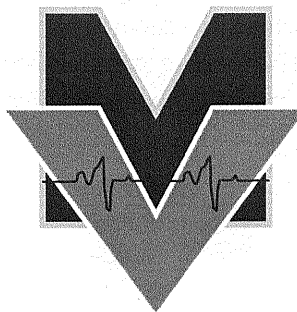
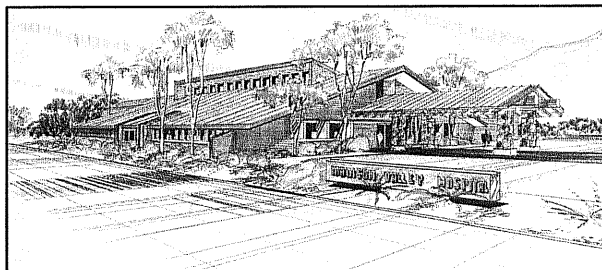


Medication or Supplement	What is the dose?	Pill Appearance	What condition is it for?	When is it to be taken?	Special Directions	Date begun
EXAMPLE: Advil	(2) 200 mg pills	blue, square	arthritis	AM, PM	avoid alcohol	8/1/07

¹ Tam (2006) "Physician communication when prescribing Medication" Arch. Internal Medicine; 166: 1855-1862
² Kripilani (2007) "Interventions to Increase Medication Adherence In Chronic Medical Conditions" Arch. Internal Medicine; 16: 540-550
³ O'Connor (2006) "Improving Medication Adherence" Arch. Internal Medicine; 166: 1802-1804
⁴ Simpson (2006) "Challenges for Improving Medication Adherence" Journal of the American Medical Association; 216: 2614-2616



Madison Valley Hospital & Clinic
 PO Box 397
 Ennis, MT 59729
 (406) 682-4274



future

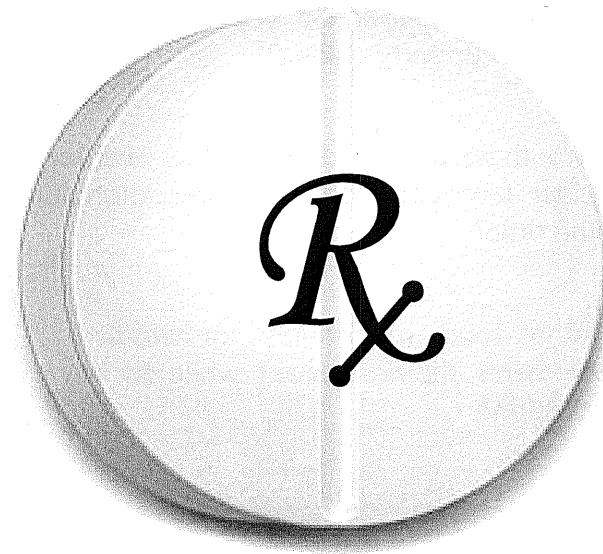
MADISON VALLEY HOSPITAL & CLINIC

The printing of this pamphlet was made possible with mini-grant support from the State of Montana's Small Hospital Improvement Project.



MADISON VALLEY HOSPITAL & CLINIC

TAKING CHARGE



**OF YOUR
 PRESCRIPTION
 DRUG ROUTINE!**

A Guide to Improve Your Medication Adherence

Developed by: Scott Skjei
 University of Washington School of Medicine
 Rural/Underserved Opportunities Program
 August 2007

IMPORTANT QUESTIONS TO KNOW & ASK YOUR CLINICIAN¹

? ? ?

- 1). What medications do you have listed that I am currently taking?
- 2). Are there any medications that we can consider removing from my medication list at this time?
- 3). What food, medications, or herbal supplements should I avoid while on this medication?
- 4). Is this a trade or generic medication?
- 5). How and when do I take the medication?
- 6). For how long (weeks, months, years) will I take it?
- 7). What are the possible adverse side effects, and what do I do if they occur?
- 8). How soon will the medication show results, and how will I know it is working?

WHAT IS MEDICATION NON-ADHERENCE?

- Not filling a prescription
- Skipping or missing a dose or doses
- Taking too much of your medication
- Stopping your medication prematurely
- Taking medication at the wrong time
- Taking a medication with something that may cause negative interactions
- Using expired medications
- Improperly storing medication
- Taking someone else's medication



UNFORTUNATE PILLS TO SWALLOW

- ☞ 20-50% of patients do not take their medications appropriately especially with long-term medicines.²
- ☞ Almost 29% of Americans stop taking a prescription before it runs out.¹
- ☞ 22% of Americans take a lower dose than what is prescribed on the label.¹
- ☞ Non-adherence results in an estimated \$100 billion in added healthcare costs.³
- ☞ Over half of all elderly Americans take three or more medications currently.¹
- ☞ Characteristics and aspects that may lead to poor adherence include⁴:
 - increased age
 - patient depression
 - the high cost of one's medications
 - beliefs about the unimportance of the medication
 - the presence of side effects
 - the length of time on the drug

TECHNIQUES & ADVICE TO HELP IMPROVE YOUR MEDICATION ADHERENCE



Use pill organizers.



Keep a list or chart of your current medications and supplements (included).



Make sure to notify your provider of all drugs and supplements that you take.



Ask about combined or lower frequency drugs if you feel the need to simplify.



If the cost of your drugs is a problem, ask ask if there are generic options.



Remember to bring your medications, supplements, & list to your visits.



Keep medications in the same place and make taking them part of your routine.



Use only one pharmacy if possible.



Encourage other providers to communicate with your primary care provider about prescriptions and care.



INTERNET-BASED RESOURCES



- www.healthatoz.com (easy-to-read drug facts and information)
- www.lifeclinic.com (info about senior care, high blood pressure, diabetes, & diet)
- www.adultmeducation.com (more information about the importance of medication adherence & communication)