

# Is it safe to deprescribe blood pressure lowering medications in older adults?

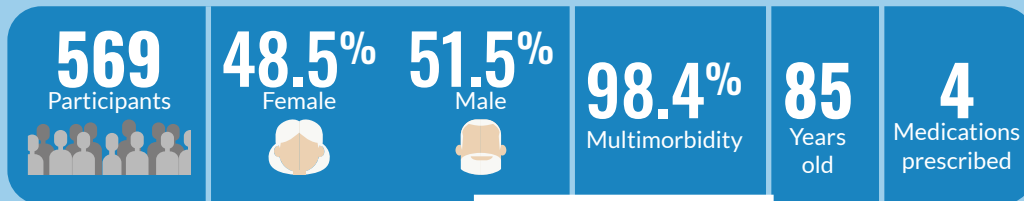
Results from the OPTiMISE trial

## Summary

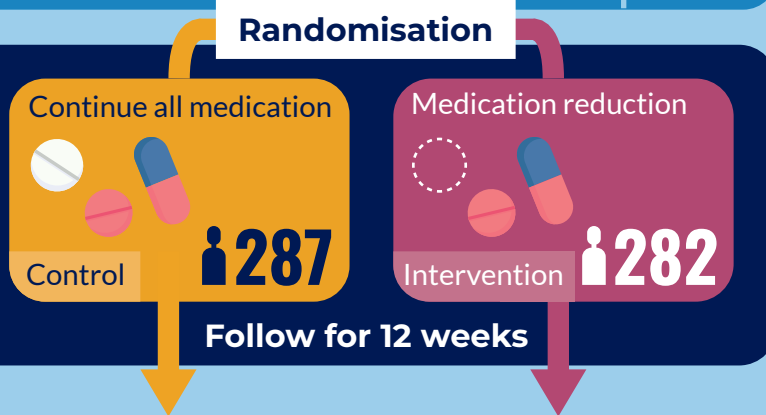
This trial suggests that antihypertensive medication reduction can be achieved without substantial change in blood pressure control in some older, multi-morbid patients with hypertension.

## Population

Patients aged 80+, taking 2 or more antihypertensives with well controlled systolic blood pressure (150mmHg or less).

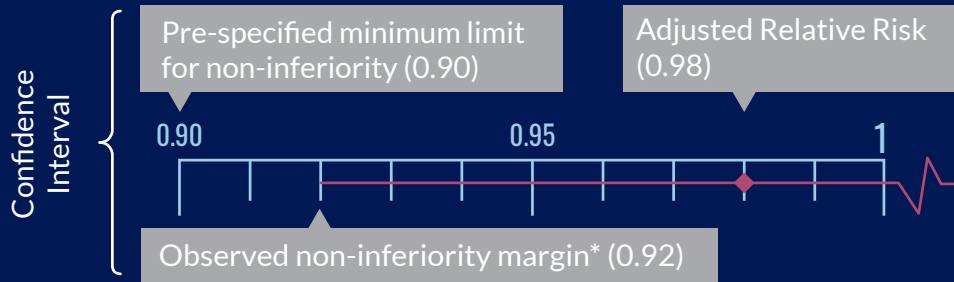


## Comparison



## Findings

**Primary outcome** Is medication reduction similar to usual care with regard to short-term systolic blood pressure control (<150 mmHg)?

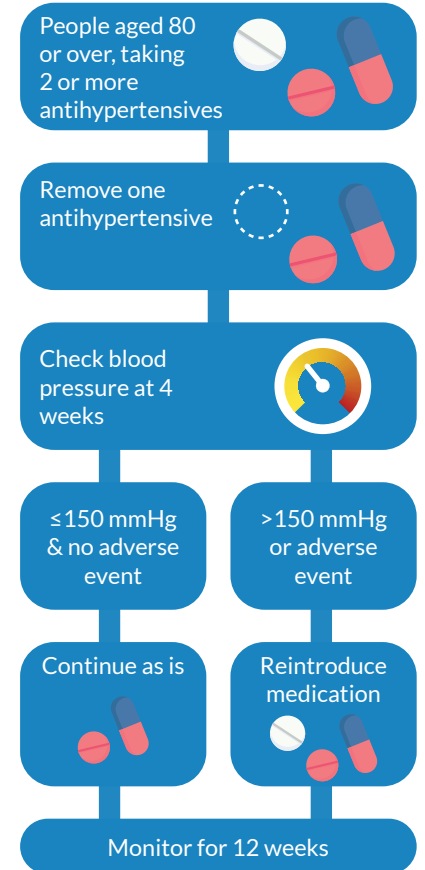


\*Adjusted RR 0.98, (97.5%, 1-sided CI 0.92 to ∞)

**Result: Yes – primary outcome met.**



## OPTiMISE Deprescribing algorithm



### Caveat:

The long-term impacts of medication reduction remain unknown, and were not examined by this study.

Healthcare professionals should exercise caution when considering whether or not to deprescribe blood pressure medication.

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### Reference:

Sheppard JP, Burt J, Lown M, et al. Effect of antihypertensive medication reduction vs usual care on short-term blood pressure control in patients with hypertension aged 80 years and older: the OPTiMISE randomized clinical trial. *JAMA*. 2020; 323(20):1-13. doi:10.1001/jama.2020.4871

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