



Medication Adherence

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Objectives

- › Explain the definition and importance of medication adherence
- › Identify challenges of medication adherence
- › Provide tips for promoting medication adherence



PLEASE ASK QUESTIONS





Terminology and Background

- › Medication adherence
- › According to the World Health Organization (WHO), adherence is defined as “the degree to which the person’s behavior corresponds with the agreed recommendations from a health care provider.”
- › Approximately 50% of patients do not take medications as ordered.
- › Non-adherence causes between 30-50% of chronic disease treatment failures
- › Medication-taking behavior is complex and involves patients, providers, and process components/healthcare systems



Importance of Medication Adherence

- › Taking medications as directed ensures consistent drug levels in the body.
 - This helps control symptoms, improve health outcomes, and allow you to get the maximal benefit from the medications
 - Taking medications as directed helps providers make informed decisions for evaluating treatment success
 - Not all medications are intended for routine use as some medications should only be taken as needed
 - › Clarify indication





Consequences of Non-Adherence

- › Studies have shown that poor adherence to medications can lead to negative health outcomes
 - Worsening of disease
 - Death
 - Increased Healthcare cost





Cascade Effect





Reasons for Non-Adherence

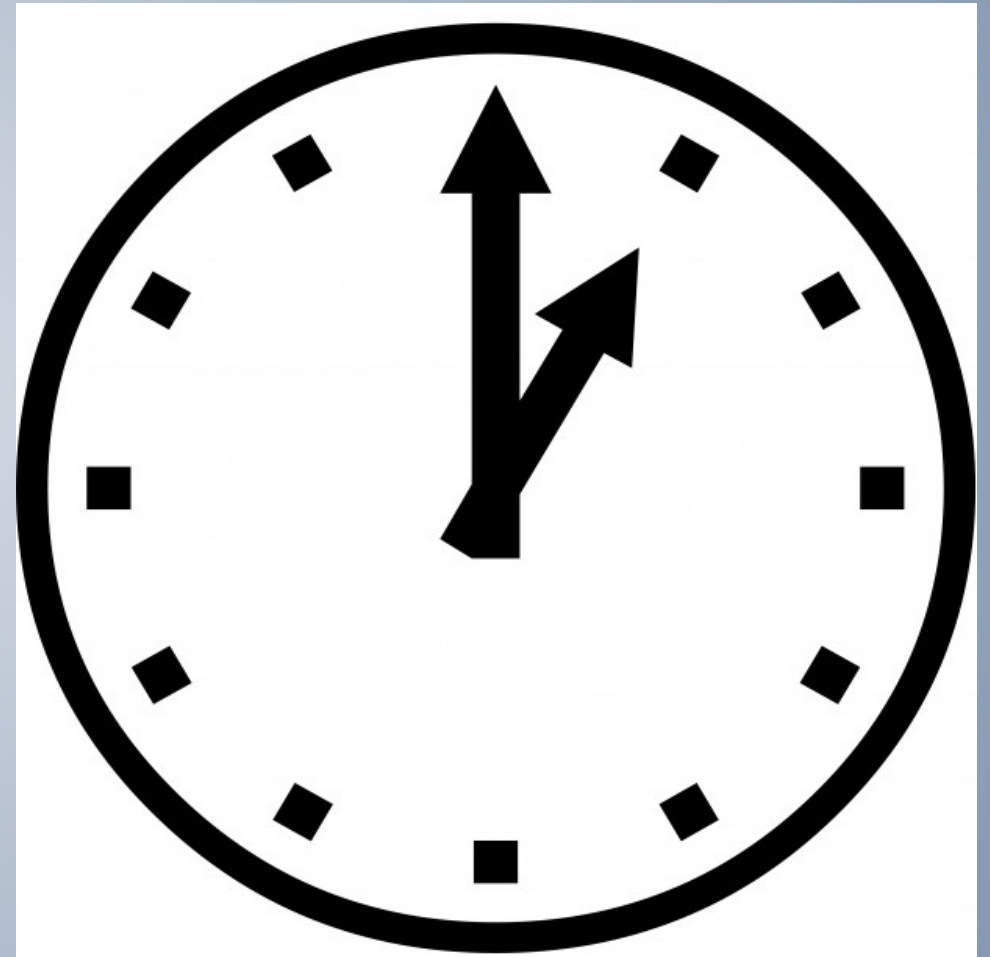
› Reasons and Factors include:

- High medication costs
- Lack of understanding of their disease
- Lack of understanding of medication instructions
- Inability to remember
- Lack of involvement in the treatment decision-making process
- Poor health literacy (inability to read or comprehend health-related information)
- Patient's health beliefs and attitudes
- Previous experiences with medications
- Physical inability to take medication
- Treating conditions with no symptoms
- Lack of transportation
- Long wait times at the pharmacy
- Lack of family or social support
- Poor mental health



Timing is Key

- › Take medications at time instructed
 - Morning vs Noon vs Evening vs Bedtime
 - Food vs empty stomach
 - Separating some medications from others
 - What if I forget?
 - What if I am not sure what time to take a medicine





Safety and Efficacy

- › Everyone responds and reacts to medicines differently
 - Some work better or worse for people
 - Some may experience side effects to a larger or smaller degree
 - Your response to the medicines may change over time
- › Talk to your provider and/or pharmacist about any concerns
- › Do not share medications
- › Do not crush medications without asking a pharmacist
- › **DO NOT STOP OR ADJUST MEDICATIONS ON YOUR OWN**



Cost

- › Prescription insurance
 - Private (employer)
 - Medicare Part D
 - Deductible
 - “Donut hole”
- › If medicine too expensive
 - Talk to pharmacist/provider
 - Coupons
 - Patient assistance programs
 - Alternatives
 - DO NOT ORDER ONLINE OR SELF ADJUST DOSE



Medication Adherence Tips



- › What if I forget to take my medicines?
 - Pill slide/pill planner (automatic and manual)
 - Alarms
 - Adherence Packaging/Medication Management Service
 - Education
 - Involve caregivers
 - Keep in sight
 - Solve the root of the problem
 - Autofill/Synch up programs
- › Pill burden
- › Reduce timing of medications if possible



Communication and Teamwork



- › Healthcare team members
- › Non-healthcare team members
- › We all need to work together to promote positive medication adherence outcomes

Next Step

1. Develop a plan
2. Implement the plan
3. Monitor the plan
4. Reassess the plan
5. Continue or adjust the plan
6. Repeat steps 2-5



Drug and Diet Interactions

- › Medications can interact with other medications and cause a variety of problems
 - Increase drug concentrations
 - Decrease drug concentrations
 - Drug interactions due to multiple providers
 - Over-The-Counter medications, vitamins, supplements, herbs
- › Medicine and diet interactions
 - dairy



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Drug Disposal

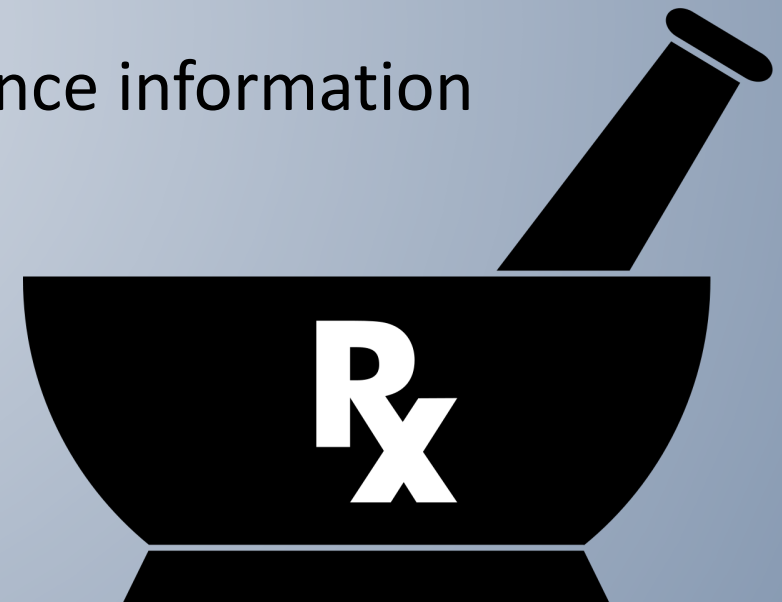
- › Facilities
 - Local pharmacies
 - Law enforcement agencies
- › Events
 - DEA Drug take-back days
- › Safe Disposal at home
 - Sharps containers
 - Coffee grounds/kitty litter





Tips for Being a Good Patient

- › Always carry a complete up-to-date medication list including all prescriptions, over the counter medications, and supplements
- › Know your medicine, ask questions
- › Be truthful with providers on adherence information
- › Talk to your pharmacist
- › Report adverse effects
- › Follow instructions





Tips for the prescription fill process

- › Utilize curbside service if available/helpful
- › Aim for low traffic times in pharmacy for shorter wait times/increased interaction with pharmacist
- › Make an appointment (if possible) with pharmacist for extended counseling session/questions
- › Transitions of care are critical point
- › Call ahead to make sure prescription is ready for pickup
 - Prescription may need clarification
 - Prescription may need a prior authorization
 - Prescription may need to be ordered
 - Prescription may be very expensive



Additional Thoughts and Tips

- › Establish a routine
- › Those who need the help the most most often will resist the help
- › Draw the line on safety when a person may be a danger to themselves or others
- › Limit distractions
- › Provide support
- › Simplify routines
- › Demonstrate respect
- › Practice patience
- › Remain persistent



Tips for Medication Adherence

- <https://www.fda.gov/drugs/special-features/why-you-need-take-your-medications-prescribed-or-instructed>
- <https://www.fda.gov/drugs/resources-you-drugs/stop-learn-go-tips-talking-your-pharmacist-learn-how-use-medicines-safely>
- <https://www.fda.gov/drugs/special-features/why-you-need-take-your-medications-prescribed-or-instructed>
- <https://www.scriptyourfuture.org/>
- <https://www.heart.org/en/health-topics/consumer-healthcare/medication-information/medication-adherence-taking-your-meds-as-directed>



Have a great rest of your day!

› Thank you for your time and attention!

