



## **Expertisecentre PHarmacotherapy in Old peRsons (EPHOR): from a Dutch initiative to an European platform?**

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# Ephor



Expertisecentre pharmacotherapy in old persons

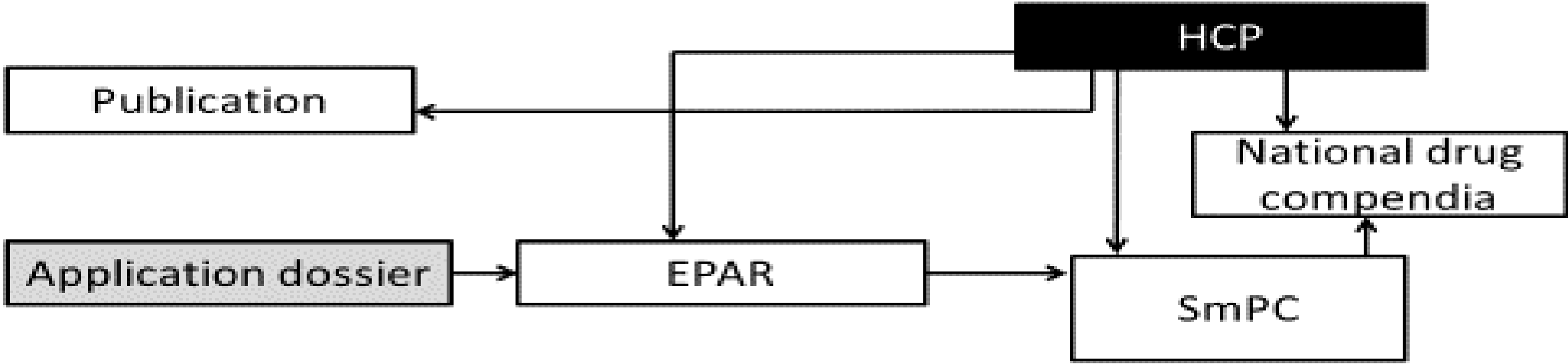
Ephor is supported by the Dutch Ministry of Health (VWS)

Mission: to improve appropriate prescribing to older patients

How: Developing evidence-based drug reports which help prescribers in rational prescribing in older people

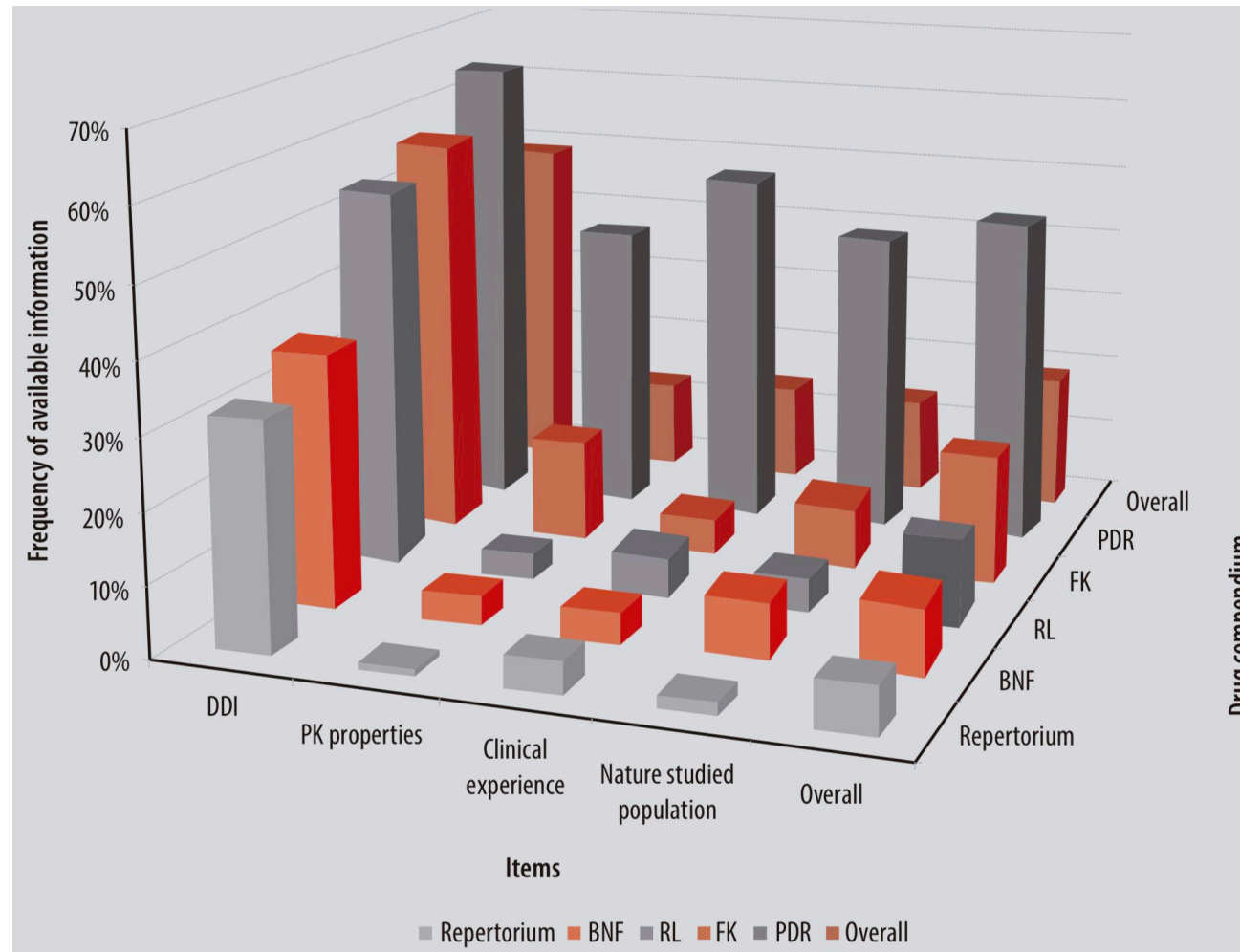


# Sources of information



- ✓ HCPs are frequently not familiar with EPAR
- ✓ Information about older people not easy findable in EPAR
- ✓ European compendia do not provide sufficient clinically relevant information

# Available information



Beers et al. Availability and clinical applicability of information for rational prescribing to older patients. <https://ephor.nl/wp-content/uploads/2018/12/phd-thesis-erna-beers.pdf>

# Development of app text:



- ✓ Standardized search strategy:
- ✓ Ovid MEDLINE and Embase are searched for SRs, MAs, RCTs, cohort and case-control studies evaluating the effectiveness, side effects/safety and pharmacokinetics in older people
- ✓ Information is displayed in a structured way (comparable with national drug compendium)
- ✓ Ephor's point of view is based on evidence based data and clinical experience of a dedicated group of geriatricians, clinical pharmacist (all clinical pharmacologists)

# Ephor app text: structure

- ✓ Indication
- ✓ Ephor's point of view and summary
- ✓ Dosage
- ✓ Ease of use
- ✓ Stopping the medication
- ✓ Experience
- ✓ Effectiveness: incl NNT
- ✓ Adverse effects and safety, incl NNH and specific side effects
- ✓ Drug interactions
- ✓ Working mechanism and pharmacokinetics
- ✓ Patient information in the leaflet

# Ephor's point of view

<b>Green</b>	<b>Positive considerations</b> compared to other agents in the same group for (frail) older patients.
<b>Blue</b>	<b>No clear advantages or disadvantages</b> compared to other drugs from the same group in (frail) older patients.
<b>Orange</b>	<b>Negative considerations</b> compared to other drugs from the same group and/or lack of research into efficacy and safety in the elderly, as a result of which it is not recommended and can only be used in exceptional cases in (frail) older patients.

- Indicatie
- Standpunt van Ephor en samenvatting
- Dosis
- Gebruiksgemak
- Stoppen van de medicatie
- Ervaring
- Effectiviteit
- Bijwerkingen en veiligheid
- Interactiepotentieel

## Standpunt van Ephor en samenvatting

**Amitriptyline** wordt niet door Ephor geadviseerd voor de behandeling van symptomen van depressie wegens sterke anticholinerge bijwerkingen, (orthostatische) hypotensie, sedatie en duizeligheid. De voorkeur bij ouderen gaat uit naar **nortriptyline** wegens relatief milde bijwerkingen bij (kwetsbare) ouderen ten opzichte van andere tricyclische antidepressiva waaronder een minder sterk anticholinerg effect.(3)

[Groepsoverzicht antidepressiva tricyclisch \(depressie\)](#)

**Dosering:** bij ouderen met een lage dosis (2-3 dd 10 mg) starten.

- Nortriptyline
- Amitriptyline
- Clomipramine
- Dosulepine
- Doxepine
- Imipramine
- Maprotiline





[www.ephor.nl](http://www.ephor.nl)

[www.ephorapp.nl](http://www.ephorapp.nl)

[www.ephor.eu](http://www.ephor.eu)

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# Ephor's coreteam



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# European platform?



Interest to further develop this Dutch initiative to European platform?

Who is interested/which resources are available?

What is needed for a next step?