



**STRATEGIES TO ASSIST
PATIENTS
WITH SELF MANAGEMENT
OF MEDICATIONS**

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Medication Management

- Many people struggle with taking medications correctly due to various reasons
- Patients, family members, friends, and caregivers can implement measures to help make medication management easy

Today's Objectives

1

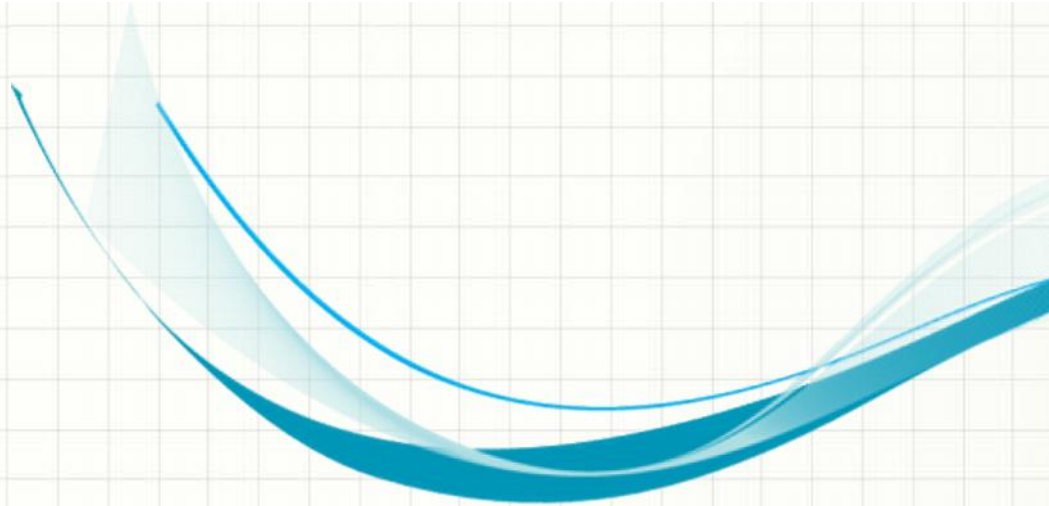
- Understand the challenges

2

- Familiarize yourself with barriers

3

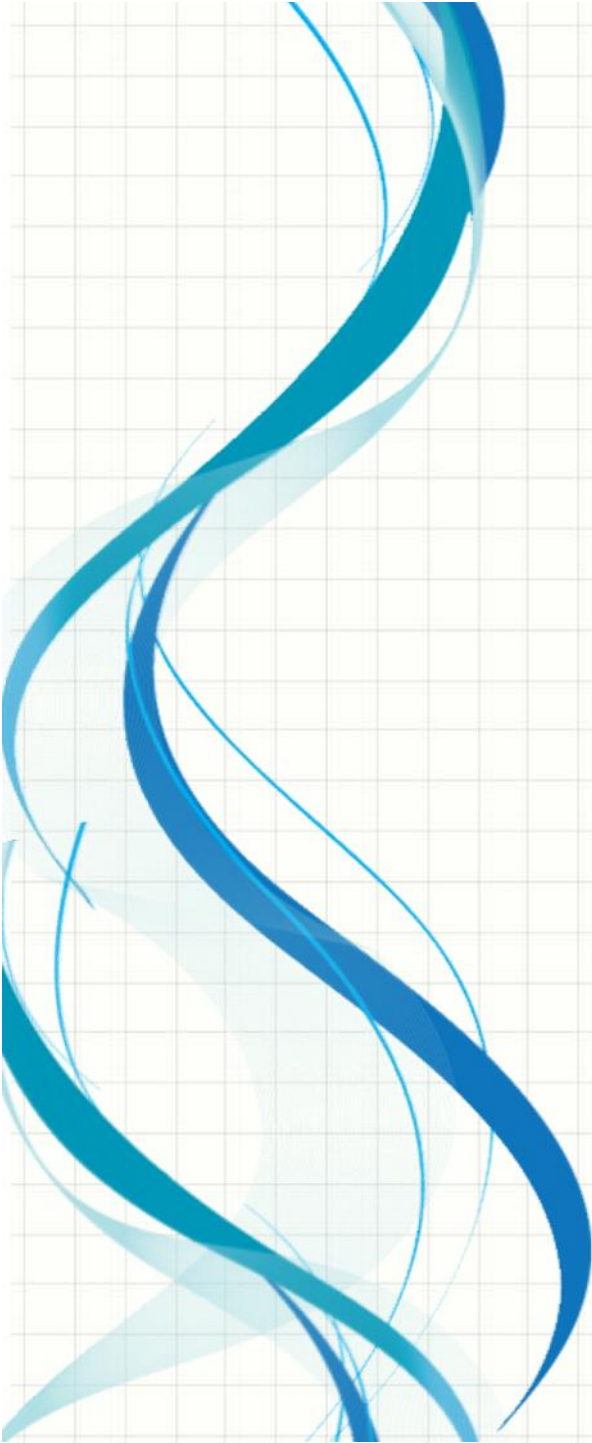
- Explore tools that can help



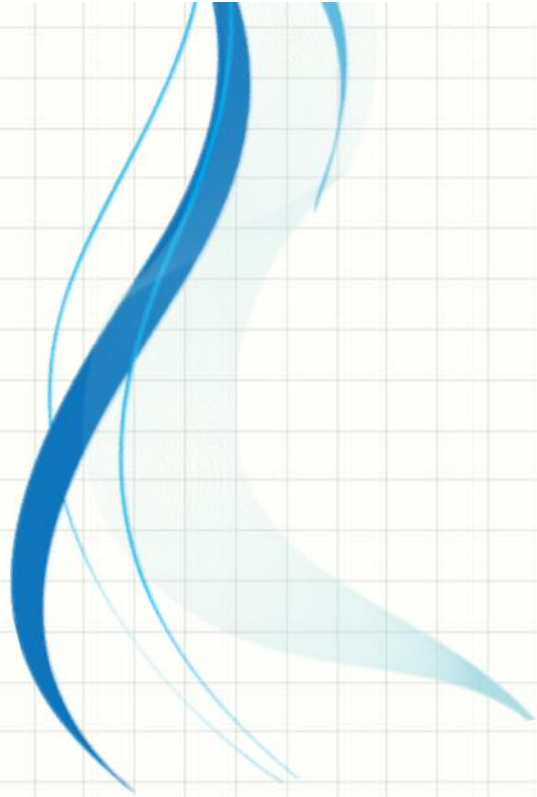
Potential for errors



Prescriptions
are
confusing



Its hard to
remember to
take meds



Too many
barriers
exist

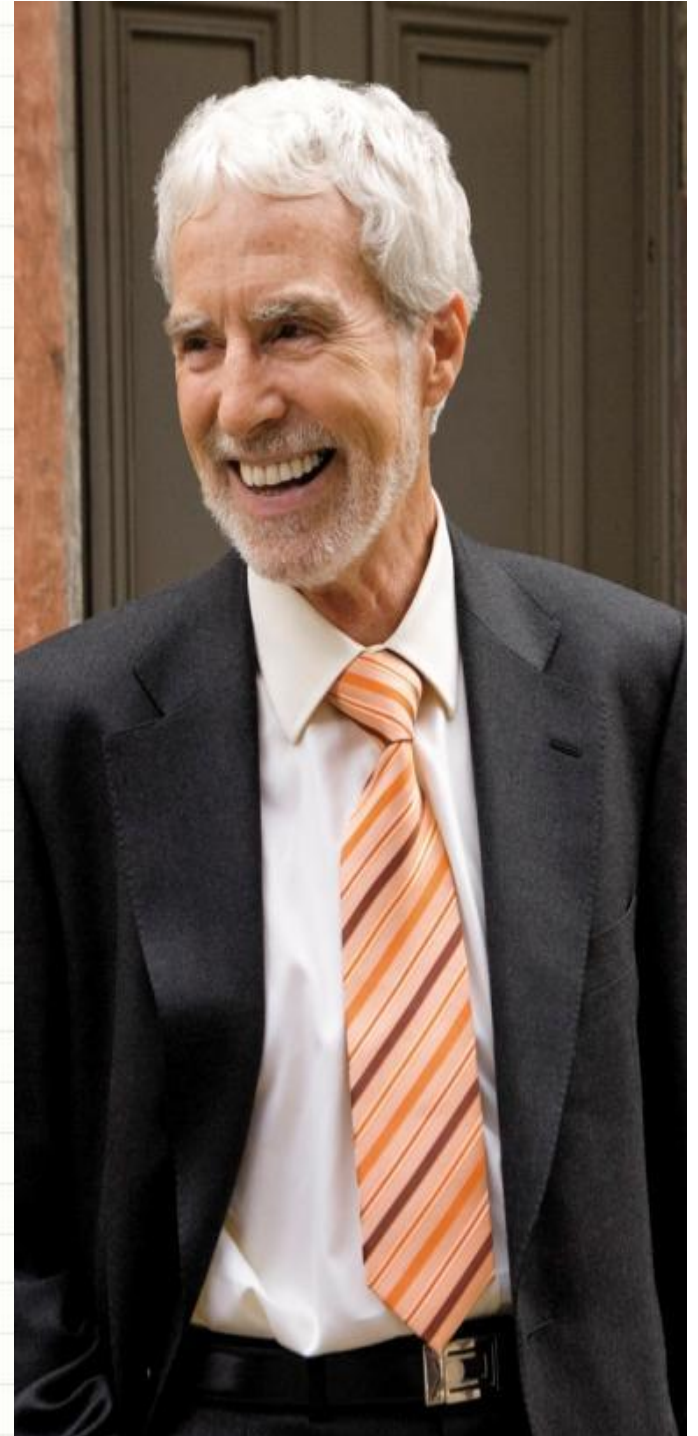


CHALLENGES

- Small print on bottles
- Poor home lighting
- Poor vision
- Confusing instructions
- Pills look alike
- Names sound alike
- Inconvenient
- Busy/forget

Barriers for the elderly

- Hearing
- Vision
- Forgetfulness
- Confusion
- Arthritis





**TOOLS THAT CAN
HELP**

Use pictures on Rx bottles



Pill planners (store-bought)

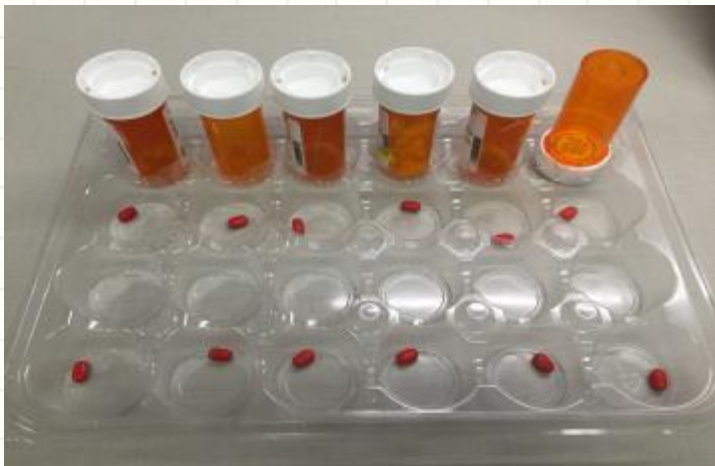


Pops out & easily fits in
your pocket



Extra Large Size

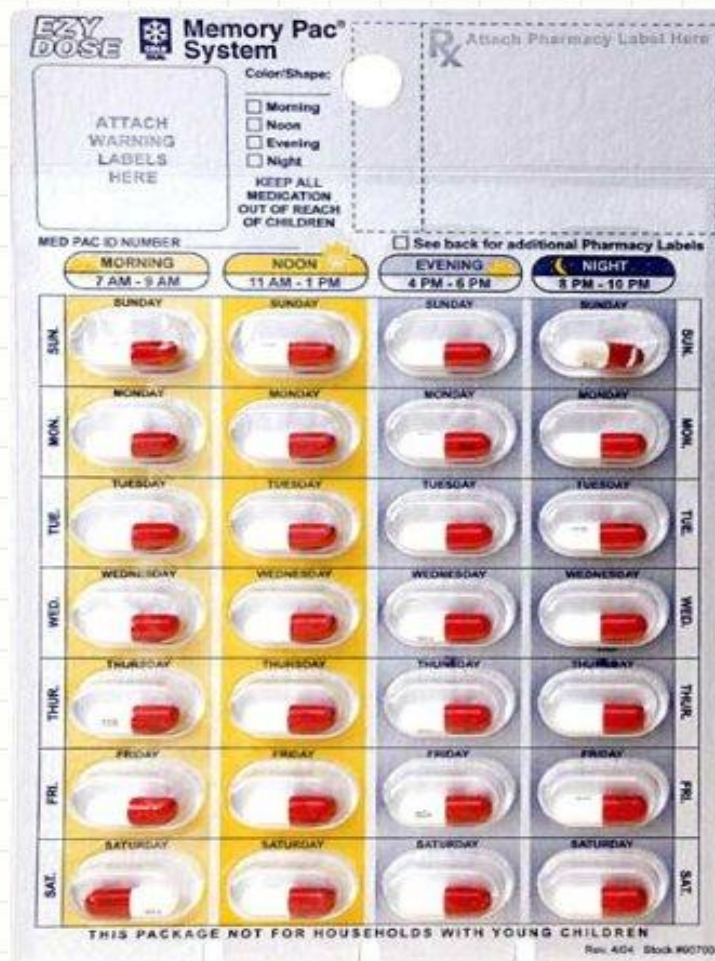
Pill planners (home-made)



Black background trick



Blister packs
















Covered by some insurances

Available at local pharmacies like Baptist Tower Pharmacy, Adams Drugs, & others

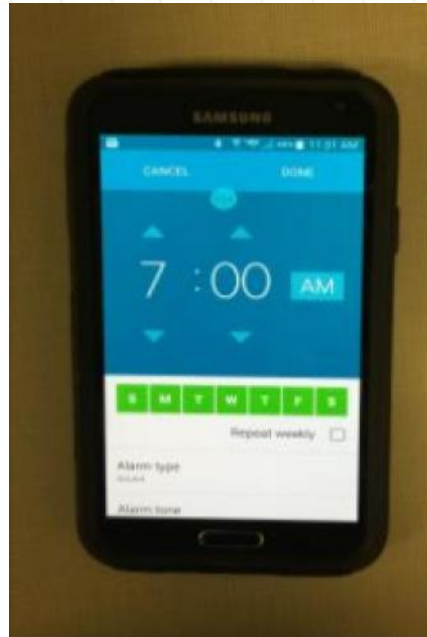
PictureRx (www.mypicturerx.com)

THIS IS A DEMO ACCOUNT

Date Printed: Feb. 10, 2014

 Name: <u>Herald Stephan Ostair</u>		ALLERGIES	YOUR DOCTOR	YOUR PHARMACY	
		Peanuts	James Smith, MD	None	None
Pill Name / Instructions	Used for?	MORNING  7-9am	NOON  11-1pm	EVENING  4-6pm	BEDTIME  9-11pm
Propecia (Generic Name: Finasteride) 1 mg Take 1 pill in the morning.	 Hair Growth	 1 pill			
Lipitor (Generic Name: Atorvastatin Calcium) 10 mg Take 1 pill in the morning and 1 pill in the evening.	 Cholesterol	 1 pill		 1 pill	
Advair Diskus (Generic Name: Fluticasone/Salmeterol) 100-50 mcg/dose Inhale 1 puff in the morning and 1 puff in the evening.	 Hormones	 1 puff		 1 puff	

Other helpful tools



Turn caps over for Easy Open

Set reminder alarms



Insulin



Pre-fill insulin syringes and store them in the refrigerator



If pens are not available, use a tooth brush holder for protection



Summary

- Identify the challenges
 - Understand what is preventing medication success (time, comprehension, volume)
- Eliminate the barriers
 - Use pill planners/blister packs to make home med administration quick and easy
- Use reminders



QUESTIONS?