Medication Adherence: Who Cares?
(CKD Stages 1-4)

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What are we going to cover?

- Medicines
  - Benefits
  - Types
  - Medication Use Problems

- Medication Adherence
  - Why it’s so important
  - Challenges to be adherent
  - Tips for being adherent

- Renal disease progression
Agenda

- Medicines
- Medication Adherence
- Renal Disease Progression
Medicines - Benefits

- Medicines
  - Change how your body works
  - Prevent or treat diseases & symptoms

- What they can do:
  - Improve your quality of life
  - Make you feel better
  - Lead to a longer life
Medicine Types

- Prescription
- Over-the Counter (OTC)
- Vitamins
- Dietary supplements
- Herbal remedies
- Foods and spices
OTC’s are Drugs Too!

**Prescription**
- Prescribed by a Healthcare professional
- Should only be taken by the patient prescribed for

**OTC**
- Should be reviewed by your Healthcare Team
- Can cause drug Interactions
- Self prescribed – You decide what you need
Medicine Use Problems

“Bad” things that can prevent you from getting the best results from your medicines

- Prevent you from getting better
- Make you feel sicker
- Lower your quality of life
- Cause accidents, injuries & disabilities
Medicine Use Problems - Causes

- Using too much
- Using too little
- Not following the directions
- Drug Interactions
  - Can change the way one or both drugs work
  - Between two or more drugs
  - Between
    - Drug and food
    - Herbals and supplements
Medicine Use Problems - Risks

- **Allergic Reactions**
  - Itching, rash or hives
  - Difficulty breathing/swallowing

- **Side Effects**
  - Headache
  - Dry mouth
  - Dizziness & confusion
  - GI problems
  - Aches & pain
  - Chills
  - Fatigue
Medicine Use Problems - Avoiding

- Communicate
  - Ask questions
  - Keep a medication list – share it!
  - Talk to your healthcare provider

- Use fewer pharmacies

- Read prescription and OTC labels and information carefully!

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3 R’s of Safe Medication Use

1. **Risk** - All medicines (prescription & nonprescription) have *risks* as well as benefits; and you need to weigh these risks and benefits carefully for every medicine you take.

2. **Respect** – *Respect* the power of your medicine and the value of medicines properly used.

3. **Responsibility** - Take *responsibility* for learning about how to take your medicine safely.
Medicine Use Problems – When?

- When a new medicine is added
- When a medicine is stopped
- When a dose is changed
- When you start or stop taking an OTC, herbal or nutritional supplement without consulting your doctor or pharmacist
- When you change your diet
- When you drink alcohol
Questions to ask my Doctor or Pharmacist

• What is this medicine for?
• How and when should I take it?
• How will I know if it is working?
• How long will I need to take it?
• What if I miss a dose?
Questions to ask my Doctor or Pharmacist

• Are there any side effects? What do I do if they occur?

• Is it safe to take it with food, other drugs, vitamins & supplements? Alcohol?

• Can I stop taking it if I feel better?

• Is there a generic version of this drug available?
Agenda

• Medicines
• Medication Adherence
• Renal Disease Progression
Medication Adherence

1 out of 3 people never fill their prescriptions

Nearly 45% of the population has one or more chronic conditions that require medication

Costs Americans $290 Billion Per Year

Nearly 3 out of 4 Americans don’t take their medications as directed

More than 1/3 of medication-related hospital admissions are linked to poor adherence

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“Drugs don’t work in patients that don’t take them!”

C. Everett Koop, MD
former Surgeon General
# Patient Reasons for Non-Adherence

<table>
<thead>
<tr>
<th>Main Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost of the drug</td>
<td>40%</td>
</tr>
<tr>
<td>Side effects of drug</td>
<td>11%</td>
</tr>
<tr>
<td>Thought drug wouldn’t help much</td>
<td>11%</td>
</tr>
<tr>
<td>Didn’t think I needed it</td>
<td>8%</td>
</tr>
<tr>
<td>Drug did not help</td>
<td>6%</td>
</tr>
<tr>
<td>Don’t like taking prescription drugs</td>
<td>5%</td>
</tr>
<tr>
<td>Condition improved</td>
<td>4%</td>
</tr>
<tr>
<td>Already taking too many prescriptions</td>
<td>3%</td>
</tr>
</tbody>
</table>

*Source: AARP, 2004*
Medication Adherence - Cost

- Ask your doctor to prescribe generic drugs
- If brand only is available, ask if there is a less expensive brand alternative
- Ask your insurance company for a copy of their drug formulary – share it with your doctor
- If commercially insured, ask about copay assistance card programs
10 Tips to Stay Adherent

1) Set a daily routine
2) Create a calendar checklist to record taking your doses
3) Use sticky note reminders
4) Count the pills in your bottle
5) Obtain a pill box organizer
10 Tips to Stay Adherent

6) Set an alarm

7) Use technology – pill reminder apps

8) Enlist help from your partner

9) Refill orders – mark your calendar

10) Ask your pharmacist to schedule your refill dates at the same time
Agenda

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Medicines – Renal Disease Progression

- **Diabetes**
  - Control blood sugar
  - Monitor levels

- **High Blood Pressure**
  - Take meds – control diet
  - Frequent monitoring

- **Cardiac vessel disease**
  - Control cholesterol levels
QUESTIONS