

Differential diagnoses and strategies for medication nonadherence in older veterans

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Some material adapted from Julie C. Lauffenburger, PharmD, PhD

By the end of this talk, you should be able to:

1. Describe 2 ways to identify medication nonadherence
2. Compare differential diagnoses for medication nonadherence in older adults
3. Recommend veteran-centered strategies for exploring and addressing medication nonadherence

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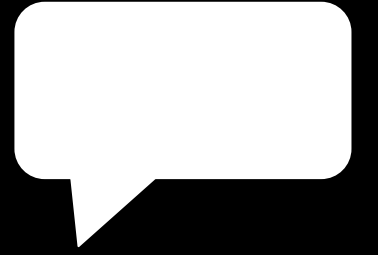
- 1. Describe 2 ways to identify medication nonadherence**





How could I have identified nonadherence?

What is a subjective way to identify medication nonadherence?



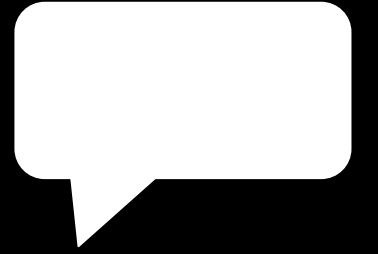
Subjective ways to identify nonadherence are as simple as asking the patient

Owsiany et al, Differential Diagnoses for and Clinical Implications of Medication Nonadherence, *Drugs Aging* 2020.
Nguyen et al, What are validated self-report adherence scales really measuring?, *Br J Clin Pharmacol* 2014.

Subjective ways to identify nonadherence
are as simple as asking the patient

“Over the past 2 weeks, were there any days when you did not take your prescribed medicines?” Yes/No (MMAS)

What is an objective way to identify medication nonadherence?



Using subjective and objective ways together
is the gold standard



Using subjective and objective ways together is the gold standard



“I am hearing that you are all out of your metformin. Tell me how you’ve been taking it.”

“Why don’t you bring your pillbox to our next visit, so we can get these new meds figured out, together.”

Using subjective and objective ways together is the gold standard

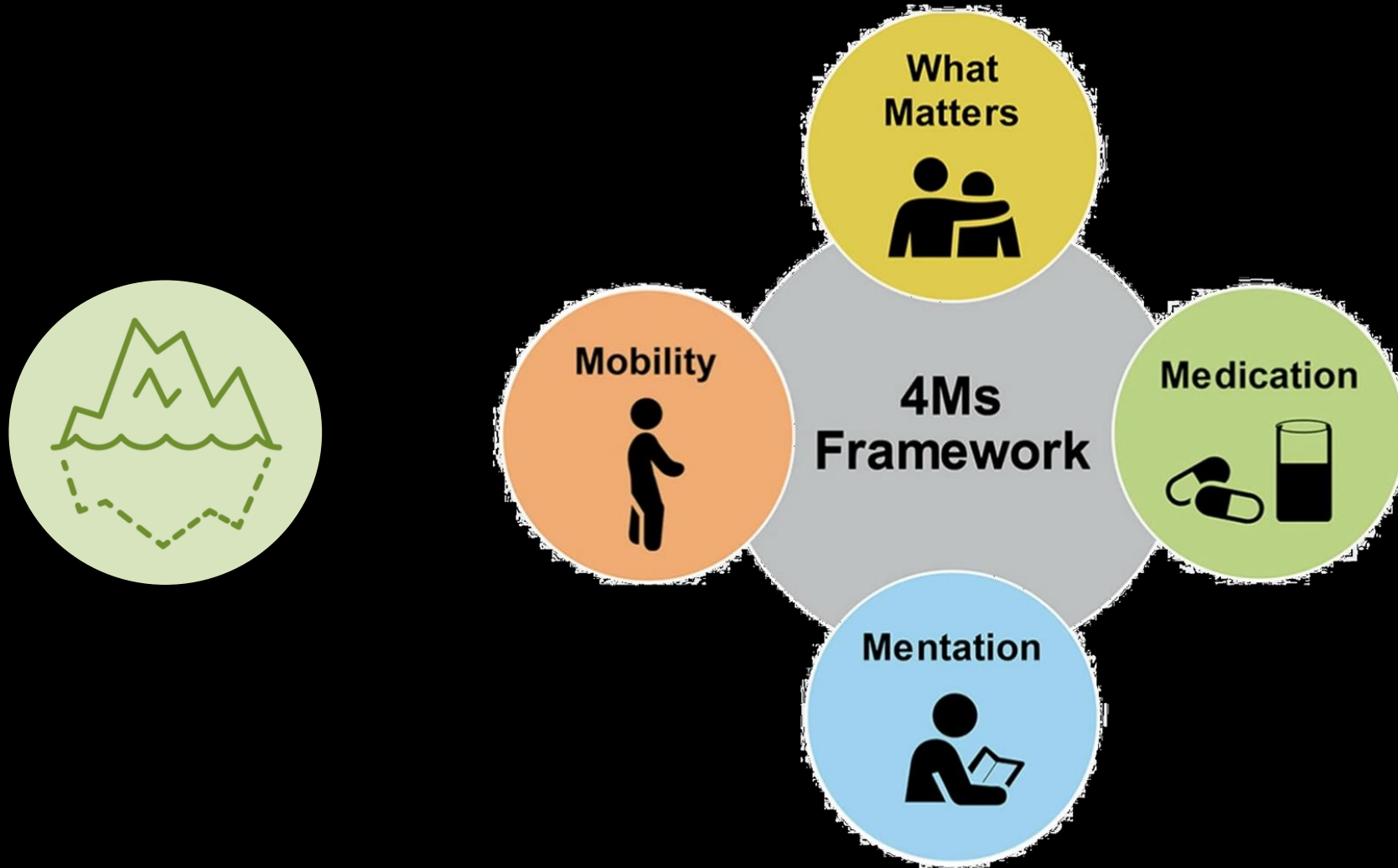


Su	M	Tu	W	Th	F	Sa
Metformin	Metoprolol	Lisinopril	Aspirin	Omeprazole	Atorvastatin	Apixaban

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Which 4Ms category might include an underlying factor for Mr. B's nonadherence?

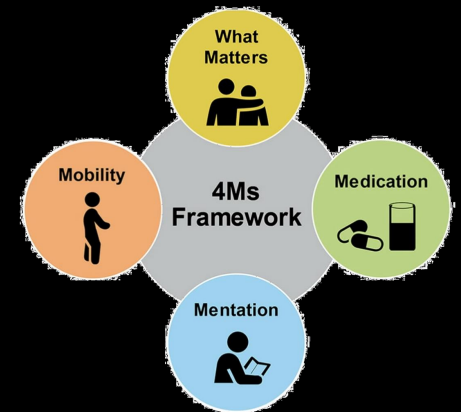
Type "1" for What Matters

Type "2" for Medications

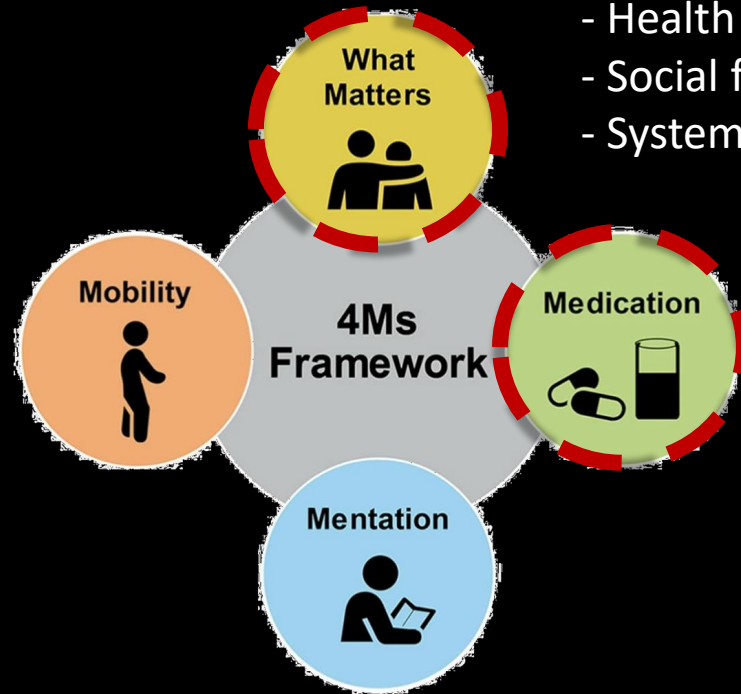
Type "3" for Mentation

Type "4" for Mobility

or, type a combination of numbers



For those who said What Matters or Medication, what are “differential diagnoses” for nonadherence?



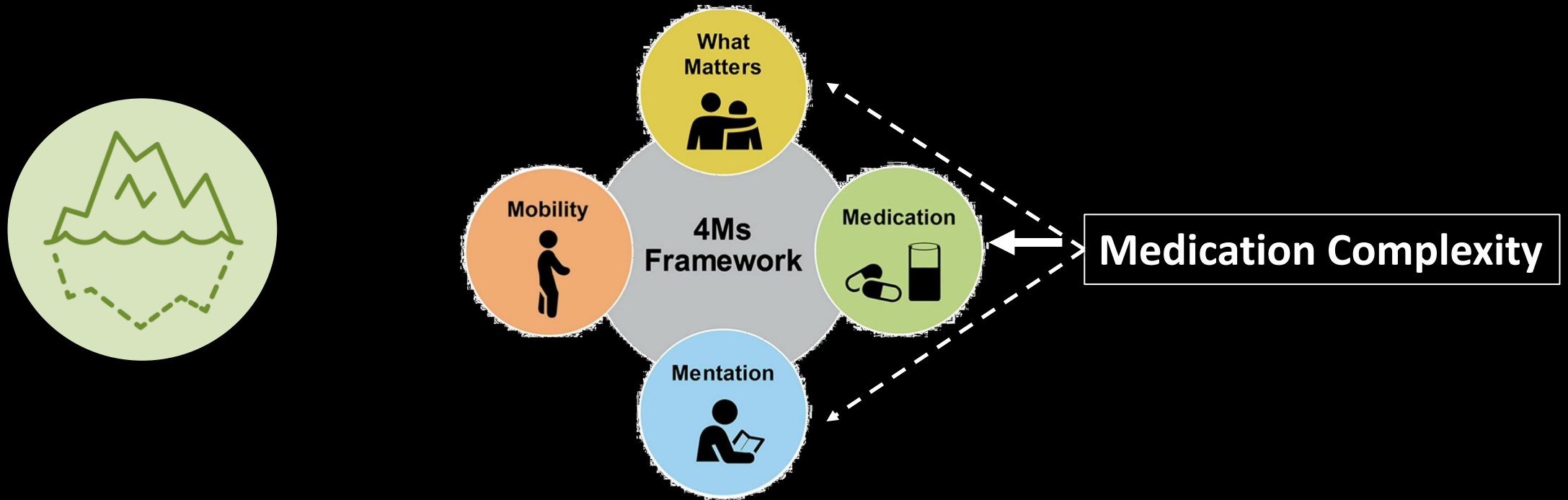
What Matters includes:

- Health outcome goals/preferences
- Social factors
- System factors

Medication includes:

- Optimizing medications
- Reducing medication harm
- Aligning medications with What Matters (starting and stopping)

Mr. B was experiencing challenges within and across several 4M domains



Medication complexity is associated with perceived medication burden and nonadherence



Medication complexity is associated with perceived medication burden and nonadherence



↓Quality

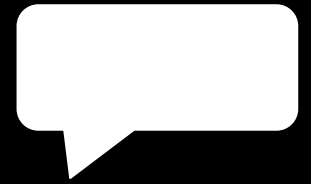


↑Burden



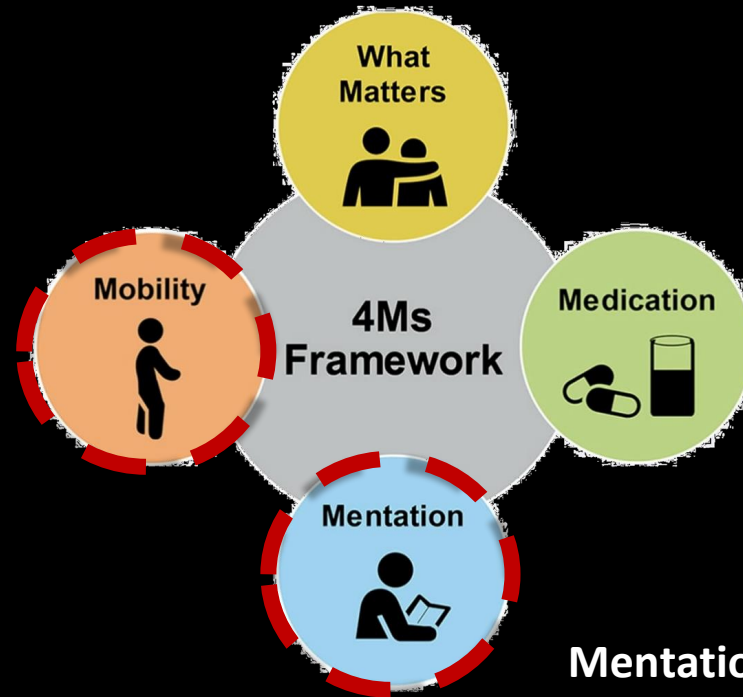
Nonadherence

For those who said Mentation or Mobility, what are “differential diagnoses” for nonadherence?



Mobility includes:

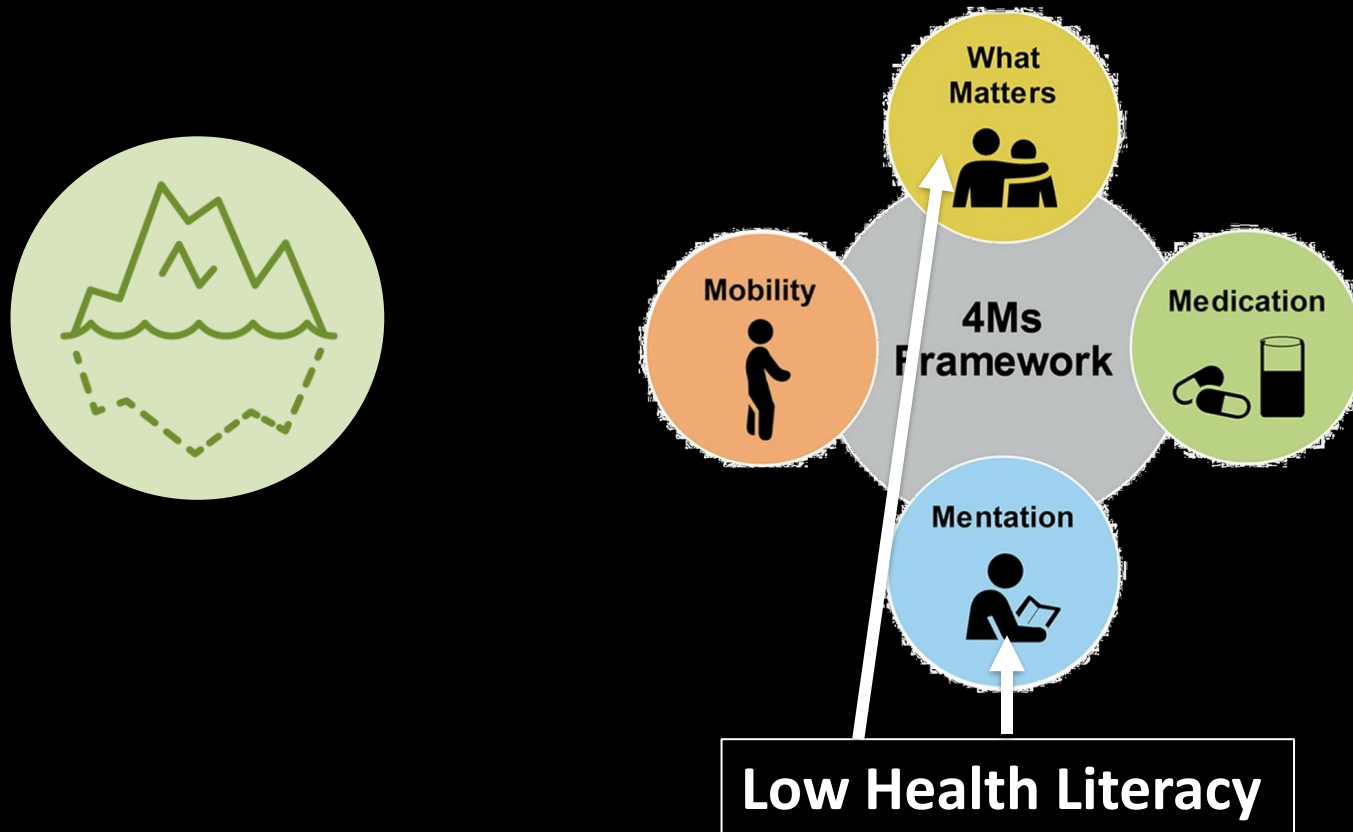
- Moving around
- Daily functioning



Mentation includes:

- Mental health
- Cognition

Low health literacy may have been related to Mr. B's nonadherence



Regardless of age, patients with low health literacy may not understand how or why to take medications



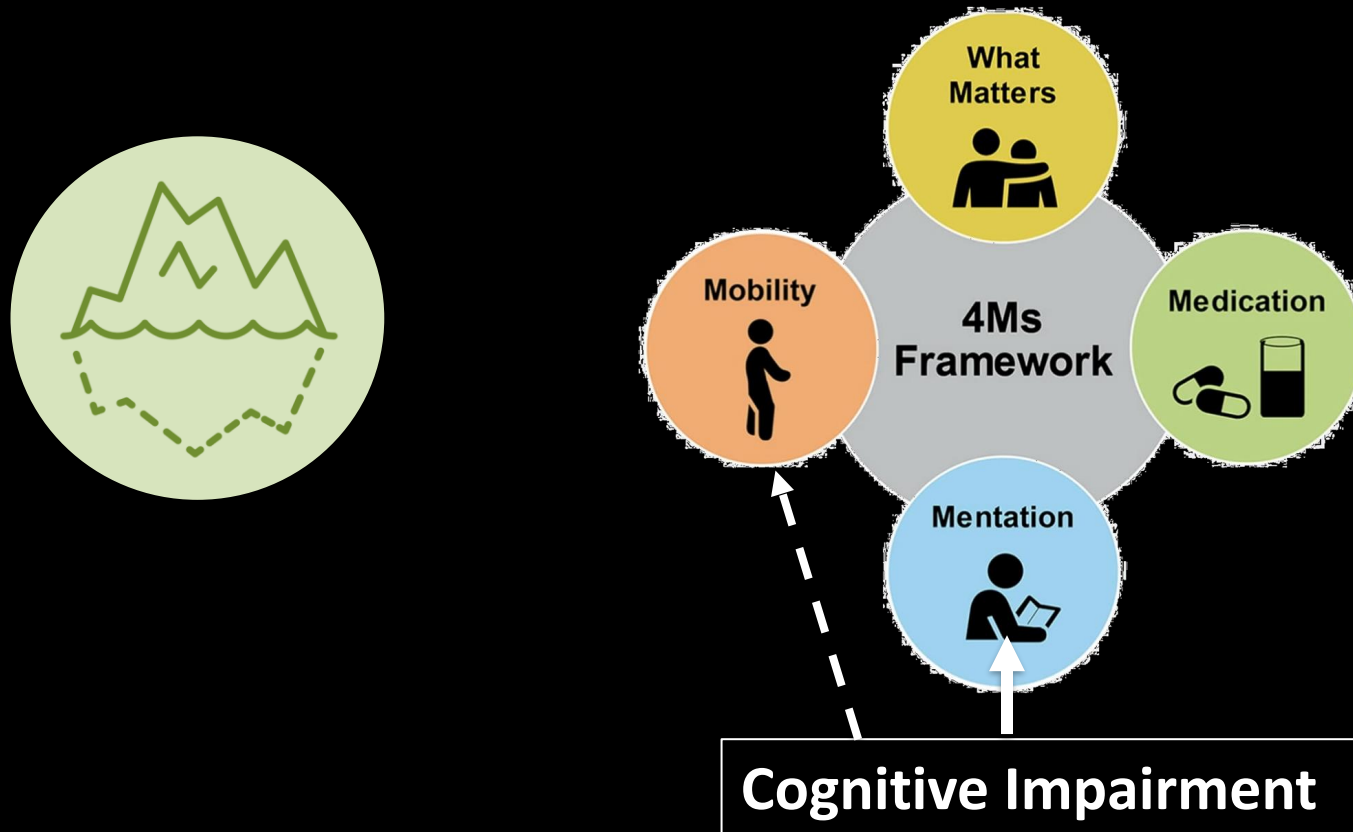
Health Literacy

Regardless of age, patients with low health literacy may not understand how or why to take medications



Health Literacy

Mr. B may have been experiencing changes in his cognition and his daily functioning



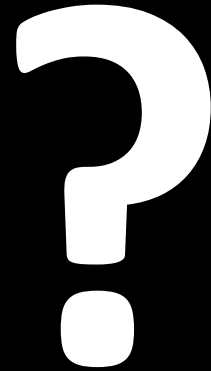
Forgetting to take medications is common but may be a sign of new cognitive changes



Osterberg L et al. Adherence to medications. N Engl J Med 2005.

Rifkin et al. Medication adherence behavior and priorities. Am J Kidney Dis 2010.

Forgetting to take medications is common but may be a sign of new cognitive changes

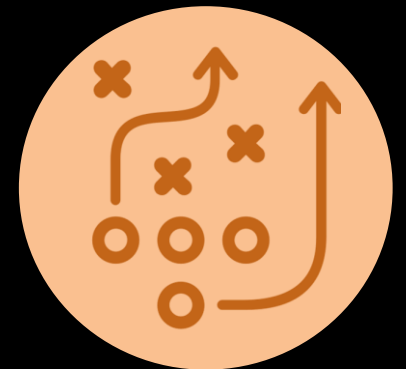


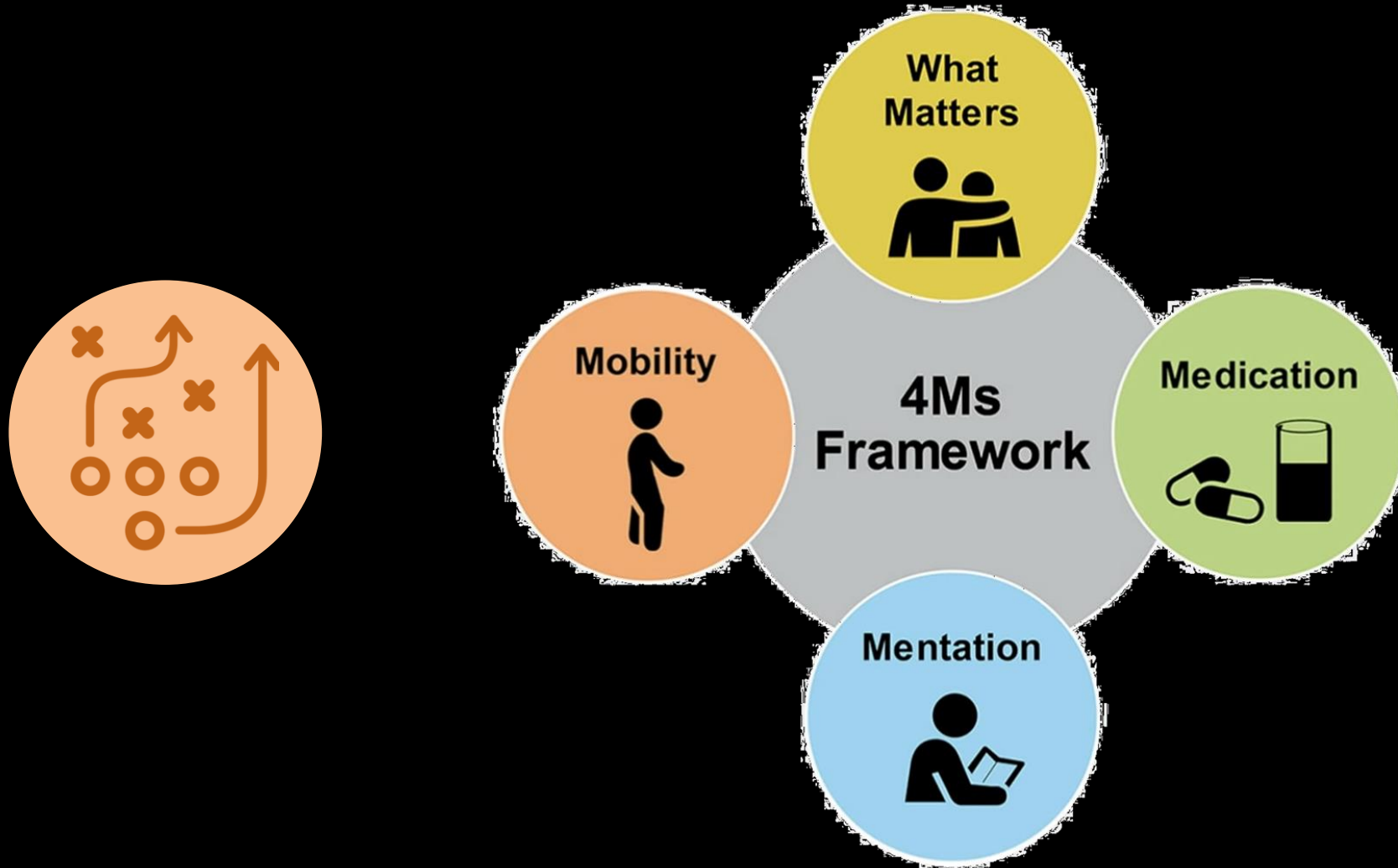
Is this a change?

Affecting daily life?

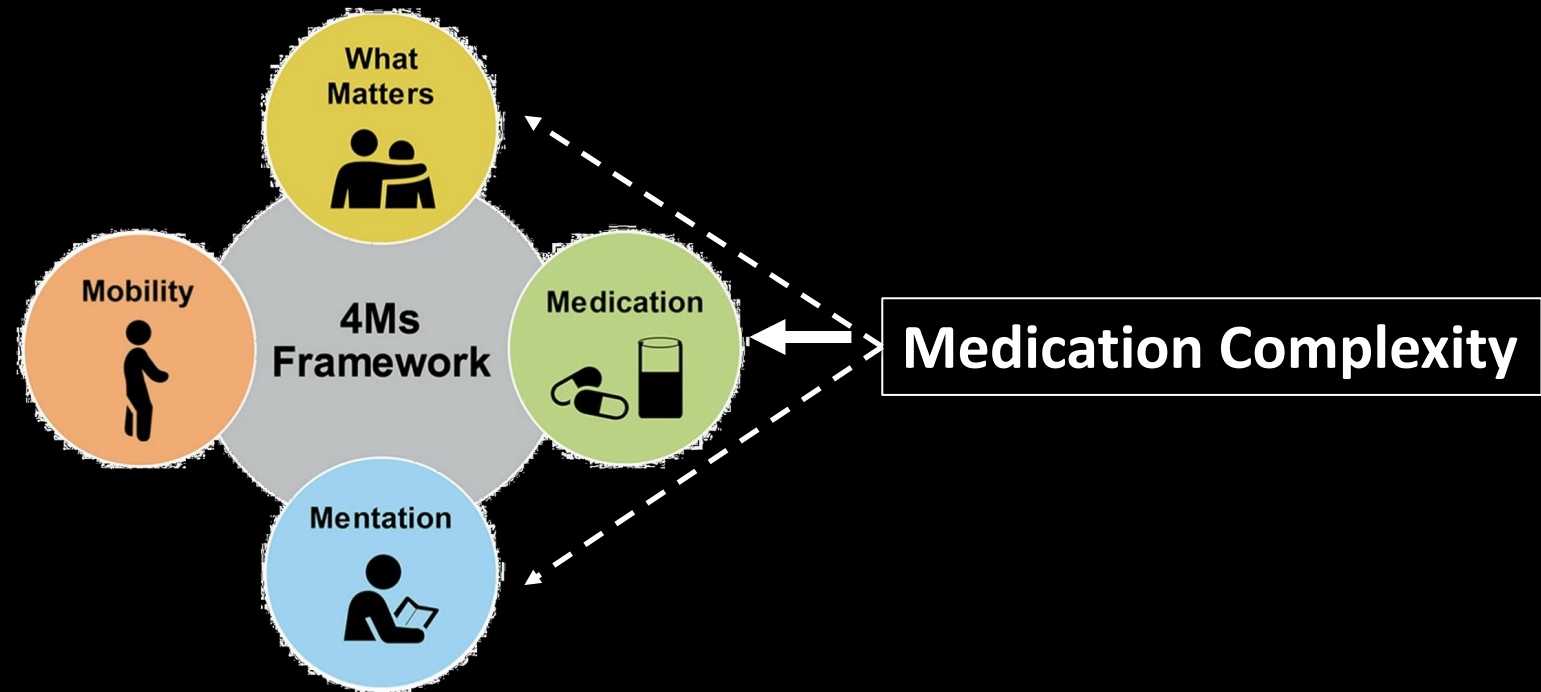
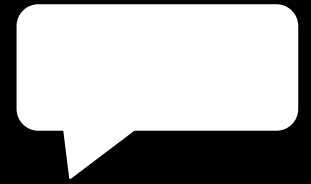
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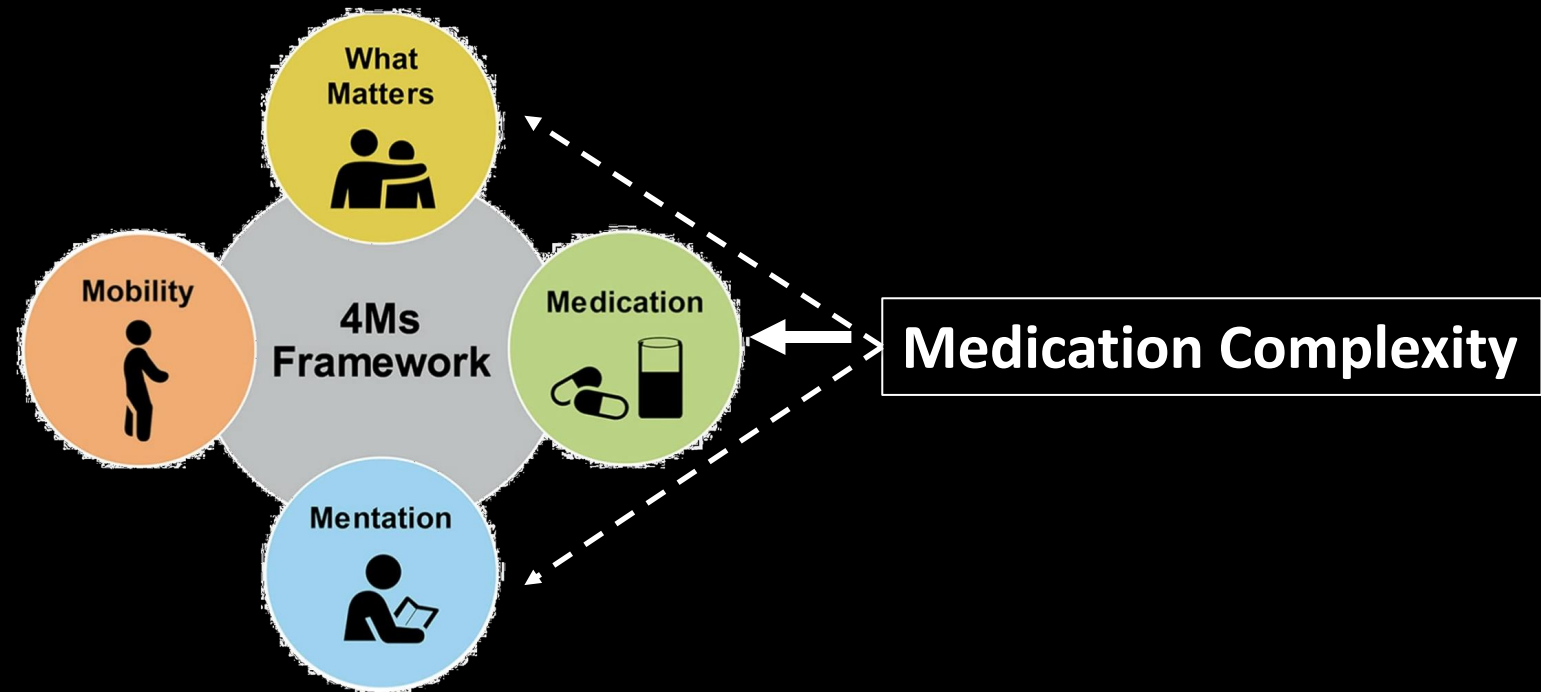
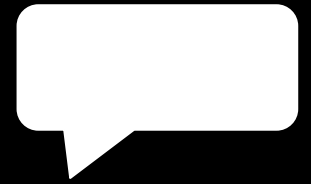




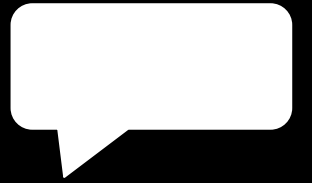
What strategies might we use to reduce medication complexity for Mr. B?



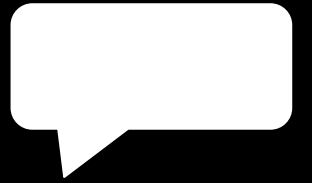
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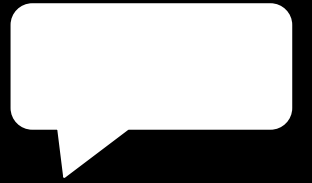
What strategies might we use to communicate better in case patients have low health literacy?



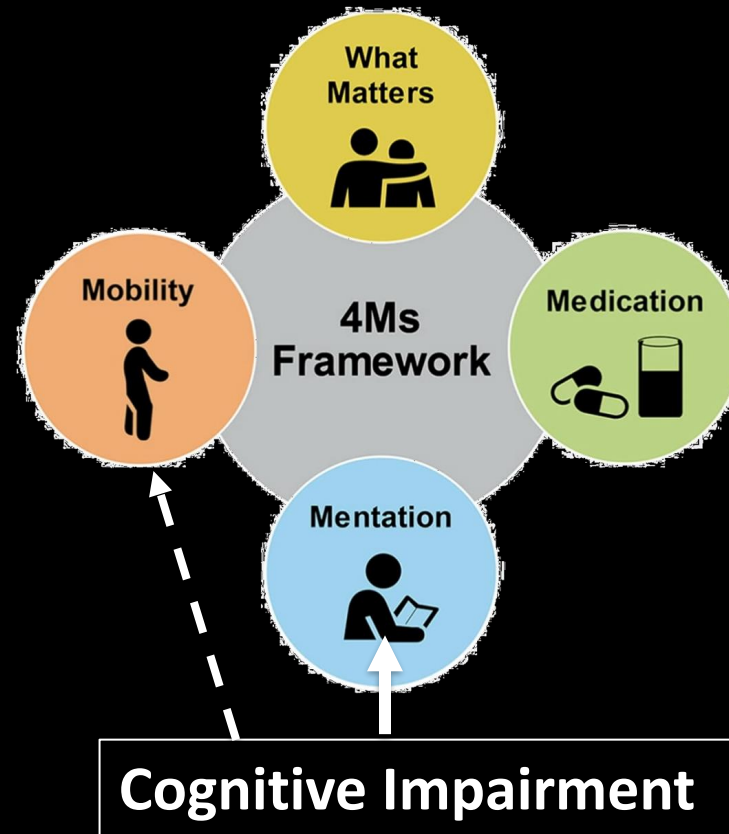
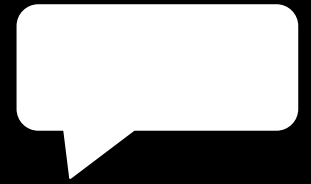
What strategies might we use to communicate better in case patients have low health literacy?



What strategies might we use to explore new changes in cognition?



What strategies might we use to support adherence for people with cognitive impairment?



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