

Supporting pharmaceutical care in the home

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Pharmaceutical care in the home

- Where are most medicines taken? At home
- Most data about medication errors and problems come from hospital settings.
- How are medicines managed in the home?
- What problems arise?
- What are our professional responsibilities?

Supporting pharmaceutical care in the home

- Estimated that 3%-5% deaths linked to adverse drug reactions
- Between 2.4% and 15.4% hospital admissions due to ADRs or medicine-related problems
- Less than half of patients follow the instructions regarding the use of their medicines

Supporting pharmaceutical care in the home

- Medicines for CVD
- COPD and nebulisers
- Care-givers and medicines
- Children with chronic conditions at home and at school

Medicines and CVD

- Increasing prevalence worldwide
- Older populations
- Medicines at home
- Lessons from 98 interviews with patients in their own homes

Pharmaceutical care in the home older people with CVD

- side-effects,
- beliefs about medicines,
- cognitive, physical and sensory problems,
- information and understanding,
- access to, and organisation of, services

Pharmaceutical care in the home older people with CVD

- '...my feet were so swollen, and the backs of my legs were really hard. I'm not taking them any more.'
- I take it sometimes, I have to see how my body goes. I don't like it.'

Pharmaceutical care in the home older people with CVD

- '...it frightens me. I don't know much about it, but I know it can lead to heart attacks. '
- You just get repeat prescriptions. I think they should be reviewed sometimes, maybe the number could go down.'

Pharmaceutical care in the home
new technologies: COPD and nebulisers

- High prevalence
- Historically a lower priority
- Pharmaceutical technologies at home

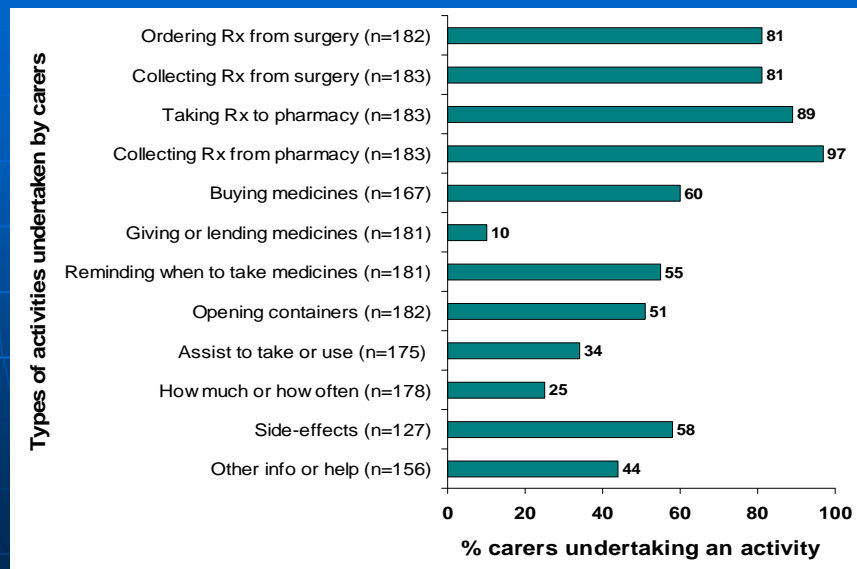
Pharmaceutical care in the home
new technologies: COPD and nebulisers

- Reducing exacerbations
- Goal to keep people out of hospital and in their own homes
- Health care acquired infections
- Supporting effective therapy for patients

Pharmaceutical care in the home: (informal) care-givers

- Many people with a chronic illness receive help with their medicines from family and friends
- Care-givers are important in health care throughout the world
- For many people the help is vital
- Pharmaceutical care must remember the carers

Medicines and care-givers



Caregivers' problems with medicines keeping up with supplies

- Different storage places in the home
- Different pack sizes or formulations
- Variable need for regular and *prn* medicines
- Time is often needed to order from a clinic or pharmacy

Caregivers' problems with medicines helping with administration

- Complex or frequent dosing regimens
- Different formulations
- Carers too may have problems with remembering or opening packages, cutting up tablets, administering eye drops

Caregivers' problems with medicines making clinical decisions

- Carers have views and concerns about medicines

- Clinical judgements and advice:
 - Side-effects
 - Effectiveness of medicines
 - The number of medicines prescribed
 - Need for review

Pharmaceutical care in the home carers and patients

I have questioned with the doctor, and the pharmacist, I didn't think she needed all the medicines. She was on 23 tablets... It took two weeks to get them reviewed, and from twenty-three she went down to four.

We were prescribed a quantity of phenytoin, and it made her so sleepy, I reduced the amount.

Pharmaceutical care for care-givers

- Recognising their roles and concerns
- Ensuring they have information they need
- Providing advice:
 - Changes to regimens
 - Recognising that carers and patients will both have views
- Attend to carers' own health needs

Supporting young people with chronic illness

- to enable young people who have a chronic condition to live a normal life
- Medication is often a central part of management of chronic conditions
- *an important focus of pharmaceutical care*

Young people (aged 8-15 years) with diabetes and their medicines (n=26)

(Newbould, Francis and Smith)

Task	Performed by parent	Task shared	Performed by young person
Ordering supplies	23	1	2
Collecting prescriptions	25	1	0
Monitoring blood glucose levels	2	4	20
Remembering / reminding	13	4	9
Administration of insulin	4	9	12

Young people and medicines

Interview with young person with diabetes

I just do my prick (monitor blood glucose level) and if I am high or low I just dial up what I need. I don't bother Mum with it. [Girl, 11 years].

Young person with CF in consultation with dietitian

D: have you had any tummy ache with that (*new bowel symptom*), any bloating, anything you've eaten differently in the past two days, anything a bit more fatty

YP: erm no, I think I might have not had enough Creon at school lunch

D: yeah

Young people and medicines

He [consultant] and my mum, they both want me to go on to three jabs a day. But I won't do it. I've told them I won't. I refuse to have one when I'm at school, whatever they say.

[Boy, 10 years].

Medicines and school

- Access to medicines
- Using medicines at school
- Special activities: school trips
- Roles of school staff
- Home-school interface

Using medicines at school

- He doesn't take his medication because of the side-effects... it makes him go to the toilet.
- ...they make me nauseous and sleepy That's why I don't like taking it. If I'm at school and I need to take it then there is no point being there because it makes me go to sleep.

Using medicines at school

- If you have it in the school office you have to have it at a scheduled time... I just take it when I need it. It's actually against the school rules to have it in your bag but I found no other way.
- When I first started (insulin pump) the hospital were in contact with my school, which was very helpful.

Information for young people

- Young people are actively involved in managing and using their medicines
- They understand a lot and make decisions
- They have difficulties in fitting medicine use into their daily lives: especially at school where they often have less support.

Delivering Pharmaceutical Care

- 'expert patients'
- making clinical decisions about their medicines
- our job is to help them to make the best decisions and achieve optimal clinical outcomes

Delivering Pharmaceutical Care

- Health service structures and organisation
- Social and cultural contexts of health care and medicines use
- Education

Teaching students to support patients



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