Understanding Families’ Roles in Medication Management

Jackie Pinkowitz, M.Ed. – ALR family member
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ALR Family Member
Families Caring for Loved Ones

Safe Medication Use
Primary Care thru End-of-Life
Growing Influence of Baby Boomers on the Healthcare of Aging Parents

Approximately 13 million baby boomers were actively involved in the healthcare of their senior parents .... 2006

Lori Laurent Smith & David Lockwood, DTC Perspectives March 2006
(with permission from authors)
Role Boomers Play in Parent’s Diagnosis & Treatment

- Very involved in treatment decisions: 64%
- Prompted parent to discuss symptoms: 56%
- Called to make appointment: 38%
Specific Assistance Boomers Provide

- Pharmacy visits: 48%
- Medication reminders: 44%
- Medication dosing: 23%
Frequency of Assistance

At least once a week 56%
A few times a week 34%
Every day 25%
Boomers and Healthcare

- Use internet for information on health & wellness
- Expect greater say regarding our parents’ care
- Want to be treated as part of our parents’ healthcare team

Boomers’ Expectations

Teamwork to Optimize Care
Families’ Concerns
Medication Self-Management

• Storing
• Administering
• Adherence

6 or more medications + supplements
Families’ Concerns
Medication Management

• Changing health & cognitive status

• Multiple physicians prescribing medications

• Staff well-trained in medication tasks; understand risks
Medication Errors

Are responsible for

25% of all hospital admissions among elderly*

* National Association of Chain Drug Stores, 2004
Rehabilitation

Assisted Living

POTENTIAL FOR ERRORS

Hospitalization

Rehabilitation
Medication Safety for Seniors:
Self-Storing
Self Administration
Adherence
Potential Interactions

ALF
Med Assessments
Role of Pharmacist
Med. Mgmt Services
Cost of services

ALF
Roles of all parties
Components of MTMS
Pharma Provider
Transitions in care

Adapted from Prochaska and DiClemente’s Transtheoretical Model of Behavior Change, 1983
Proactively Teach ALF
Families & Residents

• Assessment to determine medication self-administration
• Components of MTMS
• Roles of staff, consultant pharmacist, & contract pharmacy provider
• Safeguards during transitions of care
Practitioners’ Roles

• Treat families as part of care team
• On-going, open communications
• Periodic consultations: review their medications; alert us to side effects & risks; answer our questions
Families’ Roles

• Proactively learn about Medication Management
• Ask practitioners relevant questions
• Open lines of communication
• Be reasonable & realistic
• Influencers & Advocates
Medication Management Questions
Families Need to Ask

- Who administers medications?
- How are they trained & supervised?
- What safeguards are in place to ensure that appropriate medications are provided on time & in correct dosage?
Medication Management Questions
Families Need to Ask

• Who reviews med. procedures; how frequently?
• What are their qualifications?
• Who is responsible for filling prescriptions?
• Is there a requirement on medication packaging?
• Will we be kept informed of medication-related issues with my loved one?

Consumer Consortium on Assisted Living
Collaborate to Optimize Care

- Anticipate changing health needs
- Integrate health & lifestyle electronic records
- Communicate as a care team
- Educate all parties involved
- Medicate safely & responsibly
Resources

- American Society on Aging & American Society of Consultant Pharmacists: ADULT MEDUCATION – Improving medication adherence in older adults
  http://www.adultmeducation.com

- American Society of Consultant Pharmacists: Fact sheets & senior care pharmacist locator for consumers
  http://www.seniorcarepharmacist.com

- Center for Excellence in Assisted Living Clearinghouse searchable database
  http://thecéal.org/clearinghouse.php

- Consumer Consortium on Assisted Living
  www.ccal.org