

# Deprescribing Psychotropics: A Guide for Pharmacists

Live Pharmacy CE

**Date:** Friday April 25, 2025 from 1:30 PM - 2:30 PM EST

**Venue:** Virtual (Zoom)

**Target Audience:** Pharmacists, pharmacy students, and other healthcare professionals interested in enhancing their clinical knowledge of deprescribing practices in psychiatry.

**Program Type:** Live Webinar **Activity Type:** Application **Fee:** N/A

**Needs statement:** Many clinicians are well-versed in initiating these medications but may struggle with recognizing when and how to taper them appropriately to minimize withdrawal symptoms, prevent relapse, and ensure patient safety. Additionally, there is variability in clinical practice regarding deprescribing guidelines, leading to inconsistent patient care. Addressing this gap through continuing education will help pharmacists apply evidence-based deprescribing strategies, improve patient outcomes, and optimize medication management.

**Objectives for Pharmacists:** At the end of the presentation, the participants should be able to:

- **Define** deprescribing and explain its role in optimizing medication therapy.
- **Identify** appropriate candidates for deprescribing psychotropic medications based on clinical stability, treatment duration, and risk-benefit assessment.
- **Describe** evidence-based tapering strategies for antidepressants and benzodiazepine receptor agonists to minimize withdrawal symptoms.
- **Develop** individualized tapering plans incorporating shared-decision making, patient preferences, and non-pharmacological alternatives.



*Presented By*

**Dr. Essence Bell, Pharm.D.**

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*Faculty Advisor*

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**BCPP**

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Registration is open and will remain open until **5/2/2025**

Deadline to claim CE: **6/20/2025**

UAN: **0010-0000-25-030-L01-P**

Link to register and Claim CE credits

[Deprescribing Psychotropics: A Guide for Pharmacists - Howard University College of Pharmacy \(HUCOP\) - Office of Continuing Professional Education \(CPE\)](#)

## Zoom login instructions:

You are invited to a Zoom webinar!

When: Friday April 25, 2025 1:30pm to 2:30pm EST

Topic: **Spring 2025 HUCOP Clinical Pharmacy Rounds\_ "Free CE" Webinar Series**

Entitled, **"Deprescribing Psychotropics: A Guide for Pharmacists"**

**Speaker: Dr. Essence Bell, DC VA Medical Center PGY1 Pharmacy Resident**

Join from PC, Mac, iPad, or Android:

<https://howard.zoom.us/j/84396365474>

## Phone one-tap:

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+16469313860,,84396365474# US

## Join via audio:

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+1 646 931 3860 US

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**Webinar ID: 843 9636 5474**



Howard University College of Pharmacy, (COP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This program meets ACPE criteria for 1 contact hour (0.1 CEU) for Pharmacists. CE credit will be awarded through the CPE Monitor within 3-4 weeks of the seminar to those who successfully complete the program by registering for this event, attending the webinar, obtaining a score  $\geq 70\%$  on the POST-TEST and completing the evaluation. The UAN for this program is 0010-0000-25-030-L01-P. The deadline to claim CE for this program June 20,2025.