

DEFINITION

- The extent to which patients take medications as prescribed by physician.

OR

- The extent to which patient correctly follows medical advice.

OR

- **As per WHO** "the degree to which the person's behavior corresponds with the agreed recommendations from a health care provider."

CAUSES OF MEDICATION NON-ADHERENCE

- Intentionally non-adherence to medication
 - Intentionally the patient deviates from the treatment regimen
- Unintentional non-adherence to medication
 - Due to carelessness
 - Due to Forgetfulness
- High cost of medicine
- Late repurchase of medicines

PROBLEMS LINKED WITH MEDICATION NON-ADHERENCE

- Therapeutic failure
- Increased exposure to toxicological effects of drugs
- Recurrence of disease
- Unable to cure disease and disease progression
- Leads to complications of disease
- Economic lost to patient
- Low quality of life
- Patients death

FACTORS AFFECTING MEDICATION ADHERENCE

Patient related factors

- Income
- Literacy
- Age of patient
- Gender
- Knowledge of disease
- Severity of disease
- Marital status
- Attitude for treatment
- Efficiency of therapy
- Therapeutic Regimen
- Anxiety
- Anger
- ADR
- Disability
- Unable to swallow
- Stress
- Fear of ADR/ Dependence

FACTORS AFFECTING MEDICATION ADHERENCE

SOCIAL AND ECONOMIC FACTOR

- Busy schedule
- Less access to health facility
- Low access to Pharmacy
- Less health literacy
- Lack of family and social support
- Cultural belief about disease

FACTORS AFFECTING MEDICATION ADHERENCE

Disease related factor

- Less symptoms of severity
- No symptom or disappearance of symptom
- Psychological diseases

FACTORS AFFECTING MEDICATION ADHERENCE

Health care provider related factors

- Relationship with provider
- Poor communication
- Poor understanding
- Busy schedule
- Waiting period
- Lack of continuous care
- Lack of Knowledge
- Missing appointments

FACTORS AFFECTING MEDICATION ADHERENCE

Therapy related factors

- ❑ Number of doses
- ❑ Duration of therapy
- ❑ Frequent changes in drugs
- ❑ Lack of Immediate relief
- ❑ ADR/Side effect

PHARMACIST ROLE IN THE MEDICATION ADHERENCE

- Communication should be good with any patient
- Help the patient education
- Talk friendly to patients
- Always remain approachable to patients
- Ease the patients to talk about their disease without hesitation

PHARMACIST ROLE IN THE MEDICATION ADHERENCE

- Create awareness about the disease to patients
- Listen carefully the problem of patients
- Explain properly disease condition
- Explain the therapeutic regimen
- Keep an eye on ADR and Side effects
- Check the understanding of patient

PHARMACIST ROLE IN THE MEDICATION ADHERENCE


- Monitor effectiveness of therapy
- Always communicate in same language
- Take account of psychological state and spiritual need of patient
- Good communication between Pharmacist - Physician and Pharmacist-Patient

MONITORING OF PATIENT MEDICATION ADHERENCE

○ **Direct method**

- Directly observe the treatment
- Measure the concentration of drug in blood or metabolite in urine

Drawback

- Expensive
 - Patient hide drug in mouth
 - Altered metabolism
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MONITORING OF PATIENT MEDICATION ADHERENCE

○ Indirect method

- Count the medicine (Tablet/Capsule)
- Questionnaires for patients
- Refill rates of Prescription
- Measure Pharmacological response
- Electronic medication monitor

Drawbacks

- Expensive
- Patient may lie
- Response may be change due to various factors

MONITORING OF PATIENT MEDICATION ADHERENCE

- Medication event Monitoring system
- Easy method
- It records date and time of medication intake
- Bottles are fitted with microprocessor embedded technology in cap

Drawback

- Patient may manipulate the regimen (Open bottle so many times, may take excess dose)
- Expensive
- Inaccurate