



What Family Caregivers Need to Know About **Medication Adherence**

Enabling Caregivers to Improve
the Health and Independence of
Seniors





What Family Caregivers Need to Know About Medication Adherence

Contents

- Medication Adherence and Seniors:
 - Size and scope of the non-adherence problem
- Who needs help with non-adherence?
- Causes
- The effects on non-adherence
- Solutions
- What do family caregivers need to know?



Non-adherence is a pervasive, serious problem



50% of seniors with chronic conditions do not take daily medications as prescribed

33% of medication-related hospital admissions are for non-adherence

Non-adherence is a problem



80% of prescribed medications will be discarded (not consumed) during the patient's first year of therapy, according to the World Health Organization.

#1 Problem in treating illness today is the patient's failure to take prescription medication correctly, according to The American Heart Association.

Non-adherence can have tragic results

- 48% of asthma deaths
- 80% increased risk of death in diabetes patients
- 380% increased risk of death within 12 months of a heart attack



Who needs help with non-adherence?

Seniors that take daily medication, that also:

- Experience periods of forgetfulness
- Have a complex medication schedule
- Had a change in their medication schedule
- Experienced a move or stressful life event
- Have a busy social schedule
- Have early stage Alzheimer's or dementia
- Have deliberately elected not to take their meds.



Causes



Forgetfulness

Cost

Unpleasant
Side Effects

- Reasons for non-adherence can be unintentional or deliberate.
- They cross all socio-economic groups.
- Forgetfulness increases with age.

The effects of non-adherence

- Missing medications a significant percentage of the time reduces the effectiveness of the medications.
 - For some medications, not taking them at the correct intervals may make them completely ineffective.
- Your physician may compensate for low effectiveness by increasing the dose.
- This creates a cycle of bouncing from being under-medicated to being over-medicated.
- Non-adherence results in falls, dizziness, nausea and other detrimental conditions.



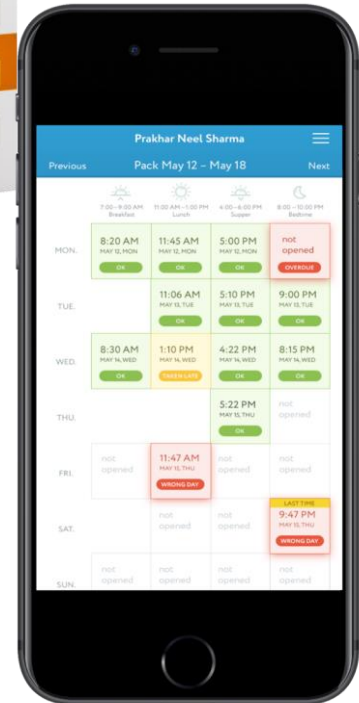
Solutions

- Blister Packaging for Medications
- Automated Dispensers
- Locking Pill Boxes
- CuePath



CuePath

- Add-on to blister pack that makes it “smart”
- Audible alarm reminder
- Sends alerts to caregivers when the patient forgets to take their medications
- Allows caregivers to track the patient’s medication adherence with a mobile app
- Optional reminder call service is available.



The most effective way to resolve medication adherence issues.

Solution Comparison

Solution	Medications Are Loaded By	Learning Curve / Usability	Cost
Blister Pack	Pharmacist	Very intuitive; readily available through pharmacies	\$0
Automated Medication Dispenser	Caregiver	Major learning curve; requires internet connectivity	\$79 /month + \$99 installation fee
Locking Pill Box	Caregiver	Intuitive	\$20
CuePath - Smart Blister Pack	Pharmacist	Very intuitive; no change in usability	\$0 (some pharmacies may charge nominal fee after 1 st month)

What do family caregivers need to know?



Assisting a loved one with their medication adherence helps them:

- Manage their medications more effectively
- Stay healthier and independent longer
- Prevent medication-related emergencies.

For family caregivers, tracking a loved one's medication adherence through use of the **CuePath Caregiver App** provides peace of mind in knowing the actual status in real-time.

Looking for more information?

www.CuePath.io

<https://cuepath.io/how-it-works/medication-adherence/>

<https://www.heart.org/en/health-topics/consumer-healthcare/medication-information/medication-adherence-taking-your-meds-as-directed>

<https://www.pharmacytimes.com/publications/issue/2011/January2011/RxFocus-0111>

CuePath Innovation
Ste. 1200, 555 West Hastings St.
Vancouver, BC, V6B 4N6
info@CuePath.io

