

# SELF ADMINISTRATION of MEDICATION PROJECT

Caulfield Hospital

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# Aims

- To pilot a self-administration of medication program in hospitalised aged patients (40 patients over 6 months)
- Determine nursing and pharmacy resource requirements.
- To evaluate various assessment tools, such as MMSE.
- Determine patient and staff satisfaction with the program
- Quantification of successful patient completion and degree of adherence to medications after discharge from hospital.

# Inclusion criteria

- 60+ years of age
- 4+ prescription medications
- Medications stable (no planned changes)
- Able to swallow solid oral medications
- Planned to be primarily responsible for self medicating at home
- Able to give informed consent

# Stages of program

- Patient assessment
- Stage 1 – Patient initiated administration
- Stage 2 – Patient self administration

# Patient assessment

- Conduct / collate project assessments including MMSE
- Identify the preferred format of medications (original packs, dosette, Webster)
- Simplify the medication regimen if possible.

## Stage 1 (Patient initiated)

- Patient provided with education (incl chart)
- Patient to request medication from nurse at appropriate time(s)
- Patient then given ALL medication
- Patient selects right one(s) in presence of nurse
- This stage runs for min. 3 days

## Stage 2 (self administration)

- If Stage 1 OK, move to Stage 2
- Medication stored in locked bedside locker, patient has the key
- Patient takes medication without supervision
- Nurse perform daily “pill count” to identify how many doses are missing
- Continues until discharge

# Discharge

- Routine counselling
- Patient surveys were completed at discharge
- Staff surveys were completed at the end of the programme

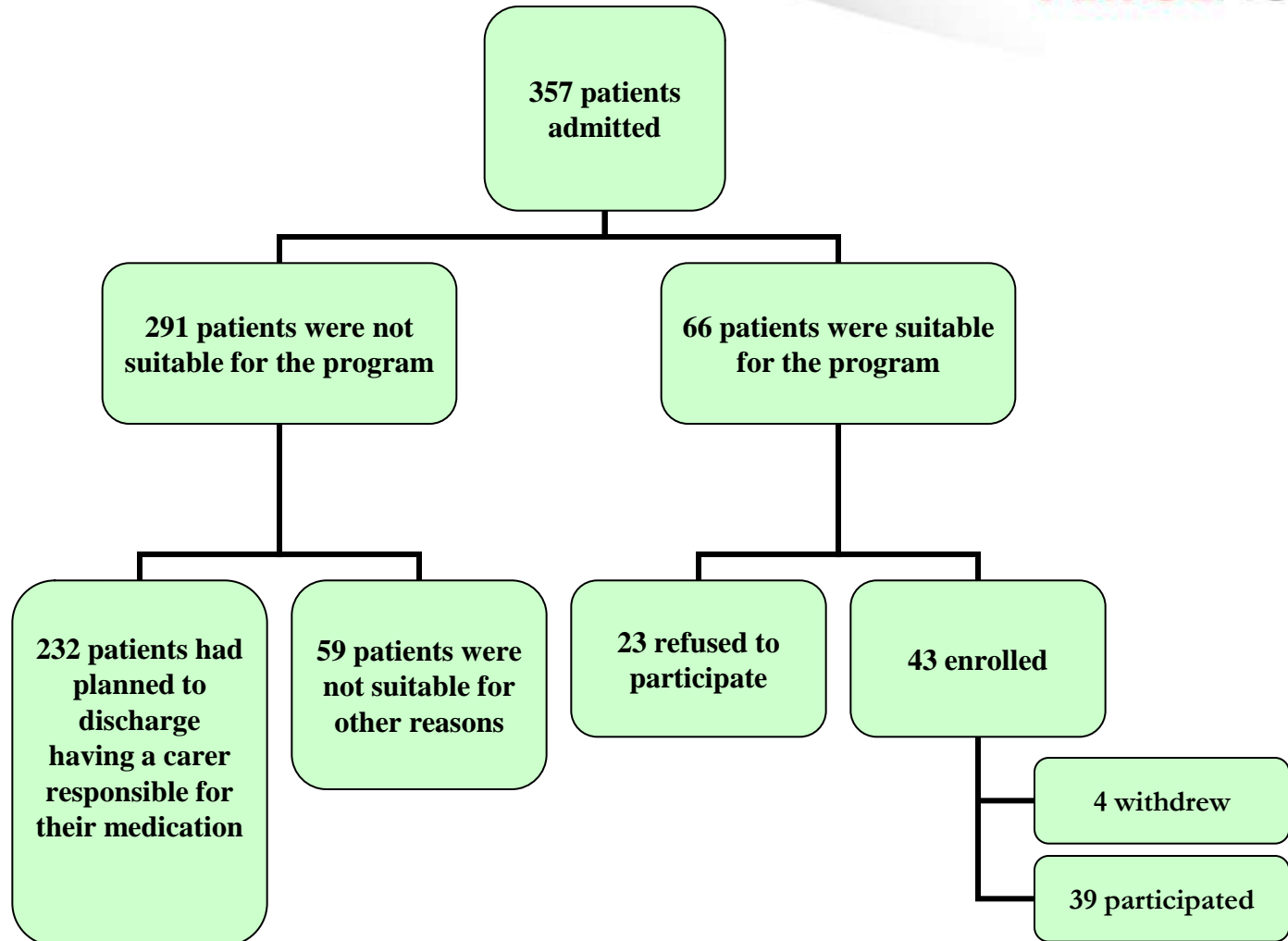
# Post discharge

- Outreach pharmacist home visit (7-10 days after discharge)
  - Routine outreach medication review
  - Identification of medication issues
  - Project assessments
  - “Pill count”

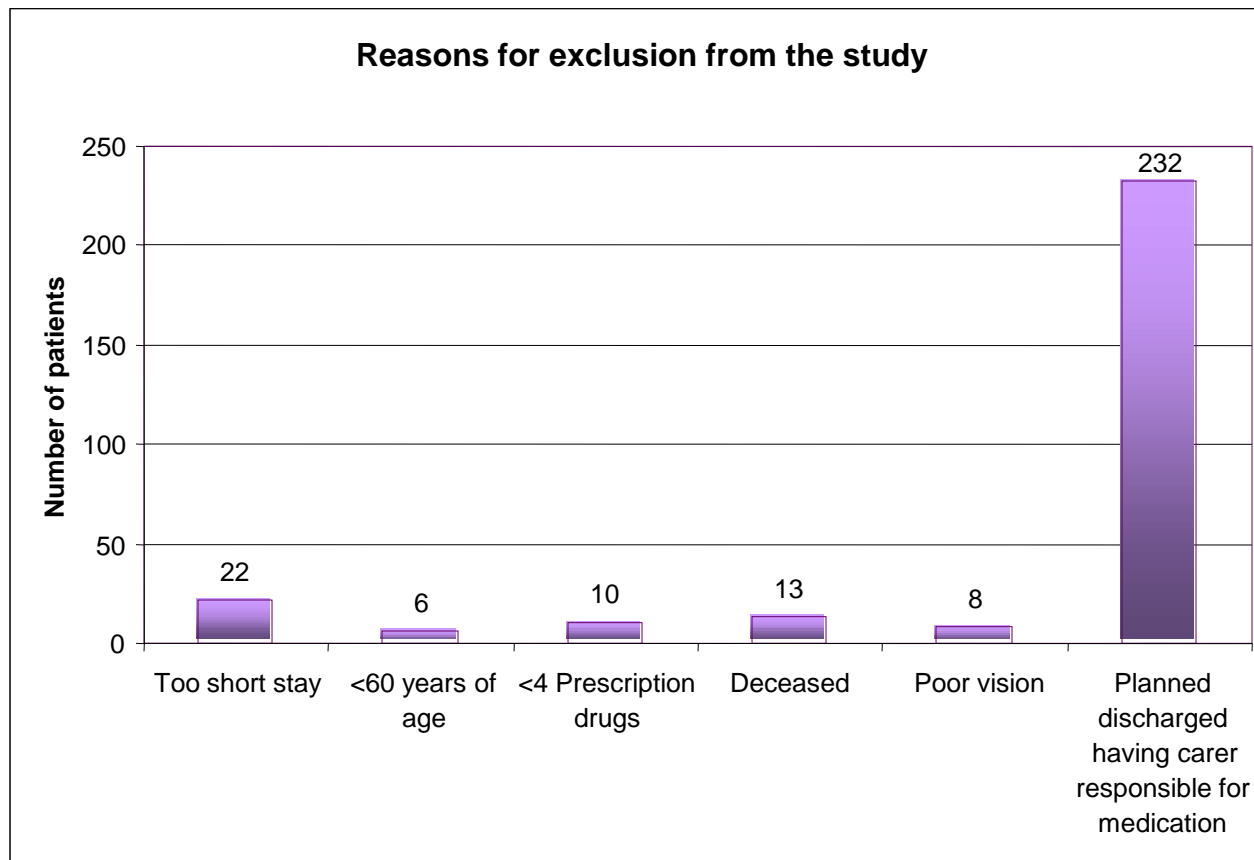
# Results

- Start: 17 August 2009
- End: 19 February 2010.
- 43 patients were recruited during this period.

# Results: patient recruitment



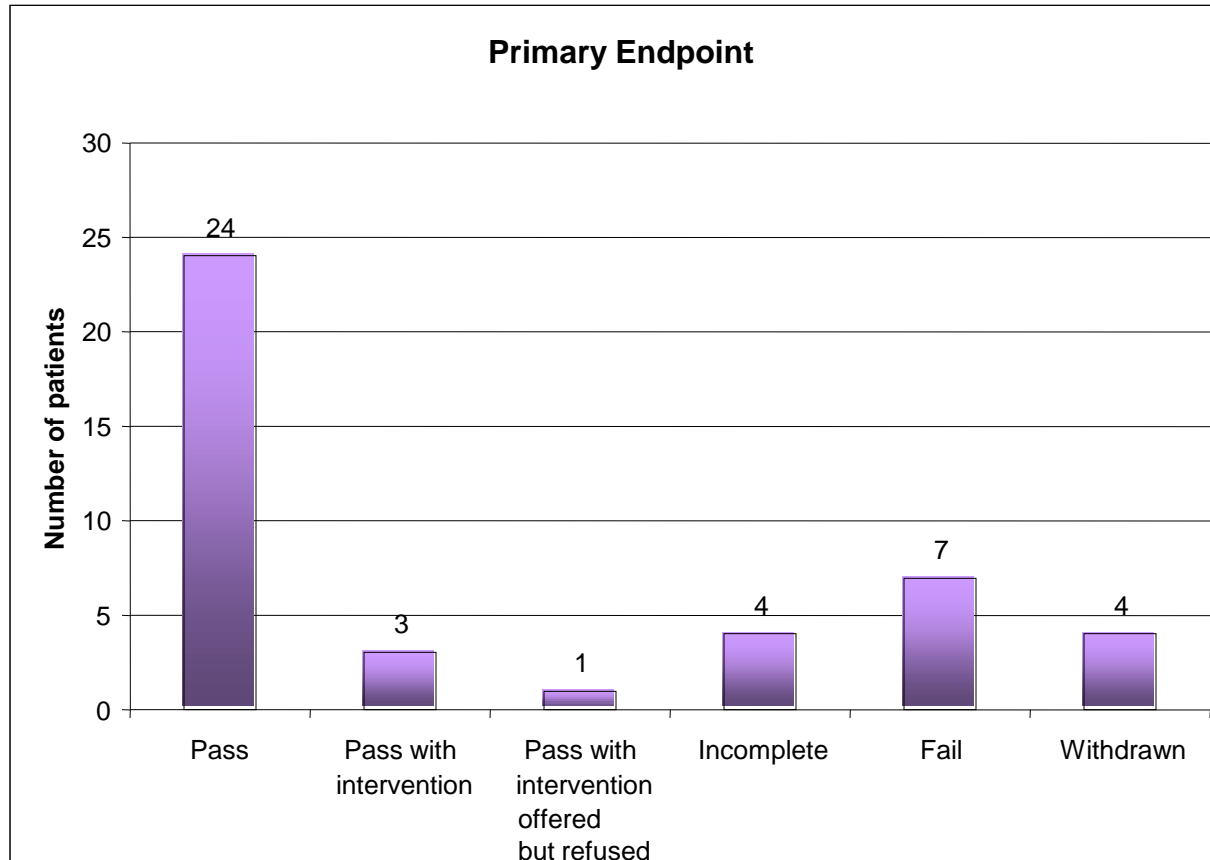
# Results: reasons for exclusion (n=291)



# Results: patient characteristics

<b>Age (years)</b>		
<i>Mean, SD</i>	82.1	8.2
<i>Range</i>	66-93	
<b>Gender (n, %)</b>		
<i>Male</i>	16	37 %
<i>Female</i>	27	63%
<b>Language (n, %)</b>		
<i>English</i>	39	90.7%
<i>Non-English</i>	4	9.3%
<b>Length of Hospital stay (days)</b>		
<i>Mean, SD</i>	25.5	13.6
<b>Number of medications</b>		
<i>Mean</i>	13	
<i>Range</i>	6-21	
<b>Number of medications given by nurses</b>		
<i>Mean</i>	2	
<i>Range</i>	0-4	

# Results: SAM program outcome (n= 43)



# Failing patients (x7)

	Problem	Intervention
1	Missed 22 doses over 10 days	Wife to help
2	Forgot all doses over 5 days	RDNS
3	Missed 14 doses over 7 days	Wife + RDNS
4	Missed 9 doses over 7 days	
5	Missed 16 doses over 10 days	Family to help
6	Missed 7 doses over 7 days	
7	Missed 6 doses over 6 days	RDNS

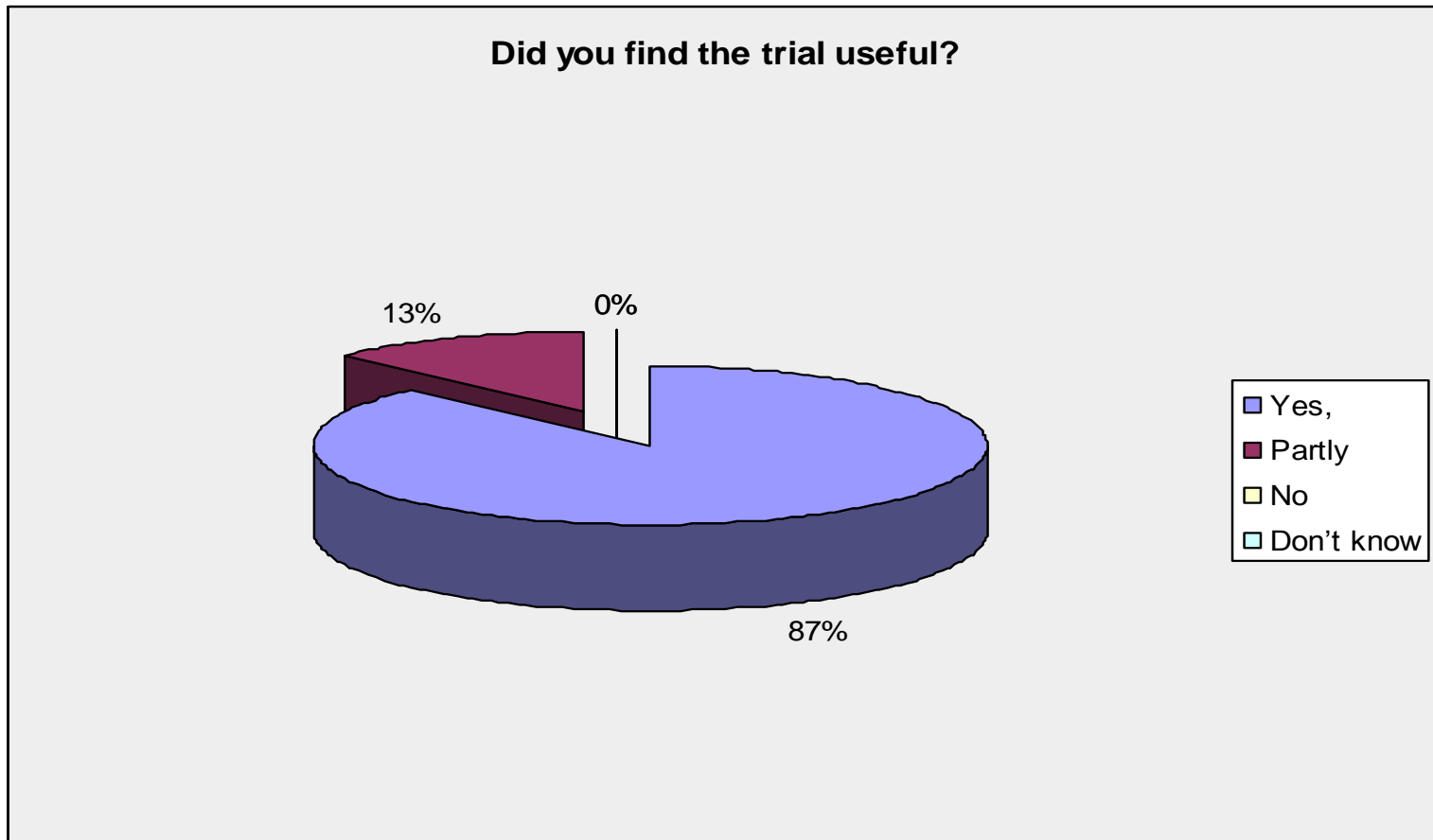
## Results: outreach pill count

- Of the 12 patients visited that were deemed to have passed the program and also had a pill count done 8 (67 percent) were seen as adherent and 4 (33 percent) as non adherent.
- Of the 2 failing patients that had a pill count done 1 was seen as adherent and 1 as non adherent.

## Staff time- summary

Assessment	30 min
Stage 1	180 min (5 days in Stage 1)
Stage 2	130 min (6 days in Stage 2)
<b>Total staff time required per average patient in the program</b>	<b>5 hours and 40 minutes (340 minutes)</b>

# Results: patient satisfaction surveys



# Results

- Patient performance was found to be predicted on MMSE and SEAMS.
- No meaningful correlation was found between the other assessment tests.
- Surprisingly patients who passed the program showed a higher medication complexity than those who failed.

# Conclusions

- The SAM program was able to detect and address barriers in 25.6% of patients who potentially could have become non compliant if they would have been discharged without participating in the program.
- The staff time required for one patient to go through the study was on average 5 hours and 40 minutes.

Questions?