International Journal of Pharmacy and Pharmaceutical Science

ISSN Print: 2664-7222
ISSN Online: 2664-7230
IJPPS 2025; 7(2): 413-416
www.pharmacyjournal.org
Received: 28-08-2025
Accepted: 30-09-2025

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The Artificial Intelligence-Equipped Deprescribing Optimization: A New Model of Pharmacist-based Polypharmacy Management of geriatric populations

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DOI: https://doi.org/10.33545/26647222.2025.v7.i2e.235

Abstract
Background: Polypharmacy in geriatric patients is a critical health issue of global concern, which is linked to higher adverse drug events, hospitalization, and healthcare expenditures. Although deprescribing has become an effective strategy, the existing methods do not entail predictive analytics and tailored decision support features that are required to implement the strategy effectively in clinical practice. In this study, the authors introduce and analyze an AI-based system that can be used to augment pharmacist-driven deprescribing programs by applying machine learning to forecast risk and maximize drugs.
Methods: A systematic literature review was carried out according to PRISMA criteria, and the studies included were qualitative in nature and dealt with pharmacist-led deprescribing. On the basis of these insights, we created a new AI architecture, which combines natural language processing with electronic health record extraction, ensemble learning algorithms with adverse event prediction, and reinforcement learning with personalized deprescribing suggestions. A simulated patient cohort that represented clinical complexity in the real world was used to test the system.
Results: Compared to traditional clinical decision rules (AUC-ROC: 0.74-0.79), our AI framework performed better in terms of predictive accuracy (AUC-ROC: 0.92). The outcomes of the simulation showed the expected reduction of potentially inappropriate medication use by 34 percent and a reduction in adverse drug events by 28 percent in case of implementation in pharmacist-led deprescribing initiatives. The difficulties faced during implementation were defined as interoperability issues, workflow integration challenges, and the difference in the degree of the digital literacy of healthcare providers.
Conclusion: Artificial intelligence-based and pharmacist-led deprescribing is a ground-breaking concept in the management of polypharmacy. Our proposed framework will close major gaps in the contemporary deprescribing approaches since it offers a decision support based on data to improve the capacity of the pharmacist without losing the human aspect of patient care. In future studies, they are encouraged to validate and investigate the strategies of implementation in the real world so as to get maximum benefit out of AI-pharmacist collaboration.

Keywords: Artificial Intelligence, Deprescribing, Polypharmacy, Geriatric Pharmacotherapy, Clinical Decision Support, Medication Therapy Management, Pharmacist

Introduction

Polypharmacy, which is generally described to be taking five or more drugs at the same time, has become epidemic levels among the geriatric population in all parts of the world. Recent projections indicate that in the United States, close to forty percent of adults over 65 years old use five or more prescription drugs, and one-fifth of them use ten or more. This burden of medication has been identified to cause a significant amount of harm to the patient, and research has shown that polypharmacy is linked to more falls, impaired cognition, hospitalization, and mortality. The economic cost is equally high, as estimated costs related to medication issues in the elderly to the healthcare system is estimated to cost the system up to 4 billion per year.

Polypharmacy-related harms have been recognized as a relatively recent issue that can be tackled through the adoption of deprescribing, a promising approach to managing the harm. Pharmacists, due to their deep understanding of medications, are in a unique situation to spearhead the cause of deprescribing. Several major themes about the role of pharmacists in deprescribing has been brought to the fore in recent qualitative studies, which include facilitating factors (e.g., interprofessional collaboration, patient education), major challenges (e.g., insufficient time, reimbursement issues) and the fact that better pharmacy education on deprescribing principles is needed. Irrespective of this increased awareness, contemporary practices of deprescribing are still mostly reactive and rely on personal clinician experience and not on data.

The emergence of artificial intelligence (AI) in the healthcare sector has offered unexplored possibilities to revolutionize the process of deprescribing. The integration and analysis of multimodal patient data (especially machine learning and natural language processing) can be used to detect medication-related risks and provide personalized deprescribing advice based on the complex patient data. Nevertheless, existing studies have not investigated the combination of AI-based technologies that are specifically aimed at supporting pharmacist-led deprescribing programs in the geriatric population. The paper fills this important gap by presenting and discussing a new AI-based model of optimizing deprescribing in pharmaceutical practice.

1.1 Gaps in the research and New Contributions

Although prior studies have examined the deprescribing interventions, or AI applications in healthcare, individually, the combination of both areas is still not well studied. The originality of our study is in:

1. The elaboration of an elaborate AI model that would specifically tackle recognized issues in pharmacist-led deprescribing.
2. The combination of various machine learning to deal with various elements of the deprescribing process.
3. The focus on human-AI partnership, preserving the pharmacist control with the improvement of the decision-making potentials.
4. The approach to validation based on simulation, which considers the complexity of a real clinical situation.

2. Literature Review

2.1 State of Pharmacist-Led Deprescribing.

Recent qualitative review of systematic review studies have given insight into the intricate environment of pharmacist participation in deprescribing. The main enabling factors are interprofessional collaboration, resources to educate patients and organizational support. Other major challenges include lack of time, reimbursement, and access to full medical records, and the absence of standard procedures.

2.2 The use of Artificial Intelligence in Pharmacy Practice

Use of AI in pharmacy has grown at a rapid pace, but it has been concentrated on drug discovery and optimization of supply chains. The machine learning approaches applicable to deprescribing are natural language processing (NLP) to retrieve medication-related data in clinical notes, predictive modeling to select the patients at the highest risk of adverse drug events, and reinforcement learning to streamline sequential decisions during the process of medication management.

Table 1: AI Applications Relevant to Deprescribing

AI Technology	Current Applications in Pharmacy	Potential Deprescribing Applications
Natural Language Processing (NLP)	Medication information extraction from clinical notes	Identification of deprescribing opportunities from EHR data
Predictive Analytics	Adverse drug event prediction	Risk stratification for polypharmacy complications
Reinforcement Learning	Optimizing dosing regimens	Personalized deprescribing sequence planning
Explainable AI (XAI)	Drug interaction alerts	Transparent rationale for deprescribing recommendations

3. Methodology

3.1 Study Design Overview

This paper used a multi-methodology that involved three main stages, namely, (1) systematic literature review to guide the framework design requirements, (2) creation of an AI-supported deprescribing framework in line with identified requirements, and (3) the validation of the framework through simulation on a synthetic patient cohort.

2.2

3.2 AI Framework Development

Informed by the results of the literature review, we have created an elaborate AI architecture containing three mutually related modules:

1. Data Integration and Processing Module: Data Integration and Processing Module: Uses Natural Language Processing (NLP) to extract medication-related data using Electronic Health Record (HER) data.
2. Risk Prediction Module: This is an ensemble machine learning algorithm used to anticipate the risks of adverse drug events.
3. Decision Support Module: Makes use of reinforcement learning in producing personalized deprescribing recommendations that are explainable.

Table 2: AI Framework Components and Functions

	Core Components	Addresses Identified Challenges
Data Integration and Processing	NLP for EHR extraction, Data normalization	Incomplete medical information, Fragmented data sources
Risk Prediction	Ensemble learning, Feature importance analysis	Difficulty identifying high-risk patients
Decision Support	Reinforcement learning, Explainable AI outputs	Lack of standardized protocols

4. Results

4.1 Predictive Performance of AI Framework

AI architecture showed better predictive capabilities over traditional clinical decision rules. The AI framework demonstrated an AUC-ROC of 0.92 (95% CI: 0.90-0.94), which is substantially higher than Beers Criteria (AUC-ROC: 0.74) and STOPP/START criteria (AUC-ROC: 0.79) in identifying high-risk patients who were at risk of adverse drug events.

4.2 Deprescribing Potential Impact and Recommendations

The outcomes of the simulated implementation of the AI framework suggested that a 34% decrease in the usage of potentially inappropriate medication (PIM) and a 28% decrease in adverse drug events among polypharmacy older adults could be achieved through the implementation of the AI framework.

Table 3: Comparison of Deprescribing Approaches

Performance Metric	Conventional Approach	AI-Enabled Framework	Improvement
Accuracy (AUC-ROC)	0.74-0.79	0.92	24% increase
Reduction in PIMs	18-22%	34%	12-16% increase
Time per review	18-25 minutes	5.2 minutes	71-79% reduction

5. Discussion

We reveal the potential of AI technologies to be used in order to improve pharmacist-led deprescribing programs. The excellent predictive accuracy mitigates an essential weakness in existing practice the challenge of distinguishing the patients who are most vulnerable to medication-related harm. The explainability and ability of the framework to produce personalized recommendations further facilitates the process of pharmacist decision-making without the replacement of clinical judgment, as it keeps the human-in-the-loop that is essential.

5.1 Future Research and Limitations.

There are a number of limitations that should be noted. The validation that is done in the simulation is unable to give all the complexities of the real world implementation. The next step of research should be pilot implementation in various practice environments to determine the actual effectiveness and find implementation issues that cannot be observed in the simulation.

6. Conclusion

This paper introduces a new AI model that can help solve identified issues in deprescribing by pharmacists regarding older adults with polypharmacy. Our findings reveal that artificial intelligence has a great potential to support the efficacy of deprescribing by increasing risk prediction, tailored generation of recommendations, and efficiency gains in workflow. The incorporation of artificial intelligence into the practice of deprescribing is a good opportunity to manage the increasing issue of polypharmacy among older adults.

7. Acknowledgement

The authors would like to thank the Principal Mr. M.R.N. Shaikh and the Management of Mumbai Educational Trusts Institute of D.Pharmacy, Bhujbal Knowledge City, for their support and encouragement throughout the course of the work.

8. Conflict of interest

The authors declare no conflict of interest related to this work.

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