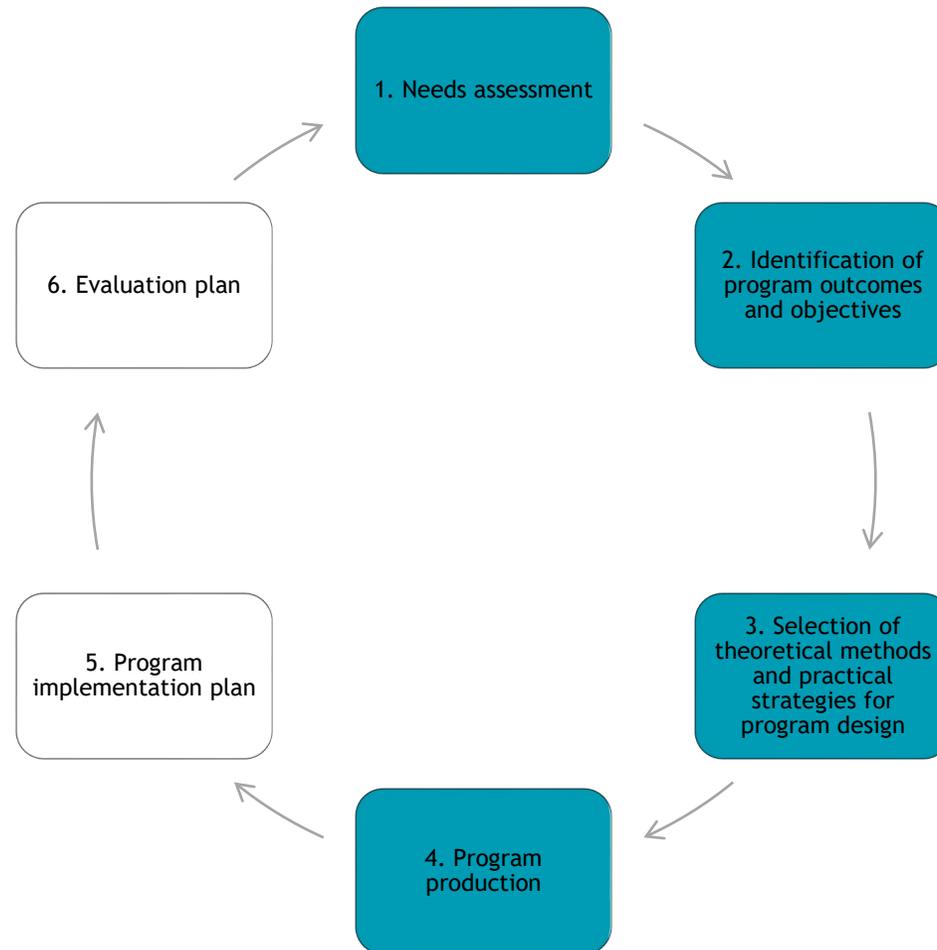


## Intervention mapping

To guide development of theory and evidence-based health education programs



# Intervention mapping (IM) approach





# Methods: intervention mapping (IM) approach

## 1. Needs assessment

Determinants of the challenge, i.e. the needs of HCPs (GPs and CPs) and patients

## 2. Intervention objectives

Development of tools to assist CPs in guiding patients through AD discontinuation.

Discussion within an expert group of GPs and CPs

## 3. Design of program content tools

Methodological tool: RE-AIM framework: Reach, Effectiveness, Adoption, Implementation, Maintenance

## 4. Design of practical applications

Intervention production

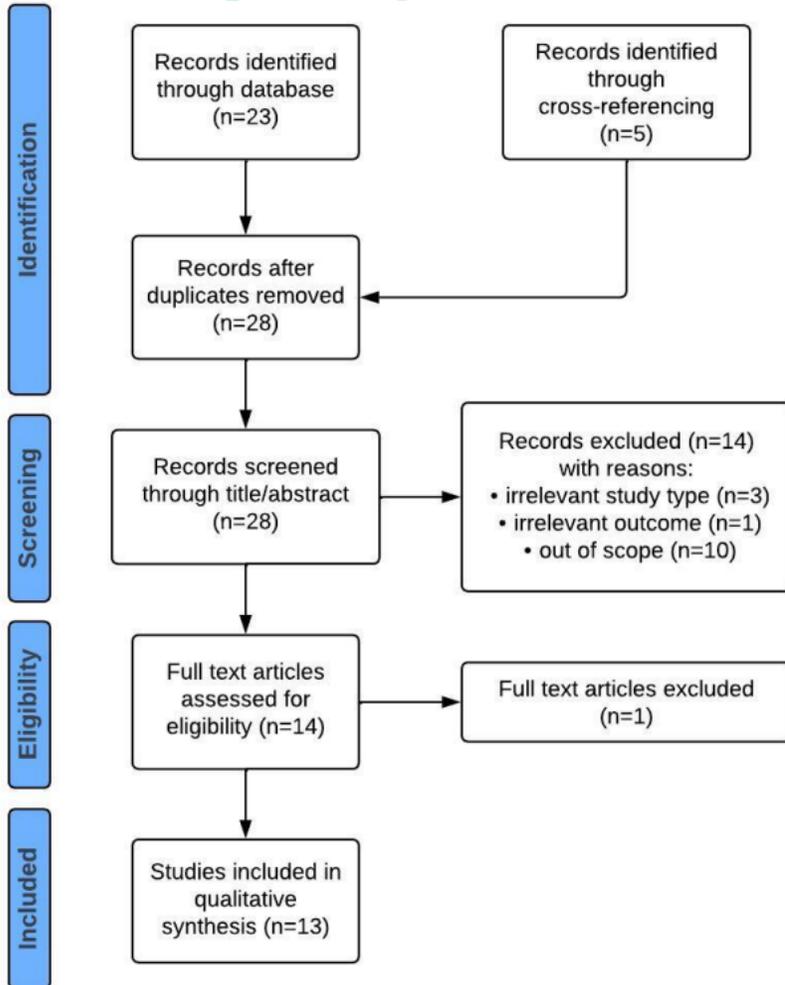
Testing intervention materials with target group

Research team discussions to refine the intervention



## 1. Needs assessment

# Scoping review acc. to PRISMA-ScR



**7 themes identified including barriers and facilitators faced by patients and HCPs**

1. Fears and uncertainties
2. Physical and psychological dependence
3. Communication
4. Supportive guidance
5. Knowledge and decision-making
6. Personal and social circumstances
7. Attitude



## 1. Needs assessment

# Themes

	<b>Barriers HCPs</b>	<b>Facilitators HCPs</b>
Theme 4: Communication	Responsibility to initiate discontinuation lies with the patient	Building trust with the patient Need for collaboration agreements
Theme 7: Attitude	Reluctancy to discuss discontinuation due to challenging and complex trajectory	Tools and information to eliminate reluctance towards AD discontinuation



## 2. Identification of program outcomes and objectives

# Logic model of Change

---

Identification of patients	Who is eligible and how to confirm this?
Selection of patients	How to reach out to the eligible patients in the pharmacy?
Guidance	How to guide patients and what knowledge on discontinuation is needed to facilitate this?
Collaboration with other HCPs	How to reach agreements about information transfer on patient characteristics, contact person, and monitoring?
Training program	Are the constructed tools usable for CPs?



3. Selection of theoretical methods and practical strategies for program design

## 3. Design of program content tools

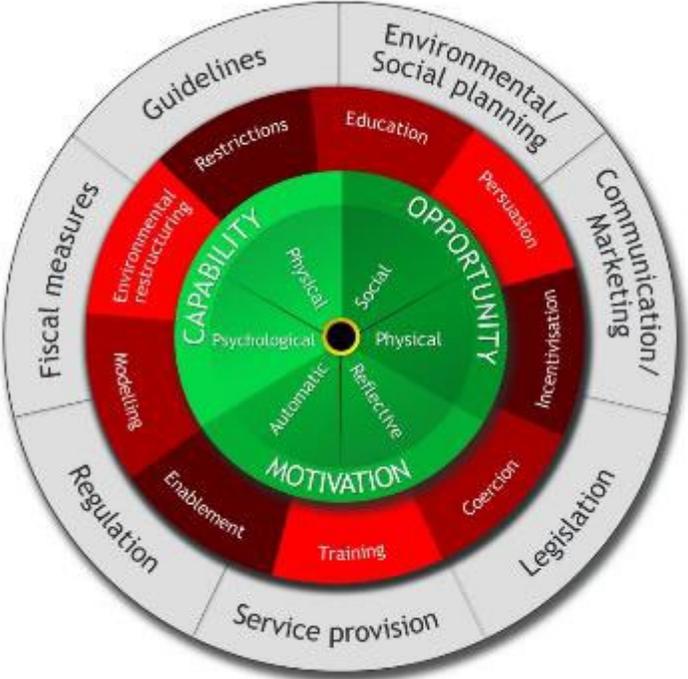
- Change in behavior is necessary
- The behaviour change wheel
- Method for characterizing and designing behavior change interventions



3. Selection of theoretical methods and practical strategies for program design

# 3. Design of program content tools

- Sources of behaviour
- Intervention functions
- Policy categories





## 4. Design of practical applications

- Collaboration agreements between HCPs
- AD discontinuation protocol
- Flyers and posters
- Patient invitation letter
- Call script for patient invitation
- Information letter for colleagues in the pharmacy and GP office



# 4. Design of practical applications

## Samenwerkingsprotocol afbouwen antidepressiva

Het doel van dit samenwerkingsprotocol is het faciliteren van de taakverdeling tussen de apotheker en huisarts t.a.v. het afbouwen van antidepressiva. Hierin worden voorstellen gedaan voor een concrete taakverdeling met als doel om onnodig langgebruik in regio Amstelland op te sporen en terug te dringen. Deze voorstellen zijn gebaseerd op resultaten van het vooronderzoek Pharm Guide AD, literatuuronderzoek en expert opinion.

Apothekers hebben een training gevolgd om begeleiding bij het afbouwen te bieden. Taken dienen tussen de apotheker en huisarts afgestemd te worden.

1. Identificeren van langgebruikers		
Patiëntselectie & identificatie	AIS	Verantwoordelijke/tijdsduur
<ul style="list-style-type: none"> <li>- 18 – 65 jaar</li> <li>- SSRI/SNRI ≥ 18 maanden</li> <li>- Geen andere AD</li> <li>- Geen lithium</li> <li>- Geen benzodiazepines eq. ≥ 10 mg diazepam/dag</li> <li>- Antipsychotica behalve quetiapine tot 12.5 mg</li> </ul>	STIZON	Apotheek - 1 minuut
	Query Pharmacom	Apotheek - gem. 7 minuten p.p.
- In remissie	Naslag HIS	Huisarts - gem. 2-3 minuten p.p.
2. Uitnodigingen		
Uitnodigingsbrieven sturen	Voorbeeld uitnodigingsbrieven zijn beschikbaar, moeten alleen nog worden gepersonaliseerd	Apotheker/Huisarts 1 minuut per brief
Patiënt bellen 1 week na het versturen van de brieven	Telefonisch	Apotheker/Huisarts 7-10 minuten per patiënt
3. Begeleiding		
Samenwerking apotheker en huisarts	Flatteringsverzoek voor een stoprecept bij de huisarts indienen via AIS of beveiligde mail	Apotheker 1 minuut per patiënt
Intakegesprek	Tools voor intake beschikbaar <ul style="list-style-type: none"> <li>- Wensen en doelen patiënt</li> <li>- Afbouwschema opstellen</li> <li>- Afspraken over bereikbaarheid en monitoring</li> </ul>	Apotheker/Huisarts 30 minuten
Bereikbaarheid en monitoring	Tools voor monitoring beschikbaar Begeleiding per mail/telefoon/fysiek iom patiënt	Apotheker/Huisarts Gem. 5-10 minuten/follow-up afspraak Gem. 3-4 afspraken p.p.
Terugkoppeling naar de voorschrijver		Apotheker

1. Patient identification

2. Invitation of patients

3. Guidance of patients



# 4. Design of practical applications

## MINDEREN EN STOPPEN MET ANTIDEPRESSIVA?

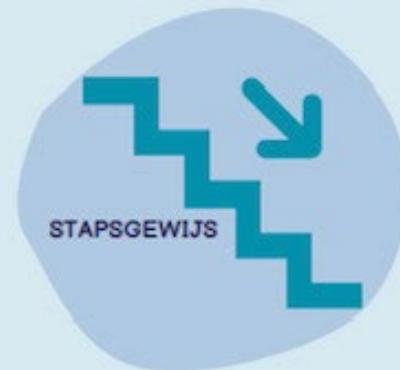


HEEFT U WELEENS OVERWOGEN OM MET UW ANTIDEPRESSIVUM TE STOPPEN?

UW APOTHEKER KAN U HIERBIJ ONDERSTEUNEN!

HOE ZIET DE BEGELEIDING ERUIT?

- ✓ AFBOUWSCHEMA OP MAAT
- ✓ REGELMATIGE BEGELEIDINGSGESPREKKEN
- ✓ CONTACT MET UW HUISARTS



UW ERVARINGEN BIEDEN ONS WAARDEVOLLE INZICHTEN!

**INTERESSE?**

Stel uw vraag via de apotheek app of aan de balie

PHARM GUIDE AD



# Conclusions

- ✓ Pharmacy support tools
  - ✓ Including collaboration protocol
  - ✓ Including AD discontinuation protocol
- 
- ✓ Next step: testing feasibility of the intervention





Contact:  
[jg.hugtenburg@amsterdamumc.nl](mailto:jg.hugtenburg@amsterdamumc.nl)

Ideas/questions about this project:  
[s.bouarfa@amsterdamumc.nl](mailto:s.bouarfa@amsterdamumc.nl)