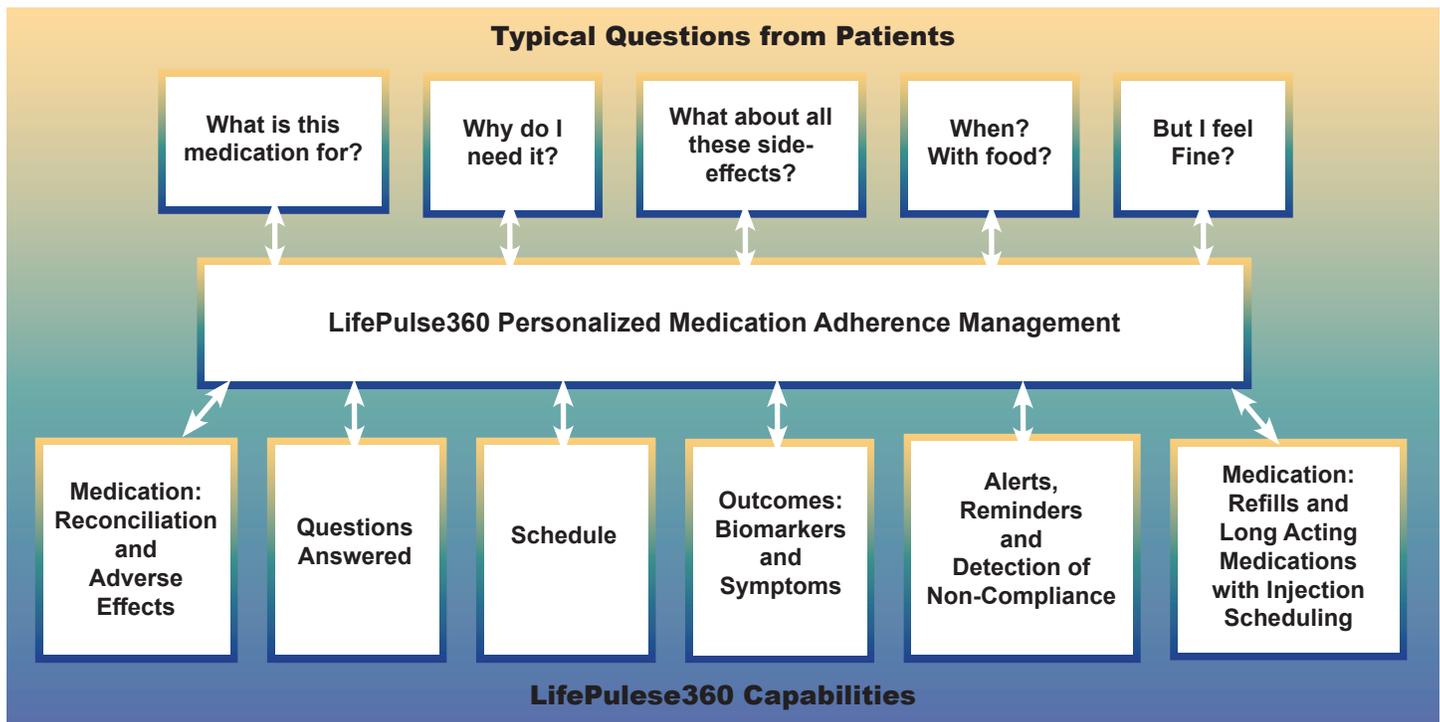


Medication Adherence Management



Medication Adherence A Real Problem: LifePulse360: Medication Adherence Management (MAM)

National Council Medical Director Institute and The National Council for Behavioral Health produced an extensive study in September 2018: Medication Matters. There were a number of conclusions and recommendations from that study and other related studies along with the advice of our Medical Advisors. This has resulted in a personalized Medication Adherence Management (MAM) capability for LifePulse360. This document briefly summarizes the patient-caregiver interactions and the basic and those projected as "future" capabilities. It will give the LifePulse360 users an insight into the product and along with demonstrations allow the product to evolve with broader engagement,

Why is this so important for inclusion in a care coordination platform?

Former Surgeon General C. Everett Koop said, "Medications only work in patients who take them." Low-levels of adherence cause problems, especially for those with chronic conditions, including behavior health. Non-adherence leads to poor outcomes.

One of the key problems is the confusion that the patients and caregivers face with the many medication that the chronic and complex patients may have. LifePulse360 has addressed those needs with capabilities shown in the diagram above.

What is Adherence?

"Adherence to (or compliance with) a medication regimen is generally defined as the extent to which patients take medications as prescribed by their health care providers."

Up to 50% of prescribed medications are not taken. Keeping former opioid addicted people into sufficient treatment regimens that can restore their brain to its pre-addicted state have a 34% retention rate. Those who do not often ends up in relapses. Those with chronic conditions including heart conditions show great retention variation from 22% to 57%.



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What is the cause of Medication Non-Adherence? There are many reasons:

Patient Characteristics

- Just not liking the fact that medications are necessary long term, even when they are feeling well.
- Family members don't understand.
- Just doesn't make sense.
- Getting off some medicines without tapering can be a life-threatening problem.
- And all those warning labels.

Therapy Characteristics

- Some medications have initial side effects or they appear after sustained use.
- Patients forget to ask about them, and worry about the cost.
- Prices continue to rise.
- There are also multiple medications from multiple providers that unfortunately can cause adverse events, if mixed together.

Confusion: How often? Before food, with food, time of day - just too much!!! My body should be able to fight it. I really don't think I have a problem. It's just preventive anyway.

Detachment from the Healthcare System: I just don't know who to ask for advice? Some of the reactions of friends and family just make it harder." "I don't need to take medication?" "Why can't you just get over it?" Who do I believe?

Remembering and Timing: "I just forgot?" "My medication didn't make me feel better." I didn't take it with me, to work, etc."

Within the field of behavioral health, there are additional impacts related to non-adherence on the relationship between provider and patient, family and patient, and provider and community. Non-adherence to medications for behavioral health conditions also has social impacts in the form of homelessness, incarceration and violence.

Also of note in the study, the over-emphasis on medication adherence in the provider-patient relationship distracts attention from the patient's broader goals for recovery.

Perhaps most significant, both the American College of Preventive Medicine (ACPM) and the Network for Excellence in Health Innovation (NEHI) estimate that non-adherence adds an economic burden of \$100-\$300 billion per year to the health care system and state that non-adherence has dramatically raised the cost of health care due to illness exacerbation. LifePulse360 addresses all of these areas.

What is LifePulse360?

LifePulse360 is a patient-centric, data gathering and information management platform. It provides a holistic view of BH patient care based on that patient's situation, concerns and needs; it also uses shared, and often limited resources, to address Behavioral Health (BH) based on the population mix within the community. It can select one or multiple focus areas: substance abuse, overdoses, suicides, and the many situations that have an underlying behavior health elements.

How can Medication Non-Adherence be successfully addressed?

LifePulse360: MAM Capabilities:

- Provides patients with clear & timely medications list
- Provides patients with a Daily, Weekly and Monthly Calendar
- Can share and reconcile lists/calendars with care coordinators, provider teams and pharmacists
- Notes and Warnings can be easily stored and retrieved
- Alerts and reminders can be easily set for Patients
- Questions to Providers made simply and Feedback/response personal & quicker
- Explanations of 'why?' can be natural.
- Adherence can be tracked as far as Personal Scorecard; Caregivers and Coordinators can help.

LifePulse360 can fill a huge gap in care coordination, especially in BH and Medication Adherence.

Integrated Adherence Tracking and Scorecard

A simple personal scorecard is provided with weekly-monthly adherence levels:

- improved adherence,
- fewer misses,
- results of better biomarkers,
- better health outcomes and
- reduced total cost of care.

For the primary care provider and the care coordinator level of adherence based on a set of personal scorecards can be integrated together. Encouragement or some additional targeted engagement can be provided by the care coordinator, Medication Adherence can become a key element in the engagement process.