Classification System for Primary Care Provider eConsults about Medications for Older Adults with Frailty
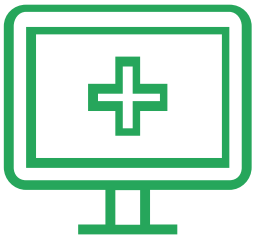
eConsult BASE™
Champlain

We aimed to develop a **classification system** to characterize medication-related eConsult questions for frail older adults and assess its usability in Ontario.

The system was **developed and refined** over three cycles of improvement through a cross-sectional study. There were **35 medication-focused cases** identified from eConsult cases submitted to the service in 2019.
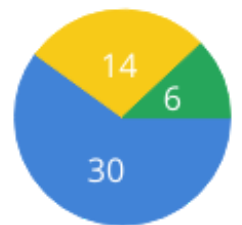

Medication lists were available for **29 cases (83%)** and only one specialist asked for a Best Possible Medication History (BPMH) from their pharmacist.

Many patients were prescribed **potentially inappropriate medications (PIMs).**
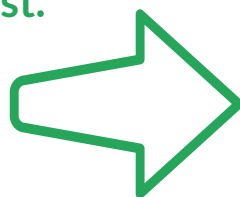
In **30 cases (86%)**, starting a new medication was recommended.
14 cases (40%) suggested avoiding a medication.
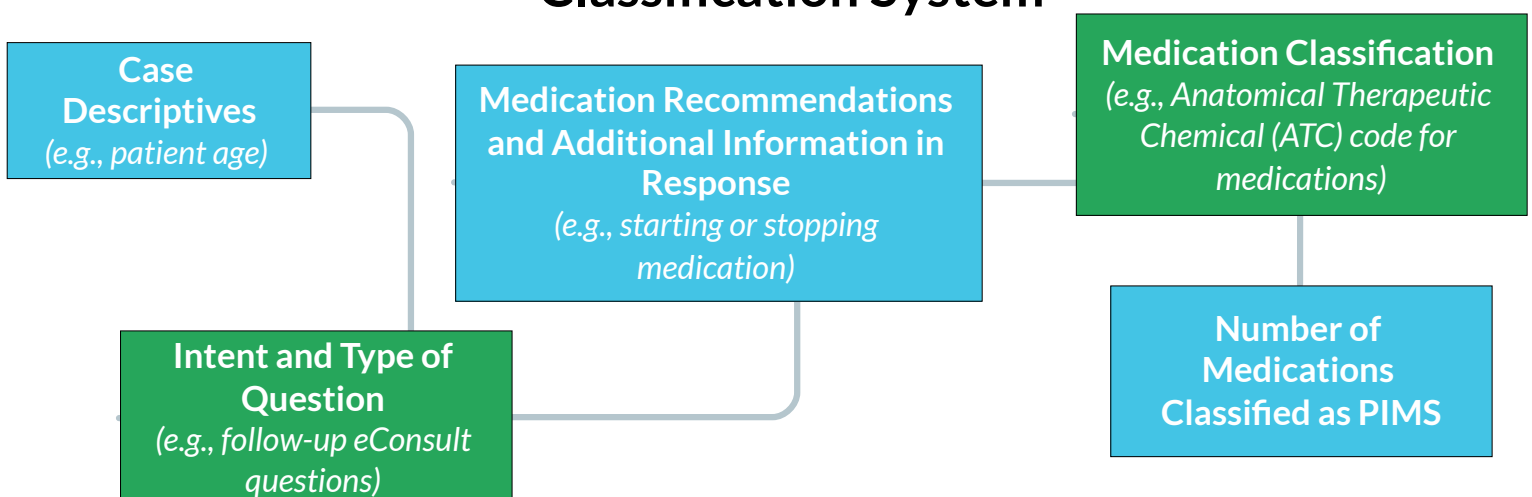**6 cases (17%)** recommended deprescribing.

- Few consults asked about **PIMs** or consulted a **geriatrics specialist.**
- Few responses included **recommendations for deprescribing.**
- No consults went **through a pharmacist.**

These are examples of potential **learning opportunities for PCPs.**

Outreach could help **emphasize the potential value of geriatrics and pharmacy services** for people living with frailty as well as BPMHs and medication reviews.

Classification System

Case Descriptives
(e.g., patient age)

Medication Recommendations and Additional Information in Response
(e.g., starting or stopping medication)

Medication Classification
(e.g., Anatomical Therapeutic Chemical (ATC) code for medications)

Intent and Type of Question
(e.g., follow-up eConsult questions)

Number of Medications Classified as PIMS

Using this classification system with more eConsult cases could uncover learning opportunities for PCPs and enhance the eConsult service model.