

## Deprescribing: a simple method for reducing polypharmacy.

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McGrath K, Hajjar ER, Kumar C, et al. Deprescribing: A simple method for reducing polypharmacy. J Fam Pract. 2017;66(7):436-445. <https://www.mdedge.com/familymedicine/article/141753/practice-management/deprescribing-simple-method-reducing-polypharmacy>.

<https://psnet.ahrq.gov/issue/deprescribing-simple-method-reducing-polypharmacy>

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[Polypharmacy](#) can contribute to health care–associated harm in [primary care](#). Spotlighting [deprescribing](#) as a way to improve medication safety for older patients, this commentary outlines how clinicians can deprescribe safely, including performing a [brown bag medication review](#) and creating a follow-up plan with patients.