

Medication Adherence

Lonna Hayes, PharmD, BCPS

May 10, 2021



Disclosure

- *Any information and advice in this educational session is given on a generalized, generic basis, and is not specific to any individual patient's condition. Use of the information in this educational session may be helpful in making you informed about healthcare issues. Participation in this educational session does not create a care provider-patient relationship. This educational session cannot replace a health professional-patient relationship, and you should always consult with a professional for diagnosis and treatment of any specific health problems. You should not disregard any advice or treatment from your health professional based on your interpretation of what you may hear at this educational session.*

Medication Adherence Definition

- Medication adherence, or taking medications correctly, is generally defined as the extent to which patients take medication as prescribed by their doctors. This involves factors such as getting prescriptions filled, remembering to take medication on time, and understanding the directions.¹

Why Does Medication Adherence Matter?

For every 100
prescriptions
written:

100



Filled by
the
pharmacy

50-70



Picked up
from the
pharmacy

48-66



Taken
properly

25-30



Refilled as
prescribed

15-20



<https://www.cdc.gov/grand-rounds/pp/2017/20170221-presentation-medication-adherence-H.pdf>

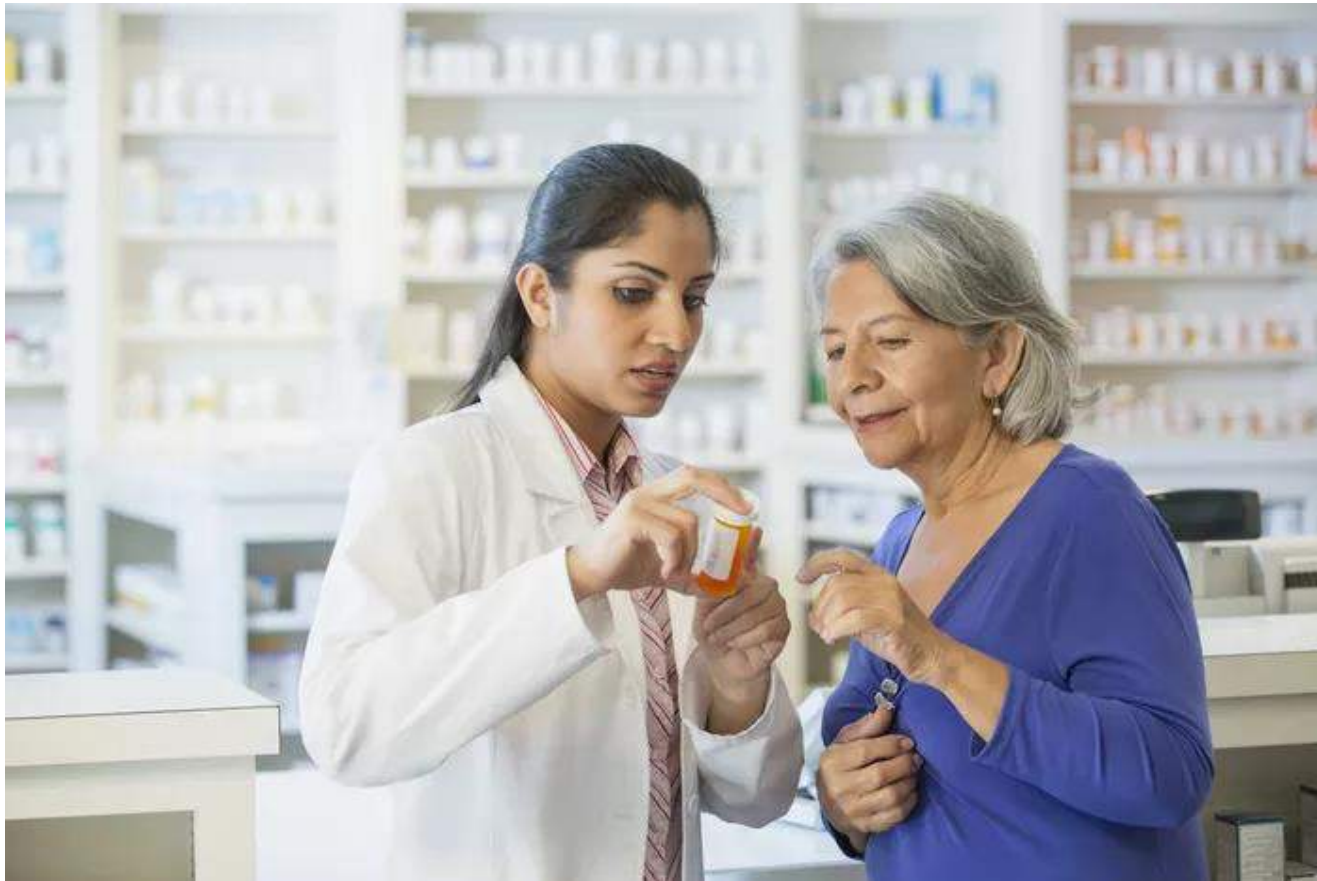
Antibiotics Adherence

- If you feel better and no longer have symptoms, you may think your illness is cured. But if you have a bacterial infection, this can be a dangerous assumption.
- If the full course of antibiotics is not taken, a small number of bacteria are likely to still be alive. These surviving germs are likely to have some natural resistance to the antibiotic. As they multiply and spread, a new strain of resistant germs may begin to develop.
- It's important to use antibiotics appropriately and to take the medication exactly as directed.
 - Take all doses of the antibiotic, even if the infection is getting better.
 - Don't stop taking the antibiotic unless your doctor tells you to stop.
 - Don't share antibiotics with others.
 - Don't save unfinished antibiotics for another time.¹

Tips for Improving Adherence

1. Communicate with your health care professionals.
2. Make sure you understand how long to take the medication.
3. Tell your doctor if paying for prescription drugs is a problem.
4. Set daily routines to take medication.
5. Keep medications where you'll notice them.
6. Use daily dosing containers.
7. Keep a written or computerized schedule¹

Communicate with Your Healthcare Professionals



[https://www.verywellhealth.com/thmb/Bz3bs84BbycfsOUBHhd5IYTvJRI=/1500x0/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\):format\(webp\)/pharmacist-talking-to-customer-463247327-594d997e5f9b58f0fc7bc0e1.jpg](https://www.verywellhealth.com/thmb/Bz3bs84BbycfsOUBHhd5IYTvJRI=/1500x0/filters:no_upscale():max_bytes(150000):strip_icc():format(webp)/pharmacist-talking-to-customer-463247327-594d997e5f9b58f0fc7bc0e1.jpg)

Communicate with Your Healthcare Professionals

Questions to Ask Your Doctor or Pharmacist About Your Medications

Ask your doctor:

- What is the name of the medicine?
- What is the medicine for?
- What are the benefits of the medicine to me?
- What are the risks of this medicine?
- Are there non-drug alternatives, such as diet or lifestyle changes?
- Is there a less expensive medicine that could be used instead?
- When should I expect the medicine to start working, and how will I know if it is working?
- How long will I have to take the medicine?
- What is the dosage form of the medicine? Pill, Liquid, Inhaler, etc.


NOTE: If the medicine is in any form other than a pill, ask about any special techniques or devices for administering the medication. For example, liquids that you need to "shake well" before using, or special instructions for the use of inhalers, suppositories, eye drops, or patches.

- Are there any other special instructions to follow?
- How much of the medicine do I take?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- When will you check to see if the medicine is working?
- Do I need to have any tests or monitoring while I'm taking this medicine? Do I need to report back to the doctor?

Ask Your Pharmacist:

- How much of the medicine do I take?
- When do I take the medicine? For example, does "four times a day" mean you have to take it in the middle of the night?
- Should the medicine be taken with water or food?
- Should the medicine be taken before, during, or after meals?
- Can I take it at the same time as other medicines? If not, which ones?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What should I do if I miss or forget a dose?
- What food, drinks, other medicines, or activities should I avoid while taking the medicine?
- How and where should I store this medicine? Does the medicine require refrigeration?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- Can I get a refill on the medicine? If so, how often?
- Is there any written information about the medicine I can take home? You can also ask if it is available in large print or a language other than English if you need it.

Interested in learning how to bring a senior care pharmacist onto your health care team? Check out the American Society of Consultant Pharmacists (ASCP) Foundation's Senior Care Pharmacist Directory. You can search for senior care pharmacists listed in your state at HelpWithMyMeds.org



HelpWithMyMeds.org

Communicate with Your Healthcare Professionals

Ask your doctor:

- What is the name of the medicine?
- What is the medicine for?
- What are the benefits of the medicine to me?
- What are the risks of this medicine?
- Are there non-drug alternatives, such as diet or lifestyle changes?
- Is there a less expensive medicine that could be used instead?
- When should I expect the medicine to start working, and how will I know if it is working?
- How long will I have to take the medicine?
- What is the dosage form of the medicine? Pill, Liquid, Inhaler, etc.

Communicate with Your Healthcare Professionals

Ask Your Pharmacist:

- How much of the medicine do I take?
- When do I take the medicine? For example, does "four times a day" mean you have to take it in the middle of the night?
- Should the medicine be taken with water or food?
- Should the medicine be taken before, during, or after meals?
- Can I take it at the same time as other medicines? If not, which ones?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What should I do if I miss or forget a dose?
- What food, drinks, other medicines, or activities should I avoid while taking the medicine?
- How and where should I store this medicine? Does the medicine require refrigeration?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- Can I get a refill on the medicine? If so, how often?
- Is there any written information about the medicine I can take home? You can also ask if it is available in large print or a language other than English if you need it.


Communicate with Your Healthcare Professionals

NOTE: If the medicine is in any form other than a pill, ask about any special techniques or devices for administering the medication. For example, liquids that you need to "shake well" before using, or special instructions for the use of inhalers, suppositories, eye drops, or patches.

- Are there any other special instructions to follow?
- How much of the medicine do I take?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- When will you check to see if the medicine is working?
- Do I need to have any tests or monitoring while I'm taking this medicine? Do I need to report back to the doctor?

Communicate with Your Healthcare Professionals

Be an Active Member of Your Health Care Team
My Medicine Record

DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Food and Drug Administration 

Name (Last, First, Middle Initial): _____ Birth Date (mm/dd/yyyy): _____

	What I'm Using Rx – Brand & generic name; OTC – Name & active ingredients	What It Looks Like Color, shape, size, markings, etc.	How Much	How to Use / When to Use	Start / Stop Dates	Why I'm Using / Notes	Who Told Me to Use / How to Contact
— Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, and dietary supplements —							
Ex:	XXXX/XXXXXXXXXX	20 mg pill; small, white, round	40 mg; use two 20 mg pills	Take orally, 2 times a day, at 8:00 am & 8:00 pm	1-15-11	Lowers blood pressure; check blood pressure once a week; blood test on 4-15-11	Dr. X (800) 555-1212
1							
2							
3							
4							
5							
6							
7							
8							

www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm (888) INFO-FDA
www.fda.gov/usemedicinesafely These are my medicines as of _____
 (Enter date as mm/dd/yyyy)


FORM FDA 3664 (3/11) Page 1 of 4 FDC Publishing Services (701) 443-4740 EF

<https://www.fda.gov/drugs/resources-you-drugs/my-medicine-record>


Communicate with Your Healthcare Professionals

Be an Active Member of Your Health Care Team

My Medicine Record



DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Food and Drug Administration



My Personal Contacts		Allergic Reaction or Other Problem I've Had With... <i>any medicine, dietary supplement, food, skin cleaner, medical tape</i> Describe in space below.
My Name (Last, First, Middle Initial)	Birth Date (mm/dd/yyyy)	
Contact Information		
Emergency Contact		
Name	Relationship	My Medical Conditions and Operations Describe in space below.
Contact Information		
Primary Care Physician		
Name		
Contact Information		My Medical Conditions and Operations Describe in space below.
Pharmacy / Drugstore		
Name		
Contact Information		

Questions I Should Ask About Medicines or Dietary Supplements

- ❖ Fill in the record for any new medicine, prescription (Rx) or over-the-counter (OTC), or dietary supplement, or ask my doctor or pharmacist to help me fill it in. Make sure I can read what is written on the record.
- ❖ When I review the record, or a change is made, ask:
 - Can I use a generic form?
 - When should I start to feel differently? When should I report back to the doctor?
 - Will this take the place of anything else I am using?
 - Are there any special directions for using this?

- Should I avoid any other medicines, dietary supplements, or treatments while using this?
- Should I avoid any drinks, foods, other substances, or activities while using this?
- What are the possible side effects from this? Is there anything I should watch for? What do I do if I get a side effect?
- Will I need any tests (blood tests, x-rays, other) to make sure it is working as it should? When? How will I get the results?
- What should I do if I miss a dose? What do I do if I use too much?
- Where and how can I get more written information about this?

FORM FDA 3664 (3/11) Page 2 of 4 www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm (888) INFO-FDA www.fda.gov/usemedicinesafely

<https://www.fda.gov/drugs/resources-you-drugs/my-medicine-record>

Make Sure You Understand How Long to Take the Medication



https://media.istockphoto.com/photos/calendar-picture-id162698156?k=6&m=162698156&s=170667a&w=0&h=IfDz3WzNTev-kveqs8TXGyQQy_vYSYO_YMHDIOIC2o=

Tell Your Doctor if Paying for Prescription Drugs is a Problem



<https://gazettereview.com/wp-content/uploads/2018/07/drug-cover-696x523.jpg>

Set Daily Routines to Take Medication



<https://stillblondeafteralltheseyears.com/wp-content/uploads/2012/06/pile-of-Bags-black.jpg>

Keep Medications Where You'll Notice Them



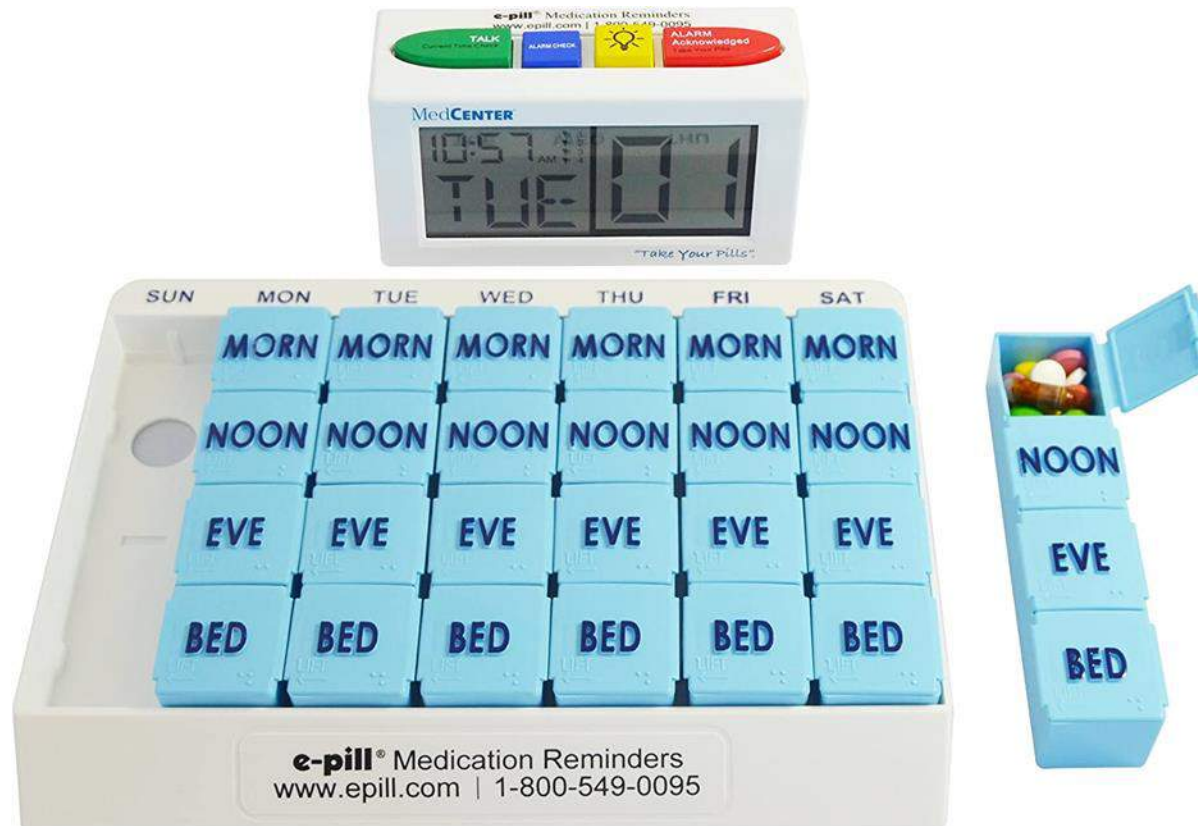
<https://livingwellprogram.files.wordpress.com/2014/10/toothbrush.jpg>

Use Daily Dosing Containers



<https://i.ebayimg.com/images/g/pz0AAOSwvgtfGENd/s-l1600.jpg>

Use Daily Dosing Containers



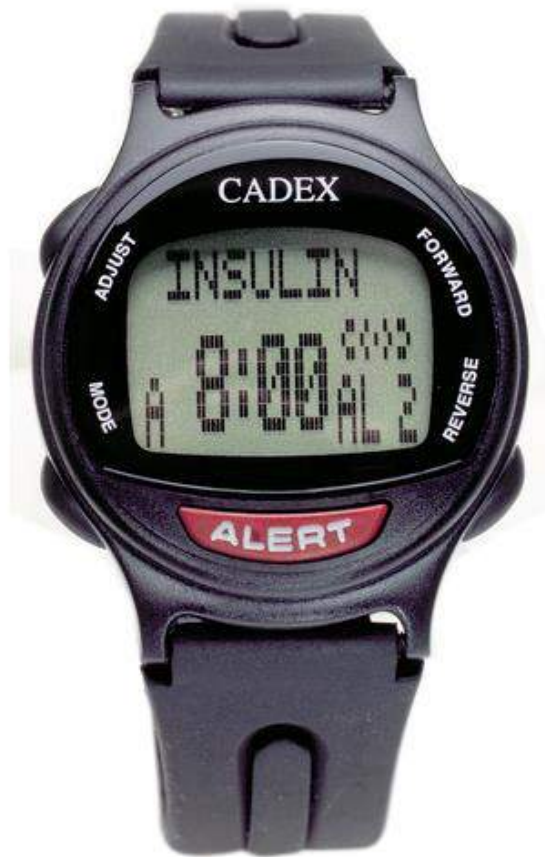
<https://www.epill.com/4alarmorganize.html>

Keep a Written or Computerized Schedule



<https://allaboutplanners.com.au/wp-content/uploads/2018/08/lorna-leigh-lane-weekly-planner-pros-and-cons-review-vertical-hourly-schedule-tasks-meal-plan-sidebar-notes-color-coding-australia-768x1024.jpg>

Keep a Written or Computerized Schedule



<https://www.epill.com/cadexb.html>

Keep a Written or Computerized Schedule



<https://www.epill.com/stationplusclear.html>

Keep a Written or Computerized Schedule

- Smartphone Apps
 - Care4Today (www.care4today.com)
 - CareZone (www.carezone.com)
 - Dosecast (www.montunosoftware.com/about)
 - Genie MD (www.geniemd.com)
 - Mango Health-U.S. (www.mangohealth.com)
 - Medisafe (www.medisafeapp.com)
 - MyMedRec (www.knowledgeisthebestmedicine.org/index.php/en/app)
 - MyMeds (my-meds.com)
 - MyMedSchedule-U.S. (secure.medactionplan.com/mymedschedule)
 - OnTimeRx (www.ontimerx.com)
 - Zibdy Health (www.zibdy.com)⁷

Keep a Written or Computerized Schedule

- Text Messages
 - OnTimeRx
(<http://www.ontimerx.com/reminders/services.html>)
 - RememberItNow
(<http://rememberitnow.com/index.php>)
- Additional Technology Tools
 - RxTimerCap (<https://www.timercap.com/>)⁷

Disposing of Medications



<https://afmc.org/afmc-healthspot/spring-clean-your-medicine-cabinet-drug-take-back-day-is-saturday-april-28/>

Disposing of Medications



Have unused or expired medications?

Drop off your medications at a Baylor Scott & White Pharmacy near you to be disposed of safely and properly.

 **BaylorScott&White**
PHARMACY

Disposing of Medications

Accepted items:

- Unused or expired prescription medications (including schedule II-V controlled substances)
- Unused or expired over-the-counter medication
- Pet medication

Unacceptable items:

- Schedule I controlled substances
- Illegal drugs
- Thermometers
- Inhalers
- Lotions/liquids
- Aerosol cans
- Needles
- Hydrogen peroxide

Pharmacies:

Belton	254.933.6000
Cameron	254.605.1150
College Station - Earl Rudder Freeway	979.207.3900
Dallas - Gaston Avenue	214.818.1611
Fort Worth	817.922.3800
Killeen	254.953.7777
Plano	469.814.5780
Round Rock	512.509.3600
Southlake	817.912.8710
Temple	254.215.9100
Waxahachie	469.843.7120
Waco - Valley Mills Drive	254.761.5200



Visit [BSWHealth.com/Pharmacy](https://www.BSWHealth.com/Pharmacy) for hours and other pharmacy services.

Service available at participating Baylor Scott & White pharmacies. ©2019 Baylor Scott & White Health. BSWPHARM_206_2019 KCG

Disposing of Medications



Disposing of Medications



<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>

Questions?



Sources

- 1. [Are You Taking Medication as Prescribed? | FDA](#)
- 2 [Stop - Learn - Go: Tips for Talking with Your Pharmacist to Learn How to Use Medicines Safely | FDA](#)
- 3[Overcoming Barriers to Medication Adherence \(cdc.gov\)](#)
- 4 [Where and How to Dispose of Unused Medicines | FDA](#)
- 5. [Nebraska MEDS](#)
- 6.
<https://pharmacist.therapeuticresearch.com/Content/Segments/PRL/2015/Jul/Med-Adherence-101-8638>
- 7.
<https://pharmacist.therapeuticresearch.com/Content/Segments/PRL/2016/Mar/Medication-Adherence-Apps-9479>