



HHP CLINICAL BULLETIN

MEDICATION MATTERS

Poor adherence to prescribed medication is associated with reduced treatment benefits and can obscure the clinician's assessment of therapeutic effectiveness. It is estimated that non-adherence accounts for 30-50 percent of treatment failures. Non-adherence leads to worse medical treatment outcomes; higher, avoidable hospitalization rates; institutionalization for the frail elderly; and increased healthcare costs.

NON-ADHERENCE STATISTICS

Data Source: American College of Preventative Medicine, Medication Adherence Time Tool: Improving Health Outcomes, 2011, Web.



People with chronic conditions **ONLY TAKE ABOUT HALF** of their prescribed medicine



Overall, about **20-50 PERCENT OF PATIENTS** are non-adherent to medical therapy.



Non-adherence to medications is estimated to cause **125,000 DEATHS ANNUALLY**



ADHERENCE DROPS when there are long waiting times at clinics or long time lapses between appointments.

50 TO 59
YEARS OF AGE

Patients between the **AGES OF 50-59** are more likely to be non-adherent.

Data Source: Cozeva Report (as of February 2015)

Patient adherence to a medication regimen is central to good health outcomes. The quality of the provider and patient relationship is also extremely important. Effective communication between the provider and patient is linked to positive outcomes of care including patient satisfaction, health status, and medication adherence.

This information is provided by

HAWAI'I HEALTH PARTNERS
Physician-led. Integrated quality care. Optimal health.

Hawai'i Health Partners is an accountable care organization of independent physicians, employed Hawai'i Pacific Health physicians, and Hawai'i Pacific Health hospitals and clinics.

WHAT CAN PHYSICIANS DO?

To address patient barriers to adhering to a medication regimen, Hawai'i Health Partners has launched the **M.E.D.S.** campaign. M.E.D.S. is a simple acronym to increase awareness on simple steps that can make a huge difference on the rate of patient adherence.

M- MEDICATION MATTERS

Ask the patient if they understand why they are taking each of their medications and explain the importance.

E- EFFECTS

Ask the patient if they are experiencing any intolerable side effects from their medications.

D- DOLLAR\$

Ask the patient if their medications are affordable.

S- SIMPLIFY REGIMEN

Ask the patient if their medication regimen is too confusing or too difficult to follow.

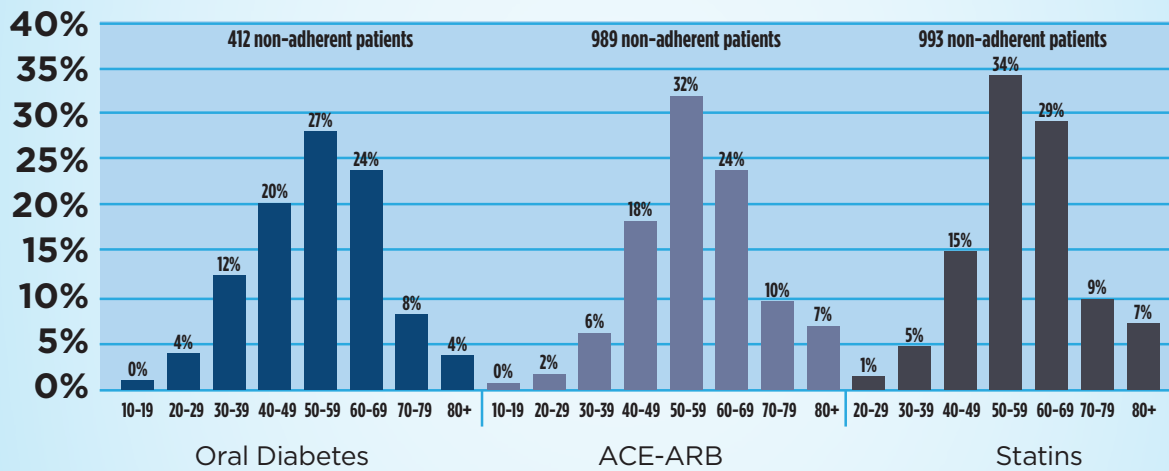
WHAT CAN PATIENTS DO?

Patients also play a role in this effort. Simple tips to help patients keep up with their prescribed medications include:

1. Make it a priority.
2. Make it a routine.
3. Take your medications at the right times, which will give you the best control over your health.
4. Keep track of medications with a daily schedule.
5. Ask your family to help you stick to a medication routine and do not get distracted.

NON-ADHERENT PATIENTS BY AGE GROUP AND MEDICATION ADHERENCE MEASURE

Data Source: Cozeva Report (as of February 2015)



CHRONIC DISEASES BY MEDICATION ADHERENCE MEASURE (% of Non-Adherent Patients with a Specific Chronic Disease)

Data Source: Epic Disease Management Registry (as of February 2015)

