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To: NHS Board Directors of Pharmacy
NHS Board ADTC Chairs
Scottish Medicines Information Network
SP₃AA
IJB's/CFO/CO's
The Scottish Health Council
The ALLIANCE
NHS Inform
Medical Directors
Directors of Nursing

23 January 2019

Dear Colleagues,

Updated Polypharmacy Mobile App which includes Patient shared decision making tools

I am writing to you to advise that the Polypharmacy Mobile App which has been available since 2015 has now been updated to include the new version of the Polypharmacy Guidance which was published earlier this year. The new version also contains information which patient and/or carers may find useful to support shared decision making conversations.

The new version of the app has been created in conjunction with colleagues from the Scottish Government's Patient Centred and Quality team and eHealth team who have held patient focus groups to design the content and ensuring that the content links with the [Health Literacy Plan](#) released in November 2017. The app asks the person-centred question of 'What Matters to you?' and enables people to have an active role in their own healthcare.

The app is available to download free of charge from the Apple App Store and Google Play Store for Android devices. Direct URLs for the apps are:

Apple: <https://itunes.apple.com/gb/app/polypharmacy-guidance/id1072829127>

Android: <https://play.google.com/store/apps/details?id=com.tactuum.quris.nes.polypharmacy>

To support clinicians we have also created a web version of this app which they may wish to use during conversations with patients. This is available at www.polypharmacy.scot.nhs.uk.

We are continuing to work closely with the eHealth team to develop tools which integrate with GP IT systems to further enhance shared decision making conversations.



I would encourage you to promote this updated version of the app to your colleagues involved in having discussions with patients about their medicines. We also have a range of resources available on our website to support discussions with patients, these can be viewed at www.therapeutics.scot.nhs.uk/polypharmacy.

A three month evaluation and feedback exercise to feed into further enhancement of the app is currently being conducted. Any comments on the app would be welcomed. Please send these to EPandT@gov.scot.

Yours sincerely,



Alpana Mair
Head of Effective Prescribing and Therapeutics



Shaun Maher
Strategic Advisor for Person Centred Care and Quality Improvement