

Alliance for Health Reform Briefing:

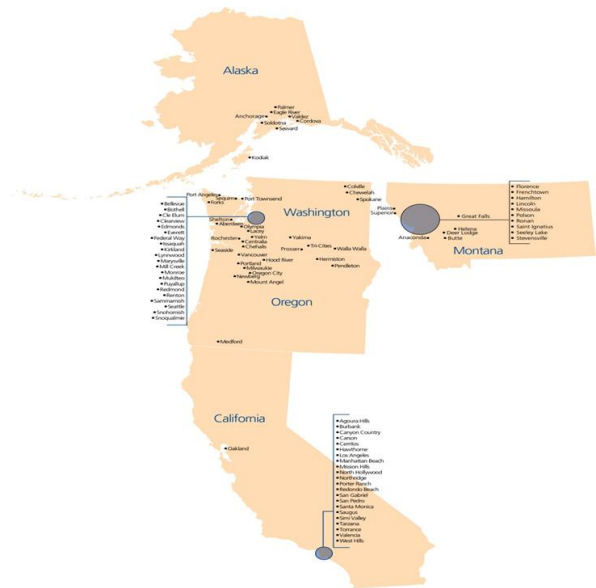
The role of medication adherence in creating healthier communities

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Snapshot of Providence

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



The facts about medication behaviors

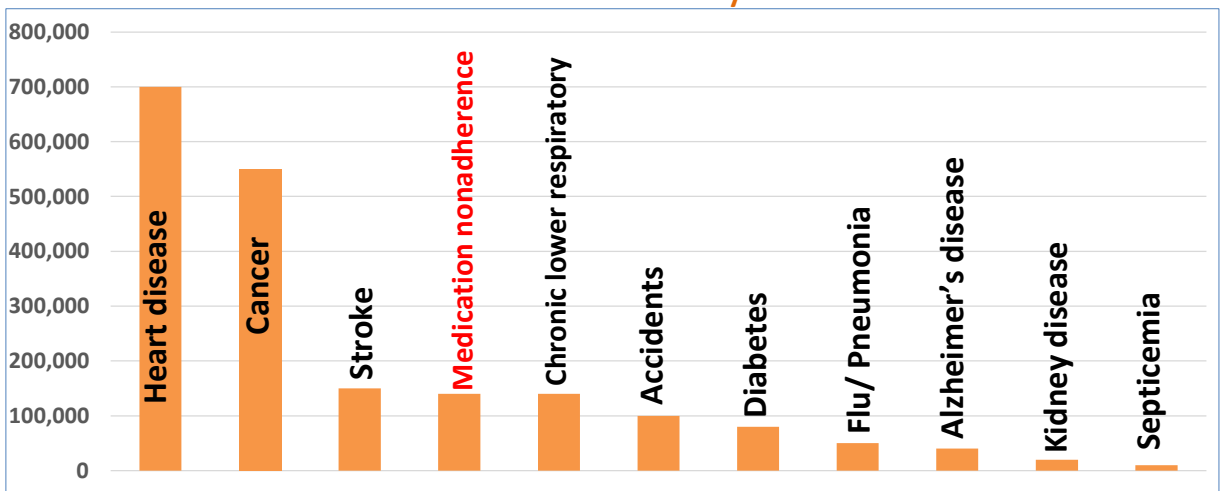
1 out of 8 heart attack patients stop lifesaving drugs **after just 1 month**

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

1 out of 2 prescriptions are not taken as directed

Decrease in population health

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



Nonadherence increases cost per capita



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
J Dudl et al: A.L.L. Simplified bundle of cardioprotective medications

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

7

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.

8



“Increasing the effectiveness of interventions to improve adherence could have a far greater impact on population health than any other advancement in medical treatment.”

World Health Organization (2003) & Haynes RB, Montague P., Oliver T. et. Al. Interventions for Helping Patients Follow Prescription Medications. The Cochrane Library (Oxford); 2001.

9