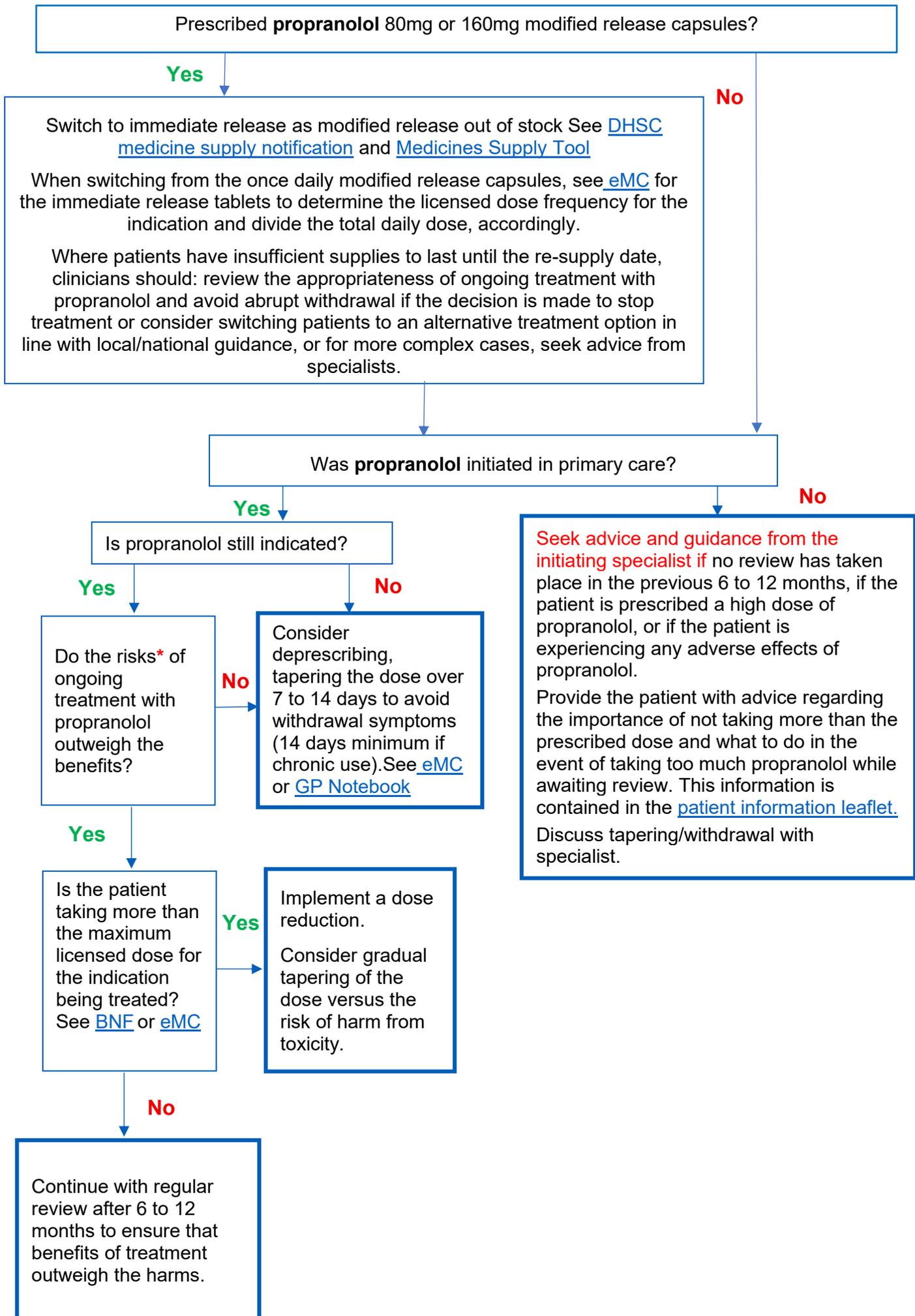


Propranolol deprescribing algorithm



Propranolol deprescribing algorithm

***CAUTION: RISKS ASSOCIATED WITH PROPRANOLOL** see [HSSIB](#)

Propranolol is known to cause severe toxicity in overdose. Do not prescribe more than the maximum dose.

Patients should be informed of the signs of overdose and advised to seek urgent medical assistance if an overdose of propranolol has been taken. This information is contained in the [patient information leaflet](#).

Propranolol should be continued with extra caution if the person has a history of a mental health issue or may be at risk of an intentional overdose.

- Consider an alternative therapy,
- Consider prescribing smaller quantities,
- Consider weekly prescriptions or reduced frequencies,
- Consider referring the person to a specialist,
- Consider contacting an appropriate person to raise concerns, if needed.²

Issue the [KNOW, CHECK, ASK propranolol patient information](#)

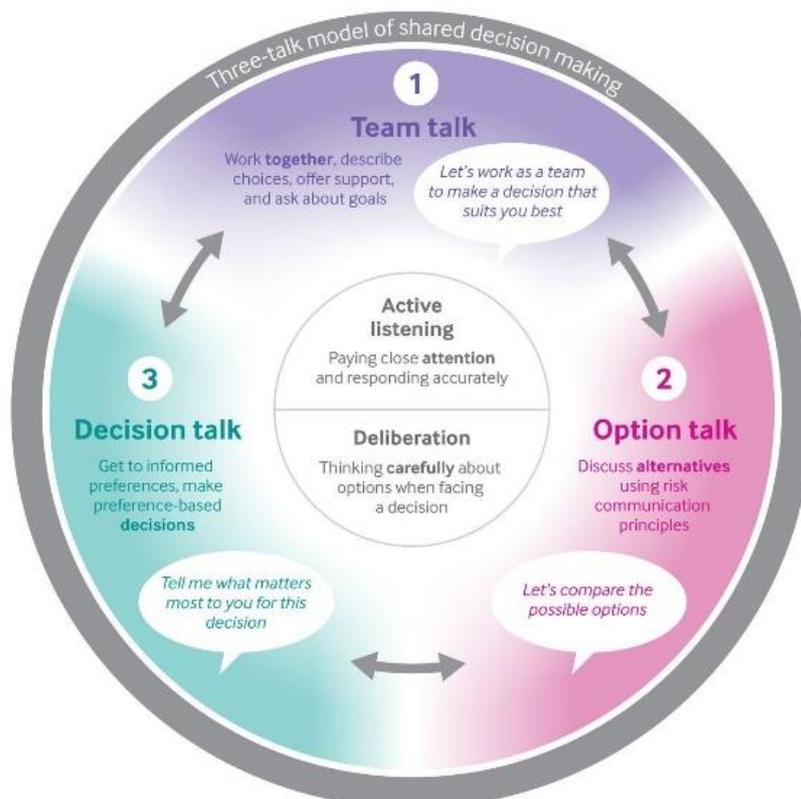
See [PrescQIPP Hot Topic](#) on the under-recognised risk of harm with propranolol.

Withdrawal: Abrupt withdrawal of beta-blockers should be avoided to avoid beta-adrenergic supersensitivity. It is prudent to check blood pressure and pulse during withdrawal.

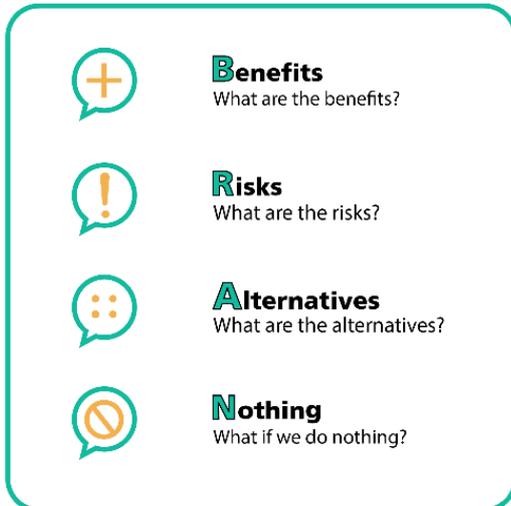
A longer period of withdrawal may be needed if the patient is taking a high dose. Ensure all changes are tailored to the individual needs of the patient and seek specialist advice, where appropriate.

Shared decision making

Use a model such as the [Three talk model](#) to determine what matters most to the patient and support discussions about the risks vs benefits of treatment.



Propranolol deprescribing algorithm



During the option talk the [BRAN model](#) can be useful to help patients/carers and healthcare professionals prepare for shared decision making consultation. Patient decision aids can be used to support this discussion.

Patient decision aids

[GP Evidence](#) includes simple summaries and patient decision aids that are useful in supporting GPs and other healthcare professionals in discussions with patients regarding the risks and benefits of several treatments, such as lipid lowering to prevent cardiovascular disease, and medicines to manage hypertension and menopause. The [NHS England decision support tools](#) or patient decision aids, include various patient decision aids that may be used before, during or between consultations on a

number of health conditions such as atrial fibrillation, chronic primary pain or depression.

The [NICE library of patient decision aids](#) provides evidence-based information on the options available, along with likely outcomes, benefits, harms and uncertainties for a range of conditions such as bisphosphonates for treating osteoporosis, long-term heartburn treatment, and the long-term use of benzodiazepines and z-drugs.