

For Community and Hospital Pharmacists

For Physicians, Nurses and Office Staff

For Long Term Care and Case Managers

For Insurers, Hospitals and Employers



Partnering to improve healthcare delivery to North Carolina Communities



A Call to Action for North Carolina's Healthcare Providers: Let's Improve Medication Adherence

NCAHC Wants to Help!
Visit our **On-Line Healthcare Resource Centers** at www.ncahc.org

Understand the Problem
ENHANCING PRESCRIPTION ADHERENCE - A "National Action Plan" from the National Council on Patient Information and Education. Includes barriers to compliance, action steps and recommendations.
www.talkaboutrx.org

Enhance Communication
ASK ME 3- Helpful downloadable tools designed to improve two-way communication between a patient and healthcare provider: *What is my main problem? What do I need to do? Why is it important I do this?*
www.npsf.org/askme3

Help Identify Financial Resources
FOR THE GENERAL PUBLIC-
www.pparx.org
www.needymeds.org

FOR COMPARATIVE DRUG PRICING-
www.destinationrx.org

FOR INSURANCE COVERAGE-
www.ncahc.org
www.fingertipformulary.com

Help Reduce Forgetfulness
MYMEDSCHEDULE- A web based medication scheduler and reminder tool. Medication charts can be created in English and Spanish. Daily dosage or refill reminders can be sent via free email or text message.
www.mymedschedule.com

Improve Health Literacy
ASK-ADHERENCE STARTS KNOWLEDGE- Includes helpful medication education and compliance tools for patients: *Tell Us What Gets in the Way, Medicine Charts, Treatment Plans, Doctor Visits, Questions About Medications, Getting the Most From your Medication*
www.takingmeds.com

DRUG AND DISEASE EDUCATION - Consider www.rxlist.com
www.webmd.com
www.bemedwise.org
www.safemedication.com

MEDICATION ADHERENCE IN SENIORS- Provides guidance on facilitating behavior change, assessment tools, health literacy and educational tools.
www.adultmedication.com

MEDICATION ADHERENCE BROCHURES, VIDEOS & POSTERS- The National Council on Patient Information and Education offers many resources including a well organized tool kit: *Managing Side Effects, Safe Storage and Disposal of Your Meds, Thinking it Through: Buying Prescription Medications Online, Be Med Wise: Use Over the Counter Medication Wisely, Prescription For Safety, Medication Cabinet Stickers and a Medication Prescription Record.*
www.talkaboutrx.org/educational_resources.jsp

UNDERSTANDING MEDICARE PART D- Reviews plans available by state as well as a drug coverage finder.
www.medicare.gov
www.ncahc.org
www.fingerprintformulary.com

Address Medication Safety
FOR SENIORS- General medication safety information, videos and resources.
www.mustforseniors.org

FOR FAMILIES- A tool kit which includes: *Avoid Medication Misuse, Get the Facts, Family Medication Record, Tips for Safe Medication Use in Kids, Older Adults and During Pregnancy, Questions to Ask your Healthcare Professionals.*
www.learnaboutrxsafety.org

We Challenge You To Assist Your Patients:

- *Understand the Problem*
- *Enhance Communication*
- *Help Identify Financial Resources*
- *Help Reduce Forgetfulness*
- *Improve Health Literacy*
- *Address Medication Safety*

There are many predictors to poor adherence including these barriers (2):

- Low patient health literacy or limited ability to understand instructions - 45% of the US is at or below an eighth grade reading level and many do not fully understand English
- Concerns about the side effects of the medication
- Patient's lack of belief in the benefit of the treatment
- Lack of patient insight into their illness

THE NCAHC CHALLENGE:
Find out why your patients aren't taking their medications as prescribed. Create a dialogue. Together, let's improve medication adherence in North Carolina.

(1)(2) Enhancing Prescription Adherence: A National Action Plan, Report for National Council for Patient Information and Education - A Call to Action, 8/07



"If medication non-adherence was a disease it would be an epidemic."
Anonymous

"Drugs don't work in patients that don't take them."
C. Everett Koop, MD
Former US Surgeon General

"The #1 problem in treating illness today is patients' failure to take the medications correctly."
The American Heart Association

The World Health Organization has defined medication non-adherence as any deviation from the prescribed course of medical treatment.

The United States is experiencing some alarming trends focused on patients not taking their medications appropriately (1):

- 75% of patients do not take their medications as prescribed
- 49% of patients forget to take their medications
- 31% of patients don't fill their prescriptions
- 29% stop taking their medications before their supply runs out
- 24% take less than the recommended dose

Do you need additional copies of our adherence resources?

Contact us at info@ncahc.org or download them from our website at www.ncahc.org (Medication Adherence & Safety Resource Center)