

Innovative tools for improving medication adherence in asthma clinic at Srinagarind hospital



Chanee Samosorn¹, Pinyo Rattanaphan², Watchara Boonsawat¹

¹Srinagarind Hospital, Faculty of Medicine, Khon Kaen University, Khon Kaen, Thailand

²College of Graduate Study in Management, Khon Kaen University, Khon Kaen, Thailand



Introduction

Asthma medication non-adherence directly related to poor asthma control, higher overall healthcare costs, and reductions in health-related quality of life. It still remains a major problem even in asthma clinic with multidisciplinary care team approach. Reasons for non-adherence are varied and complex. Forgetfulness is the most frequently mentioned reason for non-adherence patients in asthma clinic at Srinagarind hospital (58.3%). Therefore, we decided to develop strategies to improve medication non-adherence from this reason



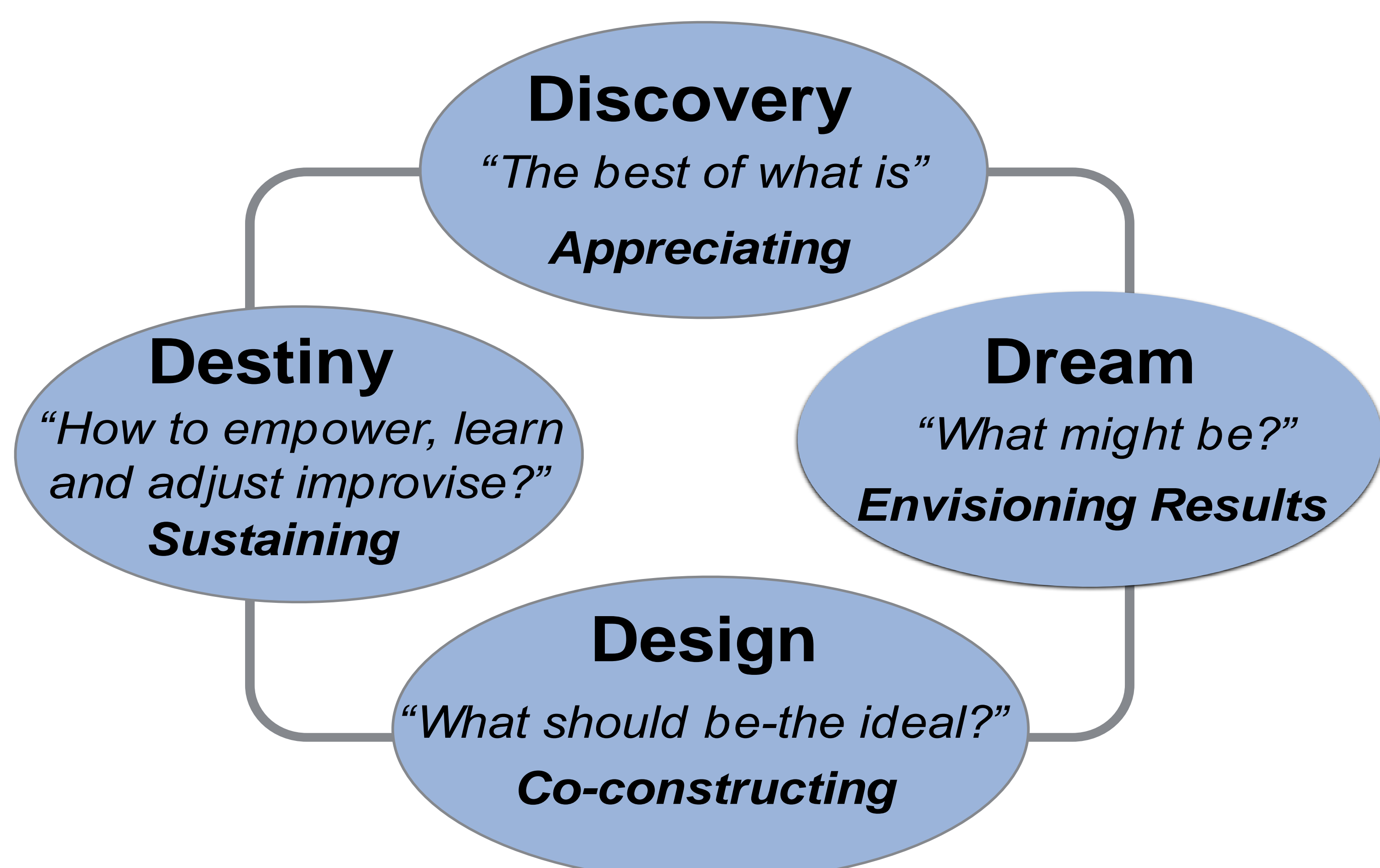
Aims

This study aim to explore positive experiences of good-adherence patients and apply it to create pharmaceutical care plan for improving patient's adherence.

Methods

Appreciative Inquiry (AI) was used in this study. Good-adherence asthmatic outpatients were interviewed with positive questions to generate positive experiences in medication adherence behavior. Then, 4D cycle (Discovery, Dream, Design, and Destiny) was followed.

Figure 1: Appreciative Inquiry (AI) 4-D cycle



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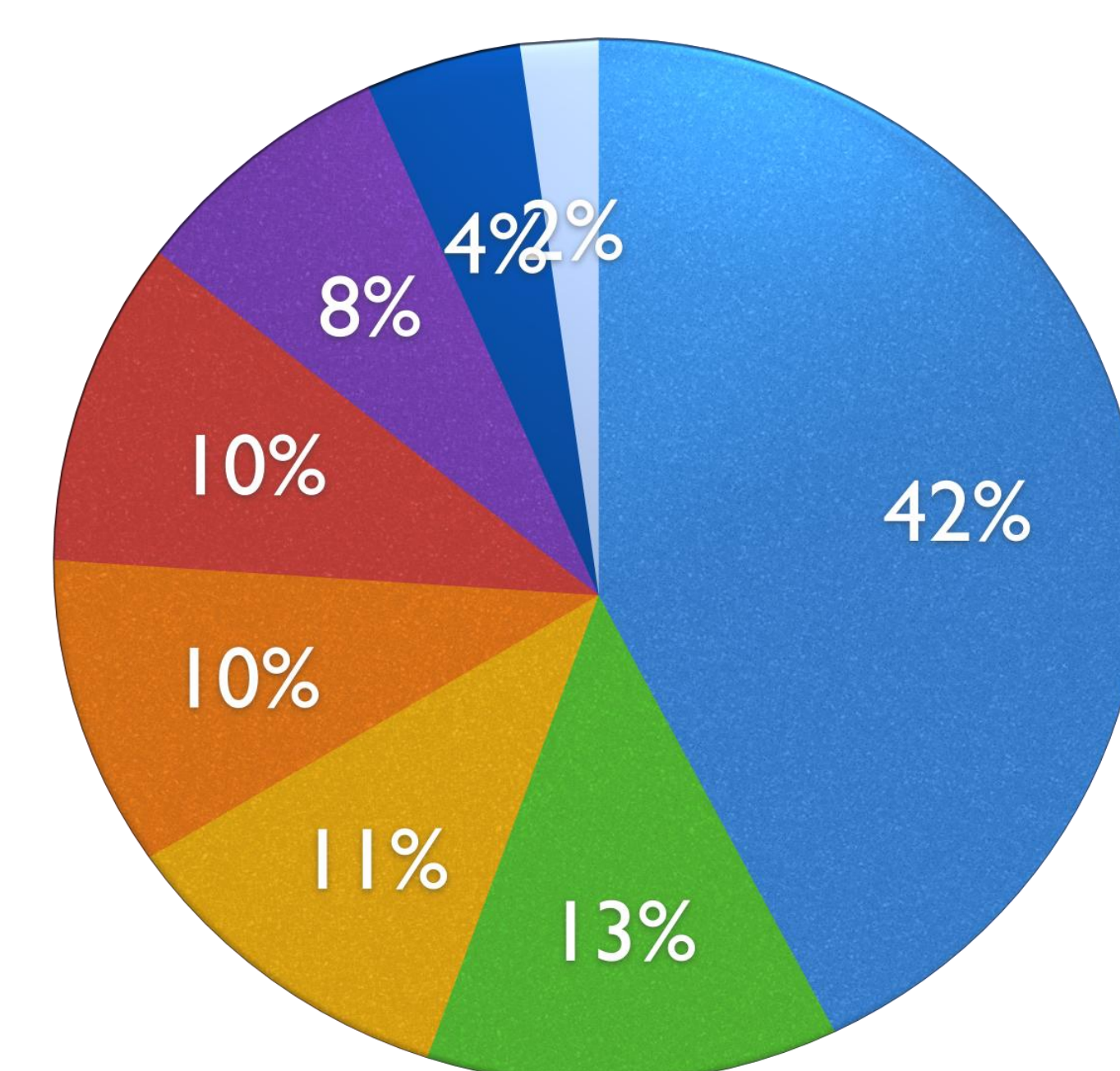
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Results

A total of 68 asthmatic outpatients with good adherence were interviewed: 58.3 ±12.8 years of age, 71.2% female. Best-practice behaviors include taking medication before tooth brushing or taking a bath 42.4%, putting medication beside toothbrush or keeping it in bathroom cabinet 13.0%, taking medication on a fixed time schedule 10.9%, keeping medication next to bedside 9.8%, putting medication on the dressing table or dining table 9.8%, packing medication in carry-on or travel bag 7.6%, taking medication at mealtimes 4.3% and writing on the board to remind yourself 2.2%. Then we applied these results as a tools for pharmacist intervention in 20 patients with poor-adherence. Improvement in medication adherence was found in 80% of this patient group with a mean adherence rate of 95.4 %.

Figure 2: Positive experience of asthma patient



- taking medication before tooth brushing or taking a bath
- putting medication beside toothbrush or keeping it in bathroom cabinet
- taking medication on a fixed time schedule
- keeping medication next to bedside
- putting medication on the dressing table or dining table
- packing medication in carry-on or travel bag
- taking medication at mealtimes
- writing on the board to remind yourself

Conclusions

Appreciative Inquiry (AI) approach by focusing on strengths rather than on problems created an opportunity for patient to share their successes in medication adherence behavior and can contribute to improving asthma medication non-adherence. Therefore, AI results from this study should be applied to use as a pharmacist's tool in pharmaceutical care in asthma clinic .

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