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

<table>
<thead>
<tr>
<th></th>
<th>no eHistory</th>
<th>eHistory</th>
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<tbody>
<tr>
<td>Contra-Indication</td>
<td>81.6%</td>
<td>85.1%</td>
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<tr>
<td>Therapeutic Duplication</td>
<td>30.2%</td>
<td>25.8%</td>
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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

Rhyne R, Et al, 1998
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

Methods

- PR for objectives, development and dissemination
- Use of existing open-source PHR
- Assess cognitive impact
  - 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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