

**2025 Davee Foundation Lecture**

**and Resident Research Day**

**Abstract**

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**Title: Impact of Educational Interventions on Family Medicine Residents’ Knowledge and Confidence in Deprescribing**

**Background:**Polypharmacy is associated with increased risk of adverse drug events, increased health care utilization, and increased mortality. It is therefore important for physicians to closely monitor their patients’ medications. There are several tools, guidelines, and criteria available to assist in the identification and elimination of potentially inappropriate medications including the Beer’s list, STOPP/START criteria, ARMOR tool, Medication Appropriateness Index and more. No tool has been proven to be more effective in reducing adverse drug events for patients.  
 **Methods:**The objective of this study is to determine whether formal education on polypharmacy, coupled with the provision of validated deprescribing tools, will improve family medicine residents' knowledge of and confidence in deprescribing within the ambulatory setting. Data will be collected through two surveys given to residents of the Delnor Family Medicine Residency. An initial survey will be available to eligible participants prior to educational interventions; specifically, a lecture on polypharmacy and available deprescribing tools will be given to residents during a didactics session. The validated deprescribing tools will also be made available to the residents to use as reference tools in the clinic for 30 days. After these interventions, a final survey will then be emailed to all eligible participants.  
Surveys will overall assess the residents’ knowledge of polypharmacy and on the deprescribing tools currently available for physicians. It will also assess the residents’ level of confidence in monitoring their patients’ active medication lists and deprescribing potentially inappropriate medications. Lastly, surveys will compare the perceived usefulness of validated deprescribing tools.  
 **Results and Conclusions:**Results of this study are currently in progress.