

Patients & Prescriptions

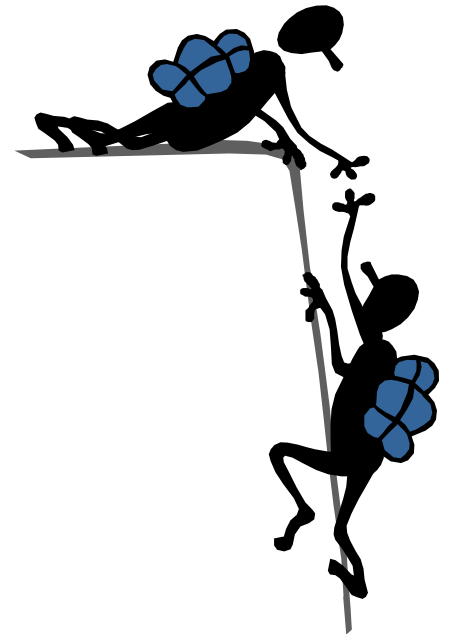
New Ideas for Old Problems



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Outline

- ❑ Patient Safety Perspective
- ❑ Role of Prescribers
- ❑ Issues in Prescribing
- ❑ Role of Patients
- ❑ Patient Health Records
- ❑ Participatory Research
- ❑ Anticipated Outcomes



Patient Safety and Prescription Medication

- ❑ 50% of all Canadians are prescribed medications
- ❑ 70–80% of all scripts are written by primary care physicians
- ❑ just over 1,000 drugs commonly used in family practice with 280 accounting for over 90% of all drugs prescribed
- ❑ 3-5% of all scripts have the potential to cause an adverse drug event – 1/3 serious
- ❑ 24% of hospitalizations estimated to be from adverse drug events – 72% preventable

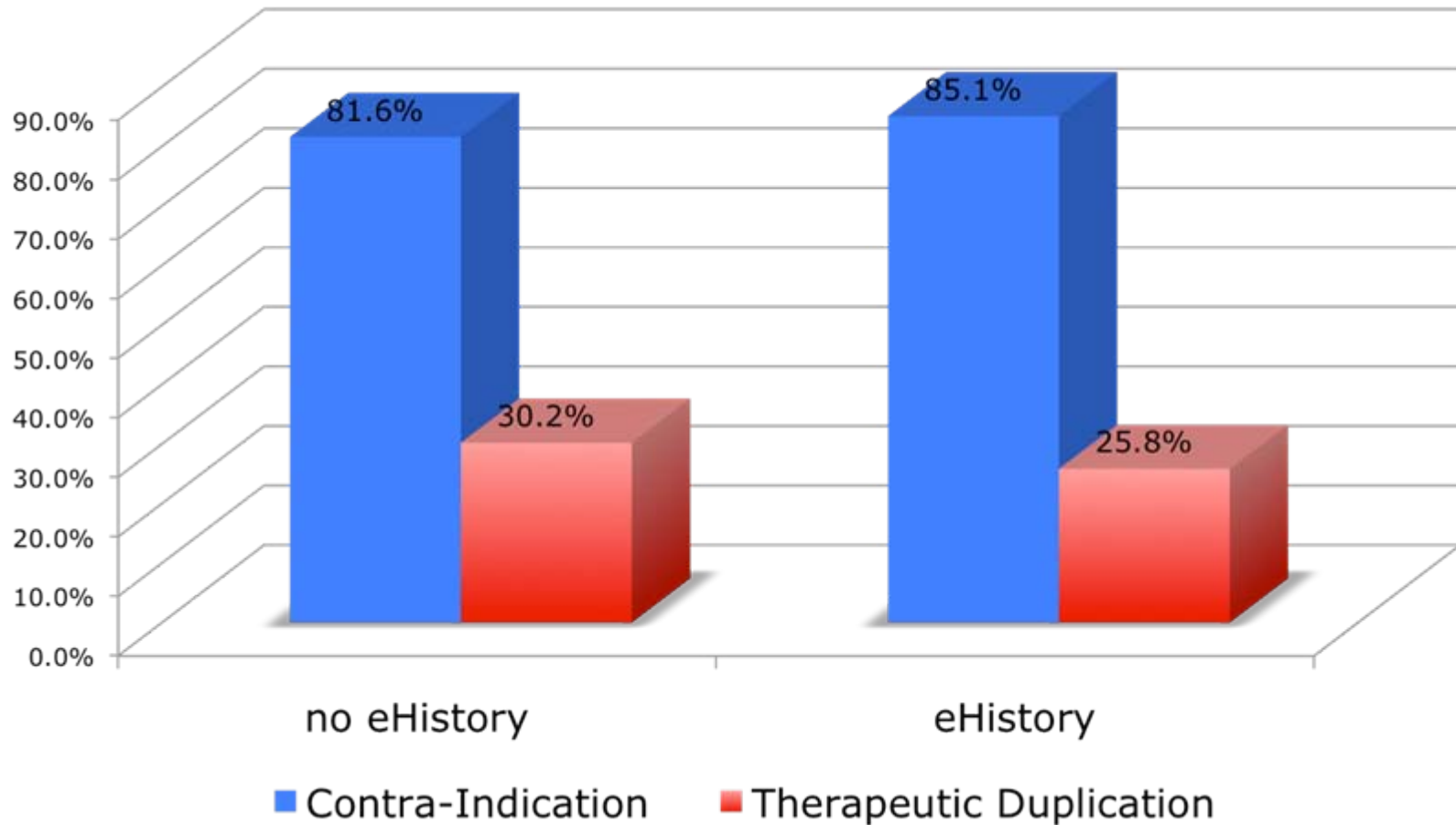
Challenges for Prescribing Physician

- ❑ rapid increase in the number of drugs increases difficulty in keeping up-to-date on potential prescribing problems
- ❑ patients may not report adverse reactions
 - physicians rely mainly on clinical experience when making decisions about the safety of medications
- ❑ issue of multiple prescribing physicians and dispensing pharmacies

Challenges in Medication Histories

- ❑ 76% of patients have discrepancies in medication histories
- ❑ Over 50% for medication histories from primary care to hospital settings
- ❑ 22% of the discrepancies would have resulted in patient harm
- ❑ 59% would have resulted in patient harm if the error continued beyond discharge

Type of Potential ADE



Physician Prescribing Barriers

- ❑ Average duration of a visit is 6 minutes
- ❑ Physicians do not like changing other physicians prescriptions (especially when they do not know why it was prescribed!)
- ❑ Physicians doubt “evidence” in evidence based prescribing guidelines
- ❑ Patients are resistant/unresponsive to suggested changes in medication

Role of Patients

- ❑ Shared decision making has been shown to be very effective for chronic disease management
- ❑ More and more patients are actively seeking health information and interested in self-management
- ❑ US in 2007, 56% of adults sought information about a personal health issue with a third of these turning to the Internet as a source of information

Personal Health Records

An internet-based set of tools that allows people to access and coordinate their lifelong health information and make appropriate parts of it available to those who need it.

*Markle Foundation Connecting for Health Collaborative

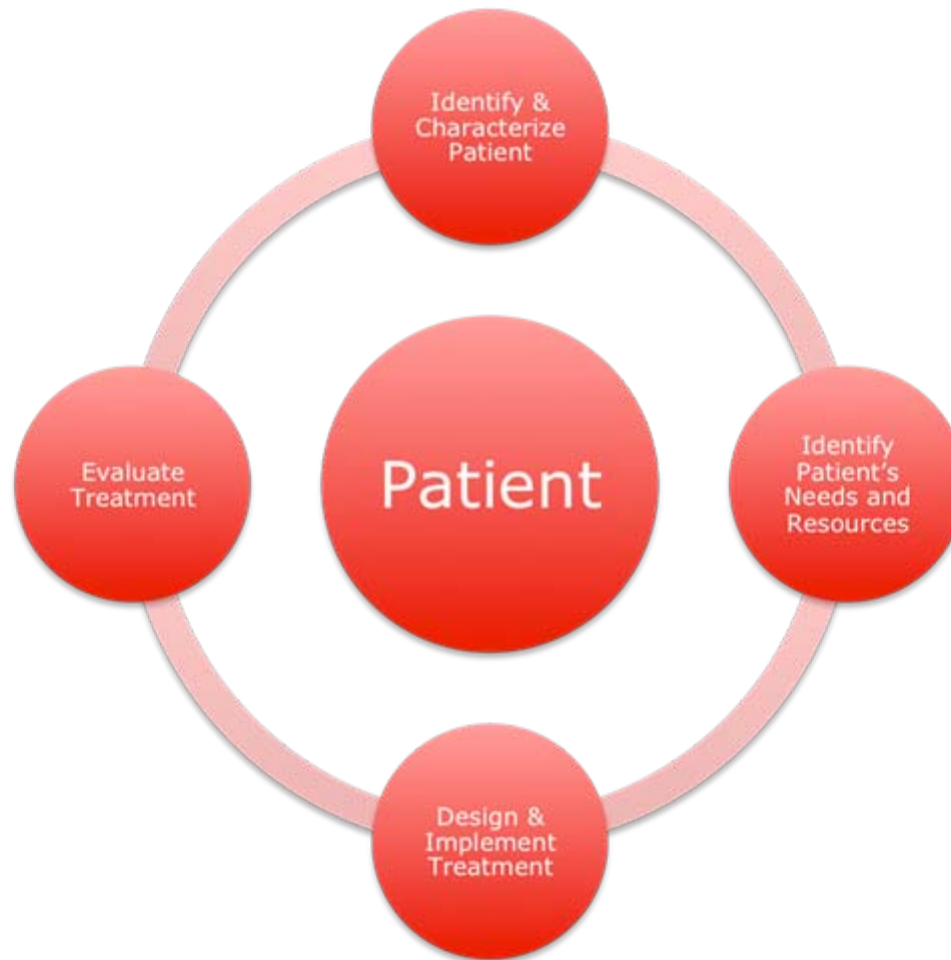
PHR Barriers

- ❑ privacy and confidentiality concerns regarding personal health data
- ❑ lack of consistent quality for medical evidence or advice
- ❑ concerns or unwillingness around sharing health data openly
- ❑ a lack of a comprehensive tools suited to primary care patients
- ❑ lack of patient involvement in the development

Primary Care PHR

- ❑ Symptom assessment and management
- ❑ Medication list with adverse event reporting and advice about reducing inappropriate prescriptions (i.e. long-term use of benzodiazepines, low potency opioid analgesics, some tricyclic antidepressants and the NSAIDS)
- ❑ Health status indicators: blood pressure, height and weight, family history
- ❑ Plain language summaries of evidence-based treatment guidelines

Patient-Oriented Primary Care



Participatory Research (PR)

*“The systematic enquiry, with the **collaboration of those affected** by the issue being studied, for the purpose of education and **taking action** or effecting social change.” **

Integrated Knowledge Translation (IKT)

*A **collaborative way of doing research**. The **action-oriented co-production of knowledge** engaging researchers and stakeholders (knowledge users) of the research results. Involves **integrating stakeholders into the entire research process** study. ***

* Definition used by Centers of Disease Control, Atlanta GA, Institute of Medicine, USA, and The Royal Society of Canada Study of Participatory Research in Health Promotion 1995. - Green LW, George MA, Daniel M, Frankish CJ, Herbert CP, Bowie WR, O'Neill M.

** Adapted from <http://www.cihr-irsc.gc.ca/e/33747.html>; Knowledge Translation at CIHR - Dr. Ian D Graham; February 28 , 2007

Principles of Participatory Research:

What should the Research Partners negotiate?

- ❑ **Research goals and objectives**
- ❑ Methods and duration of projects
- ❑ Terms of partnership agreement
- ❑ Degree and types of confidentiality
- ❑ Strategy and content of evaluation
- ❑ Data collection and analysis
- ❑ Data ownership, control, access, possession
- ❑ **Interpretation of results**
- ❑ Methods of resolving disagreements with the collaborators
- ❑ Incorporation of new collaborators into the research team
- ❑ **Joint dissemination of findings in community language and scientific terms to communities, clinicians, policy-makers, administrators, scientists, and funding agencies**
- ❑ Written agreements

Based on: Macaulay AC, Gibson N., Freeman W, et al. Participatory Research Maximizes Community and Lay Involvement. BMJ 1999;319: 774 -778

Methods

- ❑ PR for objectives, development and dissemination
- ❑ Use of existing open-source PHR
- ❑ Assess cognitive impact
- ❑ Cognitive debriefing to ensure:
 - Readability
 - Health Literacy
 - Relevance/Utility

Research Program Goals

- ❑ Optimize use of prescription medications
- ❑ Alert patients to side/adverse effects immediately so that medication may be adjusted/changed and not treated with another medication
- ❑ Facilitate discussions/treatment with healthcare team
- ❑ Empower patients to be equal partners in health care management
- ❑ Reach isolated, stigmatized, house-bound patients

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