

**For Community and
Hospital
Pharmacists**

**For Physicians,
Nurses and Office
Staff**

**For Long Term
Care and Case
Managers**

**For Insurers,
Hospitals and
Employers**



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

***"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

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

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)



Partnering to improve healthcare delivery to North Carolina Communities

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

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

