

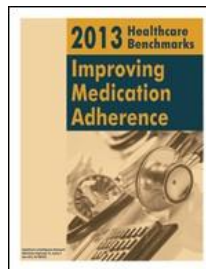
# 2013 Benchmarks in Medication Adherence



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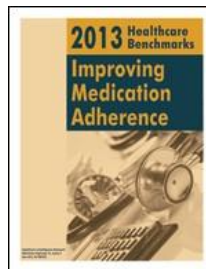
# Medication Adherence Benchmark Data

- **Medication non-adherence** costs are estimated at \$290 billion in 'otherwise avoidable medical spending' in the United States alone each year.
- In its **third annual Medication Adherence e-survey** conducted in January 2013, the Healthcare Intelligence Network captured emerging trends in efforts to **improve medication adherence** (MA) among more than 100 healthcare organizations.
- This presentation contains highlights from those responses.



# Medication Adherence Benchmark Data

- **Figure 1** - Have Program to Improve Medication Adherence
- **Figure 2** - Most Receptive Conditions
- **Figure 3** - Program Components
- **Figure 4** - Standards to Assess and Monitor MA
- **In Respondents' Own Words:** Most Successful Tools for Improving Medication Adherence
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- **Medication management** has long been a key to-do on the hospital discharge checklist. But now **efforts to educate patients and health plan members about proper use of prescribed medications** is moving upstream to the medical home, community clinics, and even in the home.

- 69% of organizations have created a **program to improve medication adherence**.

Figure 1: Have Program to Improve MA

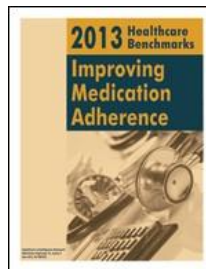
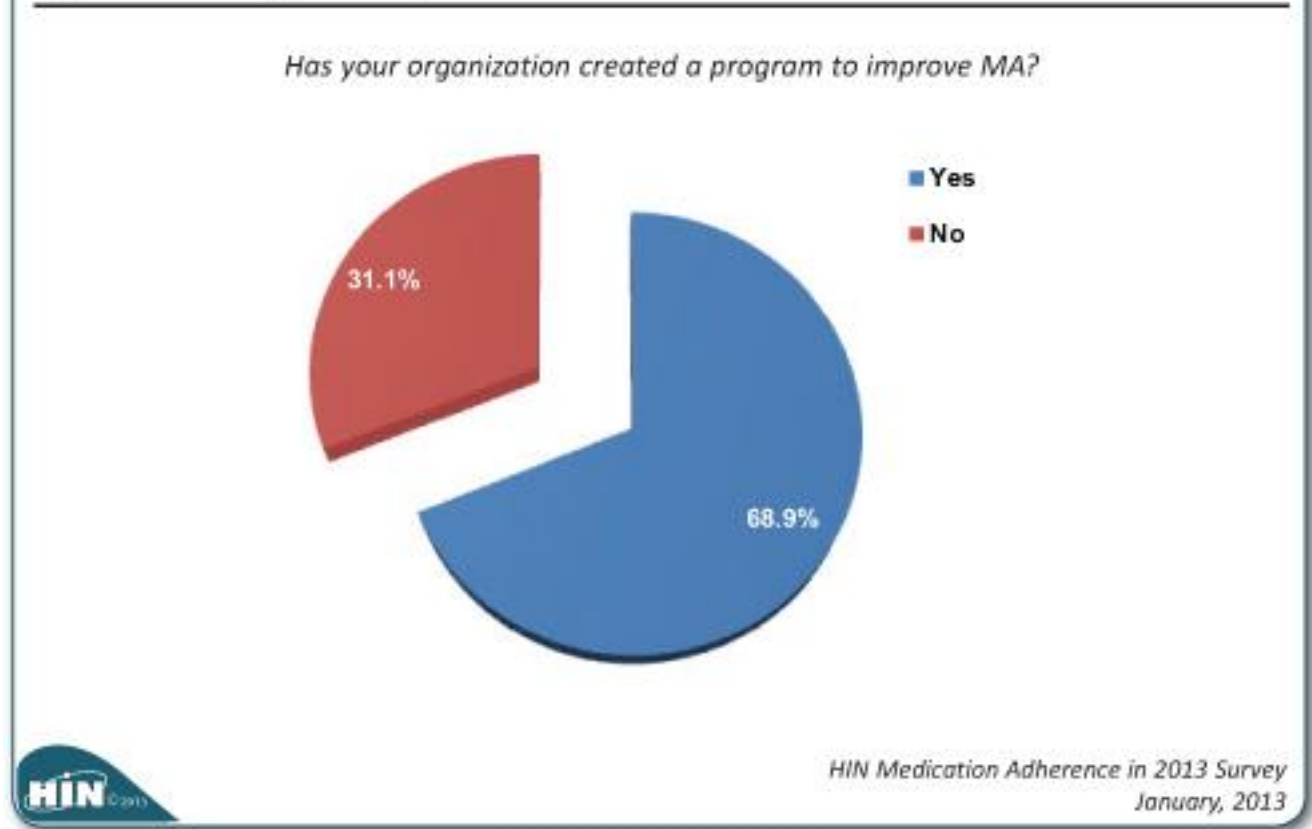
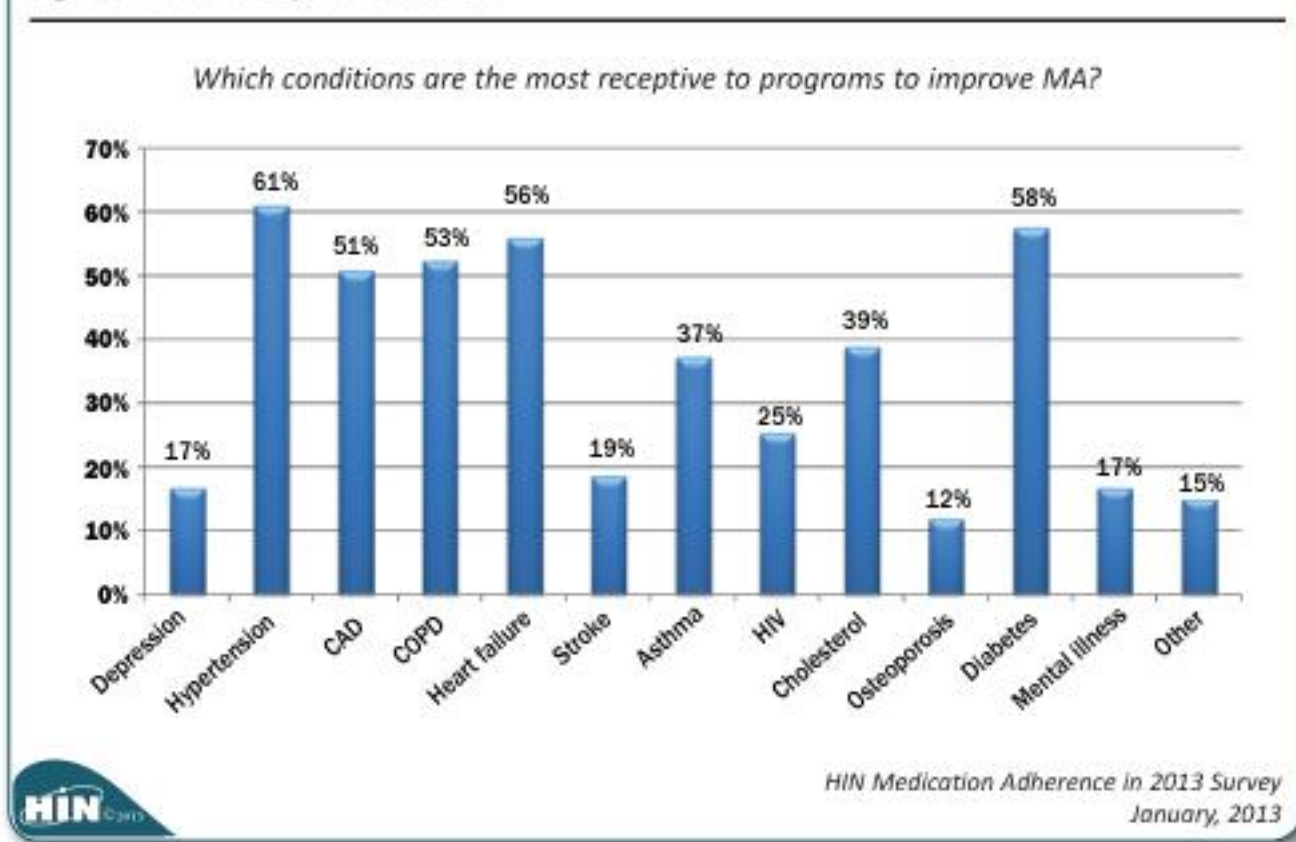
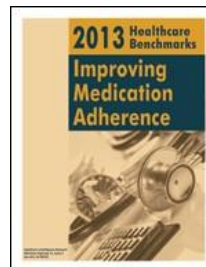


Figure 2: Most Receptive Conditions



- **Hypertension has replaced diabetes** as the condition most receptive to MA efforts, say **61%**.
- Following hypertension and diabetes is **heart failure, COPD and CAD**.



- Education is included in **83%** of **medication adherence programs**. This is followed by **telephonic follow-up** (67%) and **prescription reconciliation** (58%).

- In new metrics identified this year, 47% say **home visits** are a component of the MA intervention.

Figure 3: Program Components

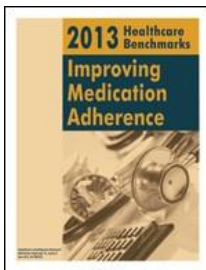
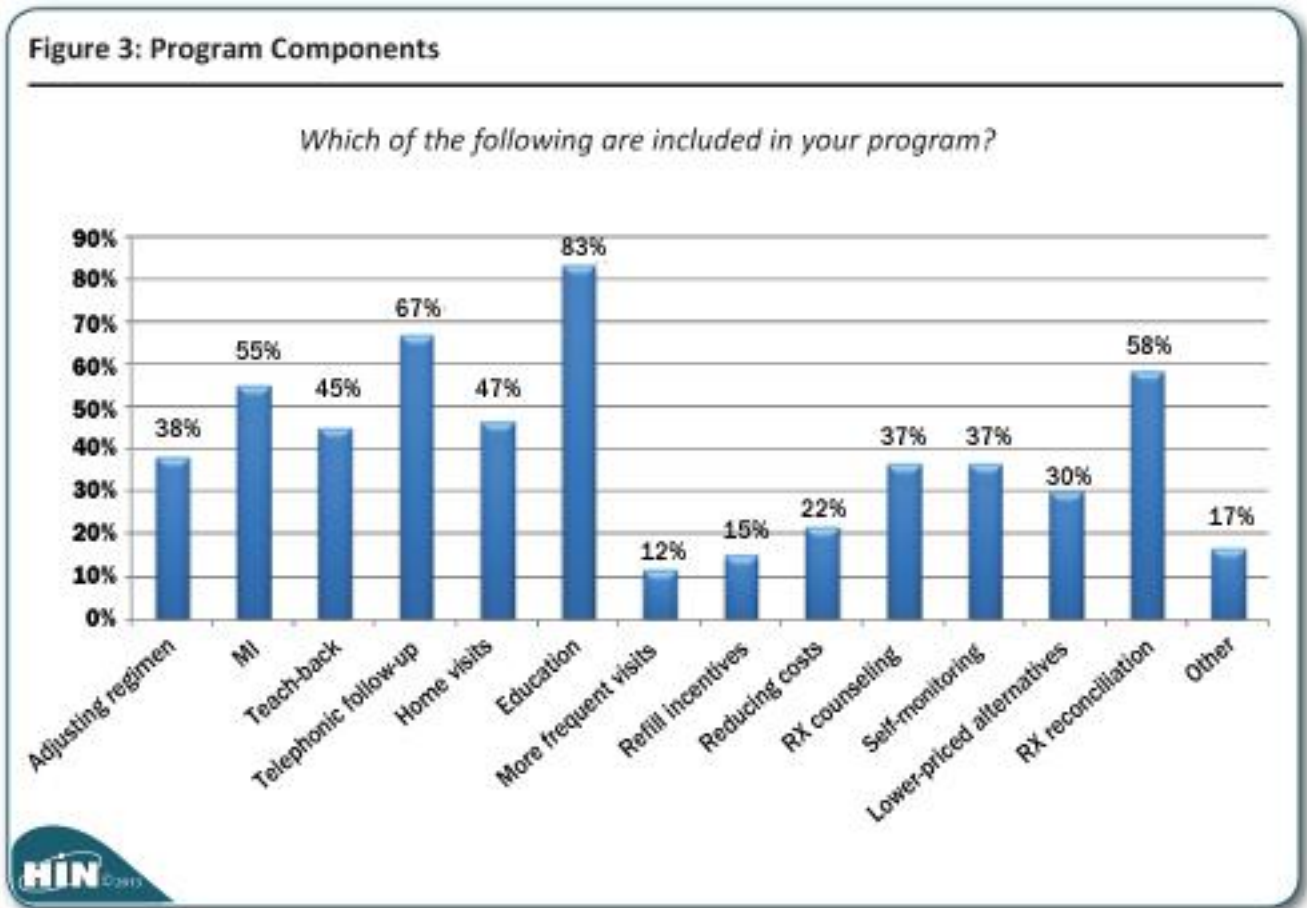
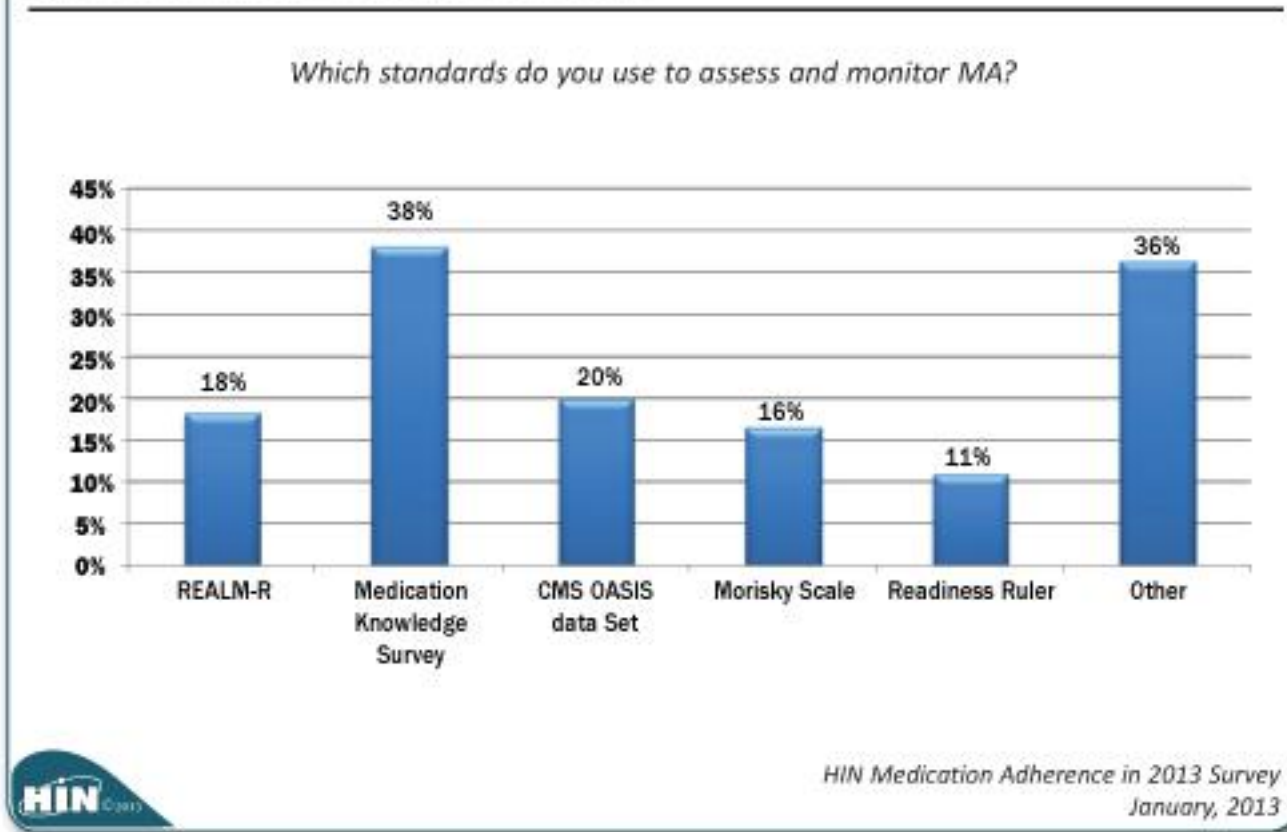
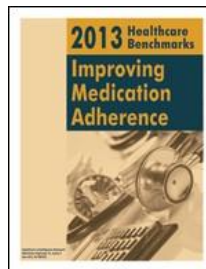


Figure 4: Standards to Assess and Monitor MA



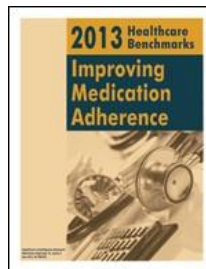
- The standard used most by respondents (38%) to **assess and monitor medication adherence** is the **Medication Knowledge Survey**.
- 2013 respondents reported **greater overall savings from MA programs** — **44% versus 36%** in 2012.



# In Respondents' Own Words

## Most Successful Tools for Improving Medication Adherence:

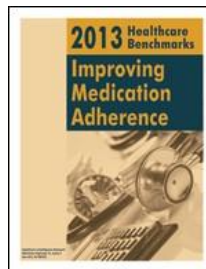
- “Home or clinic visits with RN case manager and pharmacist, both employees of the health plan.”
- “Surveys to identify patients’ barriers to adherence and then tailored messaging campaigns to break those barriers and encourage adherence and healthy outcomes.”
- “Sending discharged high risk member home with a comprehensive list of current medications, herbals, OTC, etc. and list of next appointments and labs with dates, times and locations.”
- “Teaching sheets for patients at the bedside. These cover side effects as well as information on the medication’s purpose.”





# Sources

- See ***2013 Healthcare Benchmarks: Improving Medication Adherence***, available at [store.hin.com](http://store.hin.com)
- Responses and data were derived from HIN's third annual industry survey on medication adherence conducted in January 2013.



# For More Information

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