



# QUALITY AUDIT 25/05

## Antidepressant Medication Reviews

### Title

Audit of patients on repeat prescriptions for antidepressants with overdue medication review

### Reason

Significant numbers of patients on long term antidepressants were overdue review  
Number of patients overdue review had been static for some time in the organisation

	Site B	Site C	Site D1	Site D2	Site H1	Site H2	Site O	Total
Nov 2025	90	100	55	68	41	23	91	<b>468</b>
Jan 2025	59	208	83	322	180	125	64	<b>1,041</b>
Nov 2024	99	238	102	389	230	116	64	<b>1,238</b>
Nov 2023	25	266	125	519	189	125	97	<b>1,416</b>
Nov 2022	78	241	127	762	135	62	55	<b>1,460</b>
Nov 2021	82	256	99	644	198	127	109	<b>1,515</b>
Nov 2020	63	290	106	N/A	212	138	117	
Nov 2019	54	266	109	N/A	268	164	74	

New guidance advising need:

- To advise patients of psychological treatment available
- To advise may not need to be on them life long
- Not to reduce suddenly but to taper with medical advice

### Method

As part of our monthly quality audit work we reviewed data.

Discussed practice approaches at SPC Partners Board meeting and Pharmacist monthly meeting March 2025

Sharing of Haven Health Depression protocol (attached) for practices to use if they wished

In summary

1<sup>st</sup> message to patients asking to contact for review if needed or happy to continue, advice re new guidance

2<sup>nd</sup> message

Pharmacist review/reduce meds to encourage review

Results and feedback reviewed at monthly pharmacist meeting



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### Antidepressant Medication Reviews

#### Results

*Table 1 – No of patients on antidepressants*

	Site B	Site C	Site D1	Site D2	Site H1	Site H2	Site O	Total
Nov 2025	390	911	636	1,559	770	656	357	<b>5,279</b>
Nov 2024	468	837	621	1,546	947	727	358	<b>5,504</b>

*Table 2 – No of patients on antidepressants with overdue medication review*

	Site B	Site C	Site D1	Site D2	Site H1	Site H2	Site O	Total
Nov 2025	90	100	55	68	41	23	91	<b>468</b>
Nov 2024	99	238	102	389	230	116	64	<b>1,238</b>

#### Discussion

Significant reduction on number of patients overdue antidepressant medication review progressively over the following months  
Reduction overdue review dropped by > 50% between January 2025 (1041) and November 2025 (468) DECREASE 55%

Impact on workload has been manageable with significant improvement in patient safety and review  
Proactively Identified some patients who were struggling and needed clinical review and also some patients wishing to reduce or stop

#### Actions

In line with SPC approach to effective working at scale practices offered the ability to use our central recall system to initially message patients overdue review with follow up at practice level.  
Simplified system involving just one message