

iSIMPATY

Project Summary and Key Outcomes

iSIMPATY (Implementing Stimulating Innovation in the Management of Polypharmacy and Adherence Through the Years) was a **three-and-a-half-year, cross-border project** delivered in **Scotland, Northern Ireland and the Republic of Ireland** to improve the safety and effectiveness of medicines for people with multimorbidity and polypharmacy.

Using a shared **7-Steps person-centred medication review methodology**, trained pharmacists undertook structured reviews to ensure people were receiving the most appropriate, effective and safe combinations of medicines.

Key outcomes included:

- **6,481 patients** received person-centred medication reviews.
- **Medication appropriateness improved in 92%** of cases.
- **Average medicines reduced from 12 to 11** per patient.
- **82% of pharmacist interventions were clinically significant**, and **4% (n=968)** potentially prevented major organ failure or serious adverse events.
- **94% of recommended interventions were accepted** by prescribers.
- **Patient understanding** of their medicines increased from **16% to 93%** after review.
- **Side-effects reduced** (64% pre-review → 38% post-review).
- Improvements reported in patients' usual activities, pain/discomfort, and anxiety/depression.
- **Economic impact per 100 reviews:**
 - Cost to deliver: **£7,500**
 - Direct savings from medication changes: **£13,100**
 - Avoided inpatient (ADR-related) costs: **£6,600**
 - **£168,800 avoided healthcare costs and 7.4 QALYs gained.**
- Strong support from clinicians and managers for continued rollout and scaling.

Funder

The project was funded by the:

- **European Union's INTERREG VA Programme,**
- Managed by the **Special EU Programmes Body (SEUPB),**

with **85% EU funding** and **15% match funding** from the **partner Departments of Health** in the three regions.

Number of Partners

Corporate (managing) partners:

- Scottish Government
- Health Service Executive (ROI)
- Medicines Optimisation Innovation Centre (NI)
- Special EU Programmes Body (SEUPB)

Delivery partners:

- NHS Ayrshire & Arran (Scotland)
- NHS Highland (initially) / NHS Dumfries & Galloway
- HSE Community Health Organisations CHO 1 & CHO 8 (ROI)
- Northern Health & Social Care Trust (NI)

Total named partner organisations: 11

(4 corporate + 7 delivery)

Grant Duration

The iSIMPATY project ran for **three and a half years**, completing in **March 2023**.