Alliance for Health Reform Briefing:
The role of medication adherence in creating healthier communities

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Snapshot of Providence

<table>
<thead>
<tr>
<th>Category</th>
<th>Count (or Number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregivers (all employees)</td>
<td>76,329</td>
</tr>
<tr>
<td>Employed physicians</td>
<td>3,579</td>
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<tr>
<td>Employed advanced practice clinicians</td>
<td>1,125</td>
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<tr>
<td>Registered nurses</td>
<td>25,958</td>
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<tr>
<td>Physician clinics</td>
<td>475</td>
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<tr>
<td>Acute care hospitals</td>
<td>34</td>
</tr>
<tr>
<td>Acute care beds (licensed)</td>
<td>9,395</td>
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<tr>
<td>Providence Health Plan members</td>
<td>500,941</td>
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<tr>
<td>Hospice and home health programs</td>
<td>19</td>
</tr>
<tr>
<td>Home health visits</td>
<td>597,634</td>
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<tr>
<td>Hospice days</td>
<td>628,182</td>
</tr>
<tr>
<td>Assisted living and long-term care facilities (free standing and co-located)</td>
<td>22</td>
</tr>
<tr>
<td>Supportive housing</td>
<td>Facilities: 14, Units: 693</td>
</tr>
<tr>
<td>Unique patients served</td>
<td>3,265,653</td>
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<tr>
<td>Community benefit and charity care costs</td>
<td>$848 million</td>
</tr>
<tr>
<td>Total net operating revenue</td>
<td>$12 billion</td>
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<tr>
<td>Total net operating income</td>
<td>$219 million</td>
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<tr>
<td>Total net income</td>
<td>$771 million</td>
</tr>
<tr>
<td>Total net assets</td>
<td>$7.9 billion</td>
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</table>
The facts about medication behaviors

1 out of 8 heart attack patients stop lifesaving drugs **after just 1 month**

15% – 31% of all prescriptions are not filled the first time

1 out of 2 prescriptions are not taken as directed

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Decrease in population health

Because of **unnecessary deaths**....

![Graph showing decrease in population health due to various causes including Heart disease, Cancer, Medication nonadherence, Chronic lower respiratory, Accidents, Diabetes, Flu/Pneumonia, Alzheimer's disease, Kidney disease, and Septicemia.](graph.png)
Nonadherence increases cost per capita

$177-290 billion in direct and indirect health care costs

Cost/patient with CAD episode due to nonadherence:
Before coronary artery disease episode: $2,800/year
After CAD episode: $10,400/year

$40 billion in lost pharmaceutical sales revenue

A typical mid-sized employer with $10 million in annual claims might be wasting over $1 million due to non-adherence

The impact of effective medication use

Better outcomes, better quality of life

40% improvement in mortality when medications are used appropriately
*(HOPE and S4) Heart outcome prevention evaluation and Scandinavian simvastatin survival study

60% reduction in hospitalizations for heart attack and stroke

Higher adherence, lower costs

A 10% point increase in statin MPR = $832 lower Medicare spending per capita
A 10% point increase in MPR = $285 lower Medicare costs

The average benefit – cost ratios from adherence for the four conditions were:
CHF = 8.4:1  |  HTN = 10.1:1
DIABETES = 6.7:1  |  DYSLIPIDEMIA = 3.1:1
Patients face over 250 barriers to adherence

**Patient related**
- Forgetfulness
- Lack of knowledge
- Value of therapy
- Culture/ethnic
- Denial
- Financial
- Health literacy
- Social support

**Medication related**
- Complex regimens
- Side effects
- Multiple medications
- Length of therapy

**Provider related**
- Poor relationship
- Poor communication
- Cultural and religious disparities
- Lack of feedback/ongoing reinforcement
- Focus on negative aspects of medication versus benefits

**Health system related**
- Type of health insurance
- Insurance/pharmacy benefit design

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Clinical pharmacists have a vital role

With clinical pharmacy management treating chronic diseases, evidence shows **significant improvement** in outcomes, reduced total cost of care, improvement in quality of life and more.

Retail pharmacies provide the ideal location for **medication therapy management** due to high frequency of patient visits to their local pharmacy.

Integrated health care delivery networks can provide comprehensive medication management and “close the loop” of care.

Pharmacists are the only uniquely qualified professionals to manage complex medication regimens.
“Increasing the effectiveness of interventions to improve adherence could have a far greater impact on population health than any other advancement in medical treatment.”