

The Importance of Clinical Pharmacist Counseling in Improving Patient Medication Adherence . (DGI-069)

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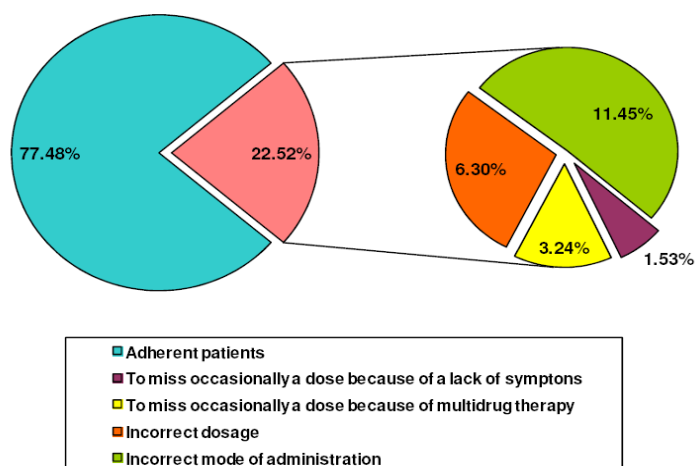
Background & Purpose

Medication adherence is a key-factor in achieving good clinical outcomes in patients undergoing long-term therapies. Meeting with patients is fundamental in educating them on correct drug use, and recommending dietary and lifestyle changes.

To assess the clinical pharmacist (CP) counseling program, up to the discharge and outpatient visits, to improve medication adherence, reduce adverse drug events, and encourage positive behavior.

Materials and Methods

CP counseling was addressed to adult abdominal and cardiac surgery patients, including transplanted patients. The discussed topics were: importance of prescribed drugs and therapeutic indications, directions, and potential side effects. A drug information sheet was given to all patients. The survey was conducted by the ISMETT Pharmacy Service from May 1 to September 30, 2012.



Results

The survey included 524 patients, of whom 54.6% were transplant patients, and 45.4% cardiology patients; 326 were male and 198 female, with a mean age of 56±15.1. Of these patients, 97.5% (511/524) knew that respecting therapeutic recommendations improves outcomes, and 85.3% (447/524) reported that the CP explained the importance of correct dosage and mode of administration; however 11.5% (60/524) didn't know the correct mode of administration, and 6.3% (33/524) didn't take their drugs on time. 4.8% (25/524) reported occasionally missing a dose, of which 32% (8/25) because of a lack of symptoms, and 68% (17/25) because of a regimen of multidrug therapy. CP counseling was repeated for patients who didn't completely adhere to therapy. For clinical reasons and to increase patients compliance, the physician and CP changed therapy from mycophenolate mofetil to mycophenolic acid for 7 patients, from immediate release tacrolimus to extended release formulation for 1, and from mycophenolate mofetil to everolimus for 1. All patients reported that CP counseling had a positive impact, and 58.6% asked to meet with the CP more often.

Conclusions

Our survey confirmed that CP counseling improves patient outcomes and safety, results in stricter adherence to therapy and changes in patient behavior, and contributes to better outcomes and faster convalescence.