



HEALTHCARE MANAGEMENT CONFERENCE

STRATEGIES TO IMPROVE PATIENT ADHERENCE TO MEDICATION AND TREATMENT PLANS



Healthcare. We Care.

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STATUS QUO

- **Weakened Healthcare Systems**
 - **Disproportionate Burden**
 - **Increase Inefficiencies**
 - **Under-resourced and Under-Capacitated**
 - **Human Resource/Capital**
 - **Brain Drain**
- **SA Disease Burden**
 - **Chronic's**
- **Patient Compliance/Adherence**
- **ADR's e.g. 3rd Leading Cause of Mortality in USA (AEMT)**
 - **ADR's**
 - **Medical Misadventure**
 - **Drug Interactions**
 - **Mismanagement of S/E's**

POOR ADHERENCE - CONSEQUENCES

- **Decreased / Lowered Outcomes**
- **25-50% Non-adherence (Patient Pref And Adherence)**
- **Some Data Up To 50% Don't Adhere Faithfully (NEJM)**
- **In CV Patients Up To 50% Decreased / Lowered Adherence (NIH Public Access)**
- **Affects Quality And Length Of Life**
- **\$100bn Spent On Avoidable Hospitalisations**
- **Increase Risk Of Complications**
- **Re-admissions**

ADHERENCE MEASURES

- **Social and Economic factors**
- **Patient counselling**
- **Chronic Conditions**
- **Therapy Related Factors – Polypharmacy**
- **Patient Related Factors – Daily Routines**
- **Interventions That Increase HCS Efficiency**
- **Collaboration Between Providers**

BARRIERS / REASONS FOR NON-COMPLIANCE / POOR ADHERENCE

- **Patient Doesn't Understand The Instructions**
- **Patient Forgets**
- **Patient Feels Better**
- **Medication Costs Too Much / Co-pays**
- **Cannot Appropriately Swallow / Self Administer**
- **Taken For Wrong Reasons**
- **Co-morbidities – Become Confused And Indecisive, Therefore Put Off Taking Medication**

INTERVENTIONS – EMERGING USE OF TECHNOLOGY

- **Patient Databases**
- **Database Technology To Determine Adherence Trends**
- **Dosing And Timing e.g. ACE vs Beta Blocker (NIH – PA)**
- **Collaboration Between Providers**
- **Use of Technology – 4IR**
- **Patient Education**
- **Improved Dosing Schedules**
- **Improved Communication with Patients**
- **Look for Markers**
- **Promote Simple Instructions**
- **Where Necessary Family Member's Help**
- **More Forgiving Medicines**