

Medication Management Discussion

Purpose:

- Increase understanding about the importance of medication management
- Explore practical approaches to support the effective and safe use of medication that minimizes the underuse, overuse and misuse of medication
- Explore approaches to address the misuse of pain medication
- Identify ways in which Health Information Technology supports medication management



What is Medication Self-Management?

- ❑ **Activating, involving and partnering with** clients to use medication effectively and safely

- ❑ Applying the person centered approach to educate clients to:
 - ❑ make informed decisions about medication
 - ❑ use medication in a way that maximizes benefit and minimizes harm
 - ❑ avoid the underuse, overuse and misuse of medication



Discussion Questions

- In what ways do individuals use medication in a way that is unsafe and ineffective?
- What challenges have you encountered in promoting medication self-management?
- What approaches have you explored and/or implemented to support medication-self-management?
- Which members of the primary and behavioral integrated team have a role in promoting medication self-management?



The misuse of pain medication: nature and scope of the problem

- Overall, rates of opioid analgesic misuse and overdose death are highest among men, persons aged 20–64 years, non-Hispanic whites, and poor and rural populations.
- Persons who have mental illness are overrepresented among both those who are prescribed opioids and those who overdose on them.

CDC. Policy impact: prescription painkiller overdoses. Atlanta, GA: US Department of Health and Human Services, CDC; 2011. Available at <http://www.cdc.gov/homeandrecreationalafety/rxbrief/index.html>. Accessed January 9, 2012.



Discussion Question

How often is the problem of opioid misuse encountered among the clients you serve?

What policies/practices/supports are employed to address the potential for the misuse of pain medication?

In what way have grantees employed alternative pain management strategies (e.g., relaxation training, physical therapy, targeted exercise, psychological techniques)?



The Role of Health Information Technology

- Formulary checks
- Generating lists of patients for targeted groups
- Provide patient summaries after each visit with clear instructions on how to take their medications
- Assists prescribers to select the correct medication and dosages
- Allergy alerts
- Medication Reconciliation: Reduces medication conflicts and unnecessary hospitalizations
- Provide educational material specific to the disease or disorder
- Patient portals for clients to check on their medications and access information
- Interactive Communication Technologies
- iPhones, iPads, Androids & other cell phone technology
 - Text messaging reminders pushed to client
 - Medication adherence programs



Discussion Questions

- In what way have grantees employed Health Information Technology to support the safe and effective use of medication?
- What technical assistance would support grantees to explore, plan and use HIT to support medication management?



Resources

Medication Adherence Project: Toolkit and Training Guide for Primary Care Providers and Pharmacists

<http://www.nyc.gov/html/doh/html/cardio/cardio-map-tools.shtml>

CDC summary report on abuse of prescription medication

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6101a3.htm>

