

Integrating Pharmacists within Aboriginal Community Controlled Health Services to improve Chronic Disease Management (IPAC) Core Role 3 (N-MARS) - Medication adherence assessment & support

- Medication adherence is central to good health outcomes
- Adherence for many people with chronic disease is extremely poor
- Economic costs of non-adherence are high
- Many factors may contribute to reduced medication adherence in Aboriginal and Torres Strait Islander populations



Several types:

- Self-reported measures
- Direct measures
- From pharmacists
- Electronic measures such as secondary database analyses
- Biomedical measures (eg. blood pressure)



- New!
- Aboriginal-specific self-reporting measure of medication adherence
- Tested for clinical sensitivity and content validity
- Comprises 11 Yes/No questions plus 1 requiring a numeric answer

- Culturally appropriate and suitable to the Aboriginal and Torres Strait Islander patient context
- Supplement the use of electronic measures of adherence
- Help prescribers and pharmacists to identify modifiable factors affecting patient adherence
- Used to inform strategies for health staff to assist individual patients to overcome barriers to adherence



The first part of this question requires a Yes/No answer, while the second part requires a numeric response between 0-7

Q1	Did you forget to take any of your medicines yesterday?		
	Explore: How many days in the last week have you taken this medication? (Response = number 0-7)]		

N-MARS patient survey

Questions 2- 11 Explore *reasons* for non-adherence

Q2	Is it hard for you to remember to take your medicines?	Yes	No
Q3	Do you know when, and how, to take your medicines?		
Q4	Is it hard for you to take your medicines in the right way? (like the Dr/Nurse/AHW said)		
Q5	Do you feel that taking your medicines will be good for your health?		
Q6	Do you sometimes take less medicine to make the medicine last longer?		
Q7	Do you sometimes stop taking your medicines because you think you are ok?		
Q8	Do you sometimes stop taking your medicine because you think it might make you sick?		
Q9	Do you sometimes miss taking your medicine or 'run out' because it costs too much, or it is hard to get more?		
Q10	Do you sometimes run out of medicines because you give them away or share them with other people?		
Q11	Do you go without your medicines when you are away from home?		

- Each participant enrolled in the IPAC project will be asked the twelve questions included in the N-MARS survey
- Survey conducted at least twice for each participant
- The more N-MARS assessments the better!
- Pharmacist to record N-MARS answers in the electronic logbook
- Pharmacist also to record in the patient's profile within the ACCHS CIS that the N-MARS has been conducted



- Use survey results to develop appropriate strategies to support chronic disease self-management & medication adherence
- Measures of medication adherence will be analysed for change from baseline



Thank you!