

## Journal Watch – Medication – April 2018

**Article:**

Safety and benefit of discontinuing statin therapy in the setting of advanced, life-limiting illness: a randomized clinical trial

Kutner, J. S., Blatchford, P. J., Taylor, D. H., Ritchie, C. S., Bull, J. H., Fairclough, D. L., ... & Aziz, N. M.

JAMA internal medicine 2015; 175(5), 691-700.

Article Link: DOI: [10.1001/jamainternmed.2015.0289](https://doi.org/10.1001/jamainternmed.2015.0289)

**Review:**

**Strengths:**

- Multi-center – 15 palliative care centers in the United States
- Intention to treat analysis
- Secondary outcomes included financial benefit for patients and quality of life.

**Weaknesses:**

- 60-day mortality was chosen arbitrarily when life expectancy was up to one year
- McGill QOL questionnaire
- A larger proportion of patients in the discontinuation group were cognitively impaired. This may have effect on the quality of life results.
- Data was not reported for some secondary outcomes, including the numbers for cardiovascular death.

**Relevance to Palliative Care:**

Reducing the number of pills

Reducing cost of healthcare/financial burden of palliative care