

# PATIENT Compliance

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# ILO's

**01**

**Define Patient Compliance**

**03**

**Discuss factors related to noncompliance**



**02**

**Identify roles of pharmacists in Patient compliance**

**04**

**Explore different types of compliance aids**



# INTRODUCTION

Adherence to therapies is a primary determinant of treatment success also Failure to adherence is a serious problem which not only affects the patient but also the health care system and Medication non adherence in patients leads to substantial worsening of disease, death and increased health care costs.

# Patient Compliance



Compliance is a action that involves the patient following the treatment program and taking their medicine routinely, Complying with orders is simply following them correctly, attempting to make lifestyle or diet changes and utilizing the right medical devices or physical therapy at home.





# 02

## Identify roles of pharmacists in Patient compliance



- ❖ It includes identifying drug-related issues and providing patient consultations regarding drug therapy



- ❖ Medication information should be provided to patients during the counseling session.



- ❖ This information includes, the common and severe adverse effects, drug interactions and contraindications and appropriate direction of use by the patient



- ❖ Discuss with the patients about the side effects of a drug.



# 03

## Factors related to noncompliance



# Patient-related factors

❖ Inadequate health literacy and knowledge (mostly in case of no symptoms diseases).



❖ Lack of communication and transportation, mostly in rural areas.



❖ Lack of family support

# Physician-related factors



- Prescribing complex medication regimes which are beyond the patient's understanding



- Inadequate knowledge about a patient's financial burden before prescribing any medication.



- Inadequate knowledge about a patient's disease background.



- Lack of communication between different healthcare (eg. nurses, general physicians and consultants during post-discharge visits).



**04**

**Explore different types  
of compliance aids**

# What are compliance aids?

“Compliance aids are devices in which a patient’s tablets and capsules are packed into separate compartments, usually four for each day corresponding to the doses to be taken at mealtimes and bedtime include a printed treatment schedule for each individual patient.”



## Multi-Compartmental Compliance Aids (MCAs)

- are reusable plastic containers for taking medicines, that are divided into days/time of day (designed to contain individual doses of medicines).



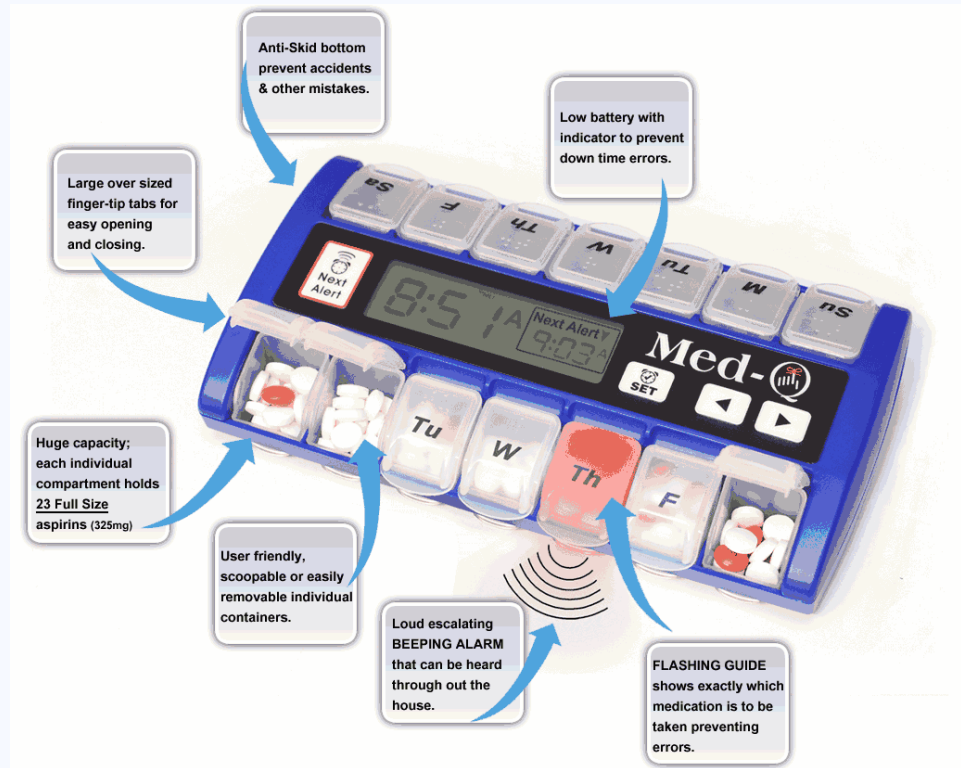
## Monitored Dosage System (MDS)

- has an individual compartment for medicines to be taken at a set time each day, is disposable, and is dispensed by pharmacists as a blister pack or roll of sachets.

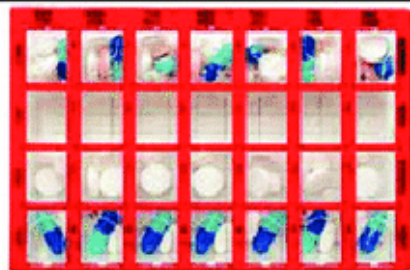


# Automated reminder function

Although there are some MCAs on the market with alarms and/or text reminders, multi-medication compliance aids offer a safe and effective approach to managing medication therapy by placing different medications in the same compartment, organized by dosing intervals.



### The Dosett®



15cm Width x 10cm Height  
x 2cm Diameter

Font size 16 for days of the week and 10 for times of the day (each compartment is also numbered with a font size of 16)

### The Nomad Clear®



22cm Width x 17cm Height  
x 3cm Diameter

Font size 20 for days of the week and times of the day

### The Venalink®



16.5cm Width x 24.7cm  
Height x 2.5cm Diameter

Font size 14 for days of the week and 12 for times of the day



# Summary



Patient medication non adherence is a major medical problem globally. There are many inter related reasons for the same. Though patient education is the key to improving compliance, use of compliance aids, proper motivation and support is also shown to increase medication adherence. Health care professionals should identify practically possible strategies to improve medication adherence within the limits of their practice eventually enhancing therapeutic outcome.

# Applications

## App (These applications are for Android and iPhone)

- Medisafe(<https://play.google.com/store/apps/details?id=com.medisafe.android.client>)
- MyTherapy(<https://play.google.com/store/apps/details?id=eu.smartpatient.mytherapy>)
- Rxremind - Pill Reminder and Medication Tracker  
(<https://play.google.com/store/apps/details?id=app.medcontrol.alarm.pillreminder>)

## Buy link

- Dosett ([www.dosett.com](http://www.dosett.com))
- Medidos ([www.medidos.com](http://www.medidos.com))
- [www.venalink.co.uk](http://www.venalink.co.uk)



# RESEARCH RESOURCES

- <https://wchh.onlinelibrary.wiley.com/doi/pdf/10.1002/psb.325>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3026148/>
- <http://medcraveonline.com/JBMOA/JBMOA-04-00106.pdf>
- <https://www.slideshare.net/AmrFlifle/patient-compliance-76315233>

Thank  
you!

