Rehab Rx: empowering inpatients through self-administered medication therapy

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STARS Geriatric and Rehabilitation Service, in particular: Occupational Therapy and Speech Pathology, Digital Metro North

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Metro North Health acknowledges the Traditional Custodians of the land upon which we live, work and walk, and pay our respects to Elders past, present and emerging.

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Disclosure of conflicts of interest:
No conflicts of interest perceived or identified

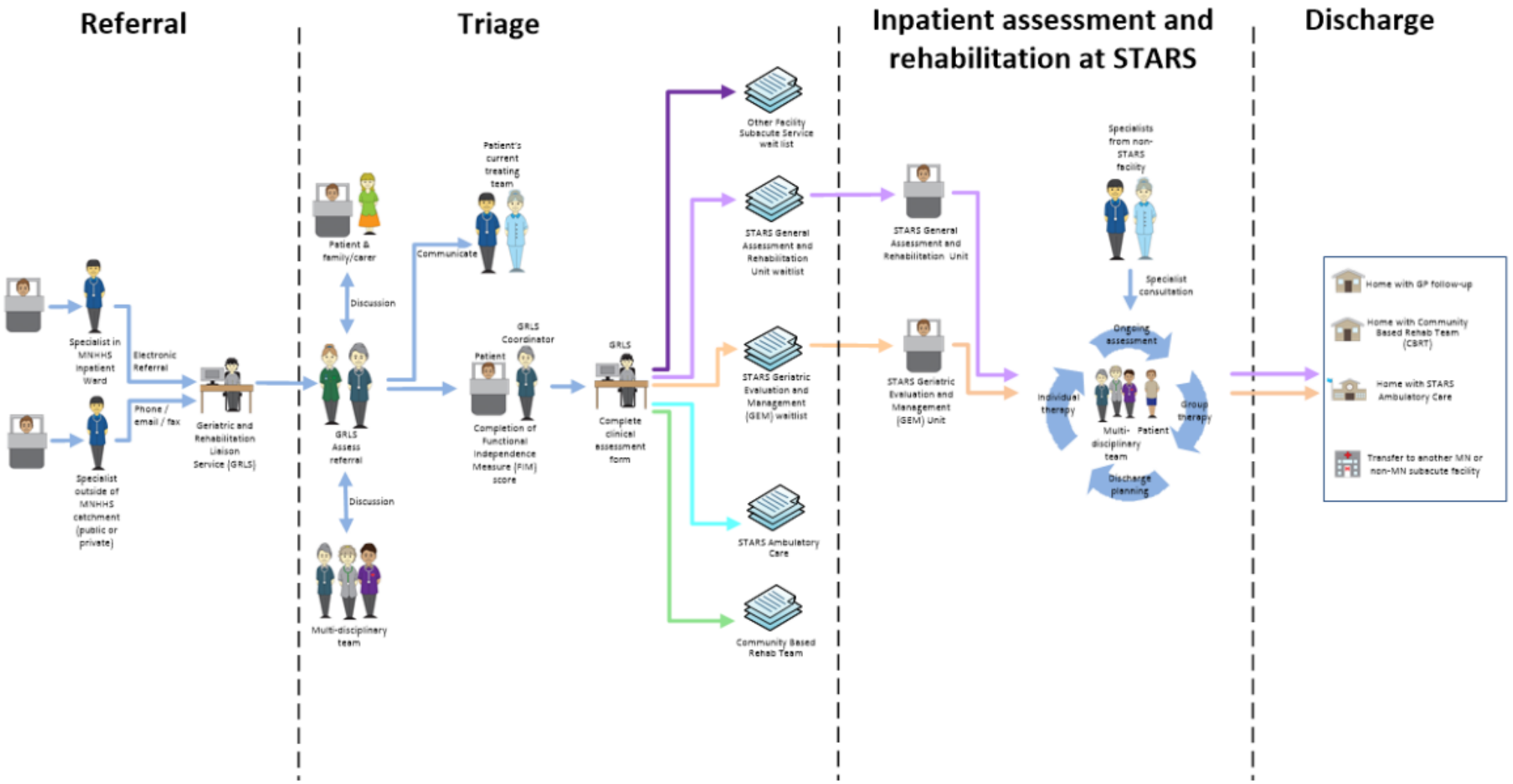
Overview

- Self-Administration of Medication Programs
  - What are they/What does the evidence tell us?
- STARS Rehabilitation Inpatient Journey
- Rehab Rx
  - Aim
  - Method
    - Process/Procedure
  - Results (2024)
  - Conclusion
    - Patient Case
- Questions

Self- Administration of Medication Programs for Inpatients

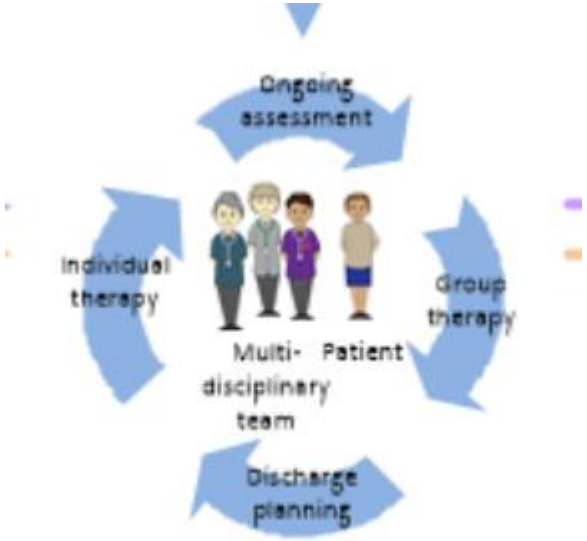
- Increases patients' knowledge regarding medication, promote independence and autonomy (1)
- Patients may prefer self-administration (2)
- Patient's perceptions are mixed (3)
- This enables patients to become familiar with their medications prior to discharge and allows for appropriate intervention for patients who are not considered to be safe to self-administer medications in the home environment.
- Assessment of self-medication competency or successful completion of a self- administration of medication program may determine the level of support a patient requires after discharge.
- Long-stay patients on geriatric and rehabilitation wards can have significant changes in their cognition and physical abilities putting them at risk of increased medication harm after discharge.

STARS Rehabilitation Inpatient Journey

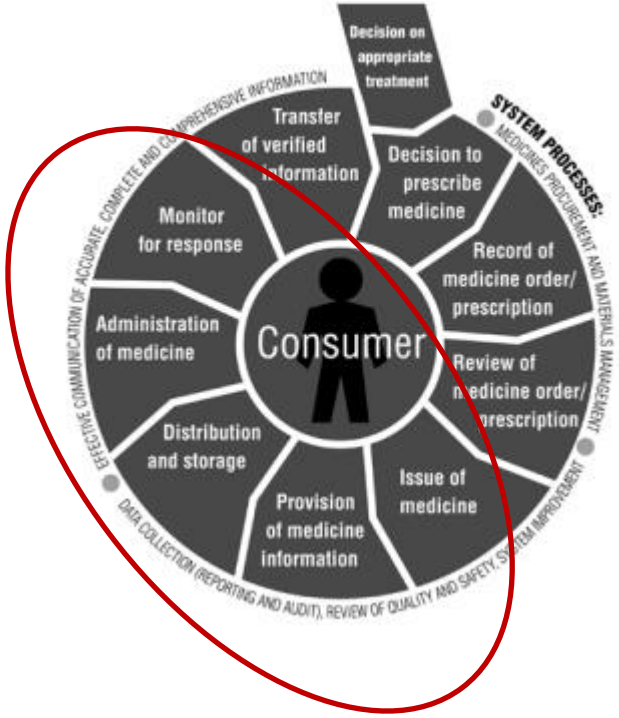


SAM Program as a Therapy

Therapy as Primary Goal



Medication Management Cycle



Rehabilitation Services Stage 1 Model of Care (health.qld.gov.au), Pharmaceutical Review Policy (healthywa.wa.gov.au)

Rehab Rx

- AIM: To establish a proactive pharmacist led Self-Administration of Medication (SAM) program underpinned by validated medication adherence and management tools.
- METHOD: A procedure was established to safely administer and implement an inpatient Self-Administration of medicines program following a literature search and extensive collaboration with the multi-disciplinary team and patient advocate.

Self – Administration of Medication (SAM) Program (Rehab Rx)

Assessment of Patient

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Referral to Program

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SAM Program Initiation

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Completion and Evaluation

Assessment of Patient

- Patient’s medication management
- Medication adherence using Medication Adherence Questionnaire (MAQ4)
- Medication understanding using Drug Regimen Unassisted Grading Scale (DRUGS)
- Cognition, Language, Swallow, other functional assessments

Morisky Medication-Taking Adherence Scale (MAQ4)

	Question	Yes	No
Unintentional Nonadherence	Do you ever forget to take your medication?		
	Are you careless at times about taking your medicine?		
Intentional Nonadherence	When you feel better, do you stop taking your medication?		
	Sometimes if you feel worse when you take the medicine, do you stop taking it?		

Drug Regimen Unassisted Grading Scale (DRUGS) tool

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Medication	Identification		Access		Dosage		Timing	
	Able	Unable	Able	Unable	Able	Unable	Abl e	Unable
Maximum Score:		Total Score:				Summary Score		
Total Medications:		Total Doses:				Total time:		

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- Medications are stable and simplified
- Patient must consent and have adequate cognition and communication skills

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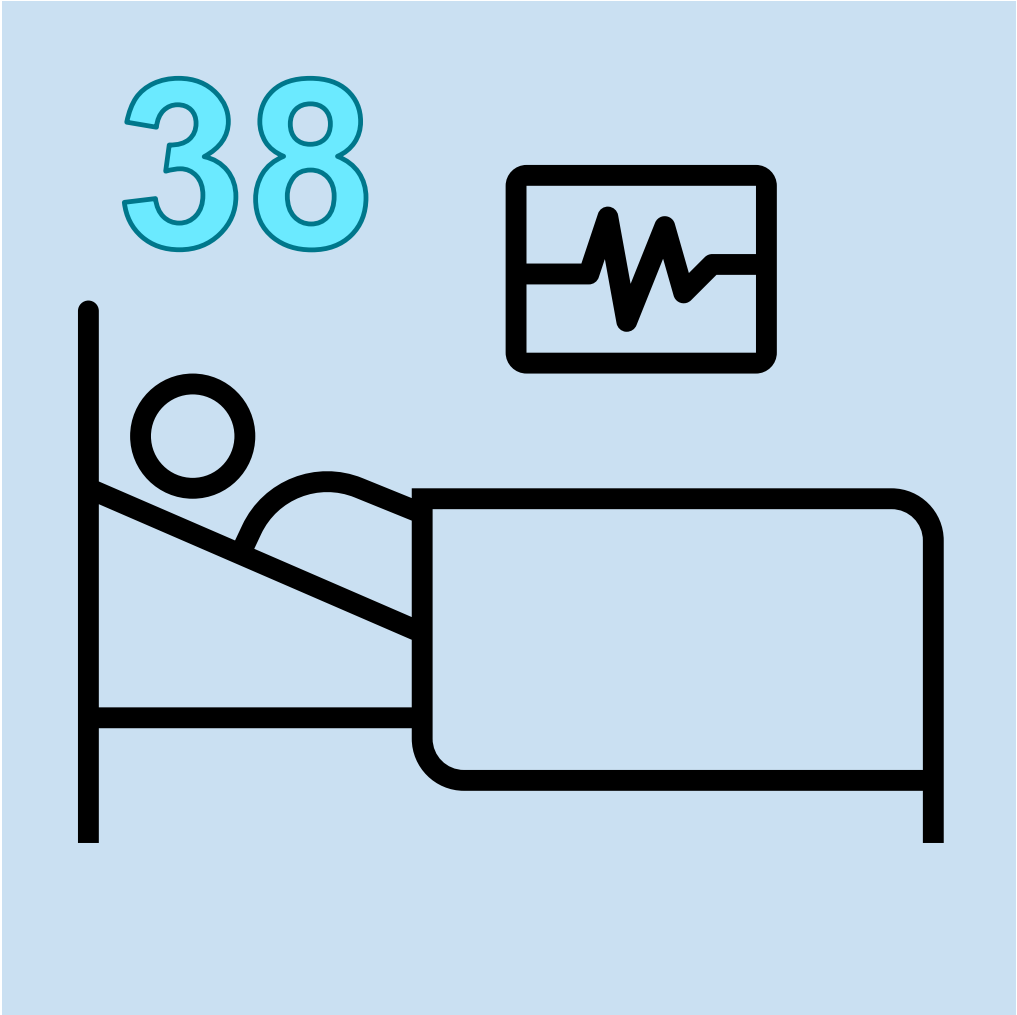
Completion and Evaluation

- Program Outcomes Assessed ie, supervised medication dosing, daily pharmacist reviews, Post program DRUGS score
- Patient Assessment of program
- Interventions made to optimise administration incorporated into discharge planning

2024 Outcomes

	Range	Average
Age	24 to 91	67
Preadmission Medications	0 to 21	7.92
SAM Program Medications	1 to 17	8.68
Length of Stay	11 to 118 days	34.4
Duration of program	2 to 21 days	6.26



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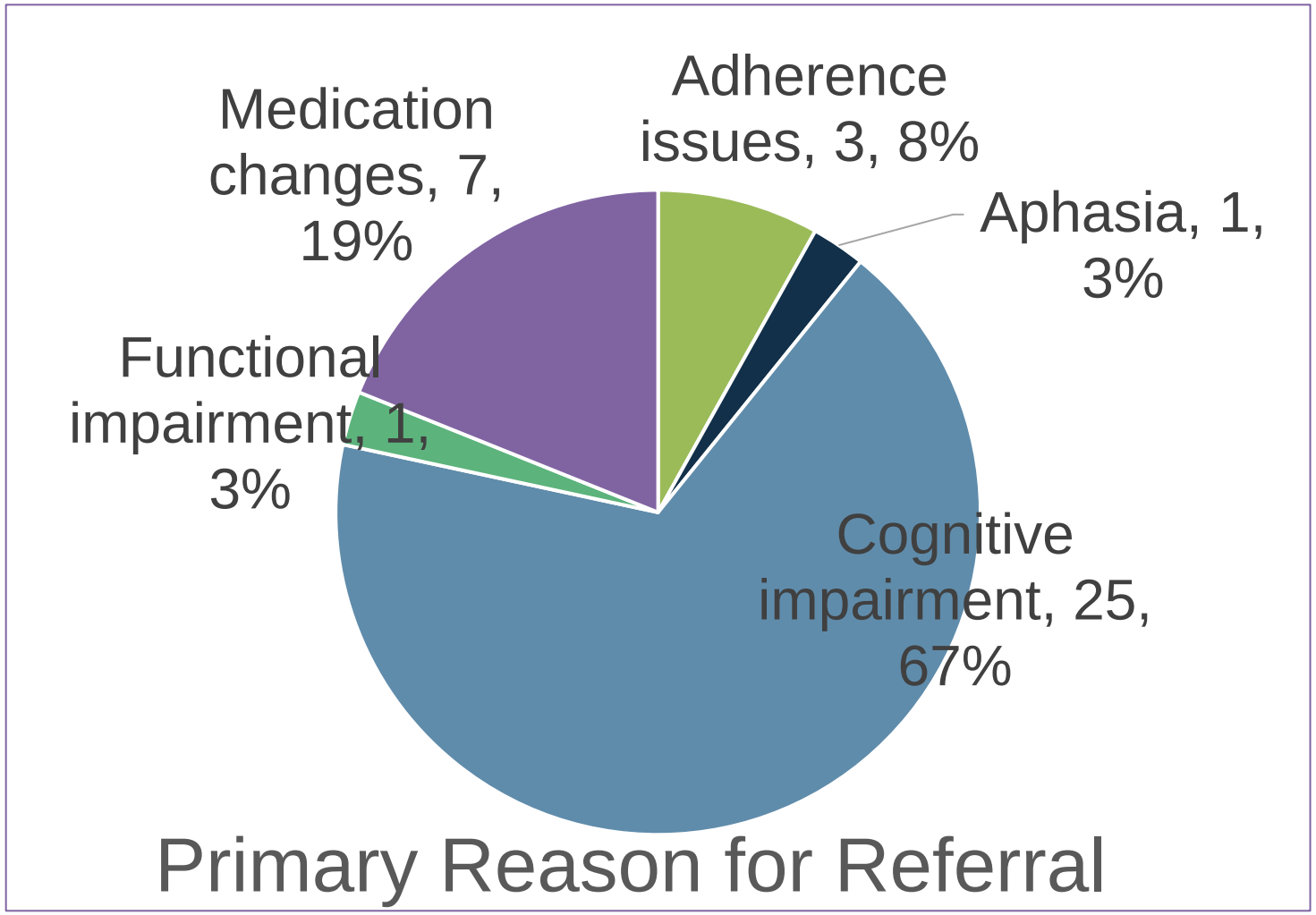
Medication	Number of Patients
Insulin	7
Other PINCHA Medication	9

2024 SAM Patient Cohort



- 28/38 (74%) of patients passed/successful with program.
- 13/23 (57%) of patients assessed had unintentional non-adherence identified on MAQ4 Questionnaire.
- 4/23 (17%) of patients assessed had intentional non-adherence identified on MAQ4 Questionnaire.
- Pre-program Drug Regimen Unassisted Grading Scale range: 23-100%.
- For patients who succeeded on SAM Program Post-program Drug Regimen Unassisted Grading Scale (100%)
  - N = 2

SAM Program Interventions

Meet ‘John’

V[XX] Effective: [MM/YYYY] Review: [MM/YYYY]

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