Strategies to Improve Medication Adherence

Please Logon to: ascp.com/qa and Find the Session Title to Ask your Questions

Rear Admiral (retired) Pamela Schweitzer, Pharm.D.
Former Assistant Surgeon General
United States Public Health Service (USPHS)

Disclosure

I have no conflicts of interest relative to this presentation.
Learning Objectives

Pharmacists Learning Objectives:
1. Identify patients who may be at risk for non-adherence.
2. List six categories (or types) of interventions to improve medication non-adherence.
3. Create personalized interventions to improve non-adherence in patients.

Pharmacy Technician Learning Objectives:
1. Identify patients and help pharmacists determine who might be at risk for non-adherence.
2. List six categories (or types) of interventions to improve medication non-adherence.
3. Recognize interventions along with the pharmacist to improve non-adherence in patients.

“Drugs do not work in patients who do not take them”
C. Everett Koop former surgeon general
It’s complicated….

“The causes of non-adherence are complex and systemic, resulting from high out-of-pocket costs, poor care coordination and the failure to account for the patient’s personal circumstances.”

U.S. Patients Do Not Take Medications as Prescribed

- 100% Rx prescribed
- 88% Rx filled
- 76%* Rx taken
- 47%* Rx continued

* 22% of U.S. patients take less of the medication than is prescribed

Understanding Medication Adherence

Reference: https://www.cdc.gov/mmwr/volumes/66/wr/figures/m6645a2f.gif

Medication Adherence – Level setting

- World Health Organization definition - Complex and multidimensional
- Non-Adherence
  - Intentional
  - Unintentional
- Customize intervention adherence programs on patient specific needs and preferences.
- Measuring medication adherence

Patients at Risk for Medication Nonadherence

- Cost related
  - Older patients with chronic diseases and mood disorders
- Social and economic factors
- Patient’s perceptions, motivations, and levels of physical/cognitive impairment, literacy
- Issues related to the specific medication therapy
- Medical condition being treated
- Health care system where person is seeking care

Reference: https://catalyst.nejm.org/optimize-patients-medications-adherence/

2019 ASCP Annual Meeting & Exhibition
Aged to Perfection
#ASCP50
Diagram Outlining the Factors Related to Non-Adherence.

- Limited language proficiency
- Low health literacy
- Unstable living conditions/ homelessness
- Lack of health insurance
- Medication cost

- Visual, hearing, cognitive impairment
- Knowledge about disease
- Perceived risk/susceptibility to disease
- Perceived benefit of treatment
- Motivation and confidence

- Complexity of the medication regimen
- Duration of therapy
- Frequent changes
- Actual or perceived side effects

- Social & Economic
  - Patient-provider relationship
  - Long wait times
  - Lack of care continuity
  - Restricted formularies

- Health Care System
  - Lack of symptoms
  - Severity of symptoms
  - Depression
  - Psychotic disorders

NEJM Catalyst [catalyst.nejm.org] © Massachusetts Medical Society

Adherence Barriers

- **Barriers**
  - Medication-related
  - Health care system-related
  - Patient-related unintentional
  - Patient-related intentional

Identifying/measuring Medication Adherence

- Patient self-report
- Pharmacy claims
- Electronic drug monitors

- Outcomes of nonadherence:
  - Hospital emergency department visits
  - Admission to hospital
  - Admission to long-term care facility
  - Additional physician visit
  - Additional drug costs
Interventions to Improve Medication Adherence

• Enhance Patient/caregiver engagement and education
• Medication management
• Cognitive behavioral therapies
• Medication-taking reminders
• Invest in health information technology infrastructure
• Financial incentives to promote adherence

Points in Care for Medication Adherence

Source: HIN Medication Adherence Survey
January 2015

HIN © 2010
Strategies to Improve Medication Adherence

Range of interventions

- Improve care coordination; access to providers across a continuum of care; team-based care; simplify regimen; understanding root causes of medication non-adherence.
  - Pharmacist-led medication reconciliation, patient education
  - Monitor side effects
  - Empower patient
  - Monitor, re-engage patients in care
- Use of pillboxes, blister packs, electronic reminders – simplify
- Lower economic barriers, reduce barriers to obtain medication
- Identify populations at risk
- System-based strategy to address health disparities
- Health information technology to improve decision making and communication

Solutions for enhancing adherence through patient engagement

- Predictive Analytics
  - Past behaviors
- Electronic Medical Records Data, electronic drug monitoring
- Real-time adherence data obtained from wireless smart devices
- Patient Reported Outcomes (PROs)
  - Real-time symptoms and perceptions of medications; incorporate person-centered approach for medication use
- Pharmacist/pharmacist technician proactively screening
  - Evaluate patient knowledge, support self-monitoring, help patients afford medications
- Customized toolbox that combines different approaches
Personalized Medicine

- Tailor solutions addressing a patient’s specific adherence barriers (precision medicine), scaled to the population level (population health)
- Incorporate individualized factors in medication use (e.g., patient beliefs, goals, preferences, and specific patient barriers to medication taking)
- Integrating data – emerging chip/patch technology
- Pharmacogenomics

Reference: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6049050/

Summary

- Combine and tailor approaches to address patient specific adherence barriers (individualize)
- Integrate data sources/technology to better measure and monitor medication adherence
- Focus on chronic diseases, e.g., chronic obstructive pulmonary disease, diabetes, dyslipidemia, hypertension
- Improve care coordination; assist patients/caregiver in overcoming barriers
- Enhance patient/caregiver engagement
- Provide leadership and training in workplace and community on enhanced medication use systems and strategies to improve adherence.
Self-Assessment Question #1

What interventions can pharmacists incorporate to assist an individual’s medication use?

A. Adjust medication regimen  
B. Cognitive behavioral intervention  
C. Medication-taking reminders  
D. Incorporate individual factors such as patient beliefs, goals, preferences  
E. All of the above
Self-Assessment Question #2

Which of the following patients could be at risk for medication non-adherence?

A. Patient and caregiver have a good understanding of chronic disease.
B. Patient with cognitive impairment and difficulty hearing
C. Patient depressed and with limited finances
D. B & C
E. None of the above
Self-Assessment Question #3

What are some options for a patient discharged from a hospital three months ago and not routinely getting their medications filled?

A. Coordinate with provider/healthcare team and follow-up with patient and caregiver.
B. Not necessary to do anything since the patient has not contacted you.
C. Not necessary to do anything since it is more than 30 days since hospital discharge
D. None of the above
Strategies to Improve Medication Adherence

Please Logon to: ascp.com/qa and Find the Session Title to Ask your Questions

Rear Admiral (retired) Pamela Schweitzer, Pharm.D.
Former Assistant Surgeon General
United States Public Health Service (USPHS)