Pharmacy Education and Research Opportunities for Maine's Safe Medicine Disposal Program

Rodney Larson, Ph.D.
Dean
School of Pharmacy
Husson University
Bangor, Maine
LarsonR@Husson.edu
Medication Adherence

- Critical Issue
- Patients Not 100% Compliant
- Tremendous Cost
Measuring Adherence

- Self-reports
  - Surveys
  - Diaries
  - Medication Calendars

- Refill Records
  - Pharmacies
  - Insurance Claims
Measuring Adherence

- **Direct Measures**
  - Analysis of medication or metabolite in the body.

- **Indirect Measures**
  - Health Outcomes
    - Blood Pressure
    - A1C
    - Cholesterol
Measuring Adherence

- Pill Counts
  - In-home
  - Brown-bag
Safe Medication Disposal Program

- A New Approach to Measuring Adherence
- Population-based vs. Small Sample
- All Medications
- Drug Utilization Review
Drug Utilization Review

- Dosing
- Frequency
- Amount Prescribed
- Refills
Drug Utilization Review

- Antibiotics
- Antidepressants
- Antihypertensives
Medications of Interest

- High Abuse Potential
  - OxyContin/Vicodin
  - Benzodiazepines
  - Ritalin

- Highly Toxic or Environmentally Damaging
  - Antibiotics
  - Hormones
  - Antineoplasitcs
Potential Study Limitations

- Discontinuation of medication may be on prescribers orders.
- Prescription snapshot.
- Medication may not be returned in original container.
- Intelligent noncompliance.
Educational Opportunities

- Faculty
  - Teaching
  - Scholarship

- Students
  - Learning opportunities
Educational Opportunities

• Patients –
  ◦ Problems Identified
  ◦ Educational Programs Developed

• Prescribers – evidence-based education

• Policy-Makers