

Medication Adherence

In the United States 90% of older adults over the age of 65 use 1 medication per week, while 40% use 5 or more, and 12% use more than 10.¹

These medications are being used to improve quality of life, extend life expectancy, and fight disease.

It has been shown in research that older adults do not take their prescribed medication as it is intended. Reasons for this could include disease-related knowledge, health literacy, drug-related effects, patient-provider relationship, and cognitive function.²



<http://ndep.nih.gov/Images/NDEP/social-sharing/medication-adherence-og-large.jpg>

“Drugs don’t work in patients who don’t take them.”²

- Surgeon General Dr. C. Everett Koop

What is Medication Adherence?

Defined as “the extent to which patients take medications as prescribed by their health care providers.”³



<https://teens.drugabuse.gov/sites/default/files/images/prescription-drugs.jpg>

Statistics⁴

- ❖ **125,000 die annually due to poor medication adherence**
- ❖ **10-25% of hospital and nursing home admissions are due to poor adherence**
- ❖ **40% of patients don’t take their medications as prescribed**
- ❖ **20% of new prescriptions never get filled**

Tips to Aid in Adherence⁵

- ❖ Create a **list** of your medications (prescription and nonprescription)
 - Know who prescribed them and why you are taking it
- ❖ **Learn** about your medications
 - Ask your doctor or your pharmacist when you don't understand something.
 - You should know the side effects and when you should be taking the medication.
- ❖ Create a **calendar** or **schedule**
- ❖ **Organize** your pills
 - Use a pillbox that has morning, day, and night compartments.
- ❖ **Plan**
 - Know when you need refills or if you will be out of town for extended periods of time.
- ❖ **Family** and **Friends** can keep you on track
 - Have them help remind you to take medications
- ❖ Follow-up with your **doctor**



http://www2.epa.gov/sites/production/files/styles/large/public/2015-06/frp_web_photo.jpg?itok=hqzSHKJ



http://healthfinder.gov/HealthTopics/glmedia/tools_icons/preventingosteoporosisquestionsforthedoctor.jpg



<http://www.womenshealth.gov/hiv-aids/images/woman-medicine.jpg>

On medication, Deputy Director of the FDA Office of New Drugs states:

“To get the most out of them, you should take them with great care and according to directions.”⁶

- Sandra L. Kweder

Authors

Sarah Jaacks, SPT
Danyelle Hall-Harlan, SPT
University of Evansville
Dr. Tzurei Chen PT, PhD.

References

1. Bexley, Daye, and Novo Nordisk. *The 21st century intelligent pharmacy project: the importance of medication adherence*. 2010. https://www.mirixa.com/uploads/pdfs/2010_-_CHTMedAdhrWp.pdf
2. Gellad, Walid F., Jerry L. Grenard, and Zachary A. Marcum. *A systematic review of barriers to medication adherence in elderly*. 2012 Feb 1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3084587/>
3. Osterberg, Lars., Bashchke, Terrence. *Adherence to Medication*. 2005 Aug 4. <http://www.nejm.org/doi/full/10.1056/NEJMra050100>
4. NHTSA. *Medication use in the older population*. http://www.nhtsa.gov/people/injury/olddrive/DrugUse_OlderDriver/pages/med_use.htm
5. https://www.patientresource.com/Medication_Adherence_Practical_Tips.aspx Accessed 18 September 2015
6. US Department of Health and Human Services. *Four medication safety tips for older adults*. 2014 June 5. <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm399834.htm>