

With gratitude to Roger W. Anderson for elevating the role of clinical pharmacists to essential members of the health system clinical care team.



Solving Medication Adherence in High Risk Populations

Case Study The Pharmacist's New Role in Medication Adherence

Executive Summary

A Health System's Clinical Pharmacist team sought to combat the lack of adherence that high risk patient populations showed when taking expensive, life-saving specialty medications. Through predictive adherence-indicators, personalized clinical pharmacist interventions, and an integrated clinic-pharmacy care model, the team was able to **significantly improve medication adherence by 52%**.

Challenges

Medication non-adherence results in an estimated 125,000 deaths and may be the cause of 10% of all hospitalizations in the United States each year. The costs associated with deviations from a medication plan range from \$100 - \$289 billion annually. Twenty to thirty percent of medication prescriptions are never filled and **approximately 50% of medications for chronic disease are not taken as prescribed.**

"We are excited about the results of this initiative and we hope that we can continue to practice this integrated model to make a difference in the lives of all our chronically ill patients." – Kate Smullen, PharmD, CSP

These statistics, in combination with the trends in specialty medication spending below, reveal **an urgent need to focus on integrated medication adherence and pharmacy care:**

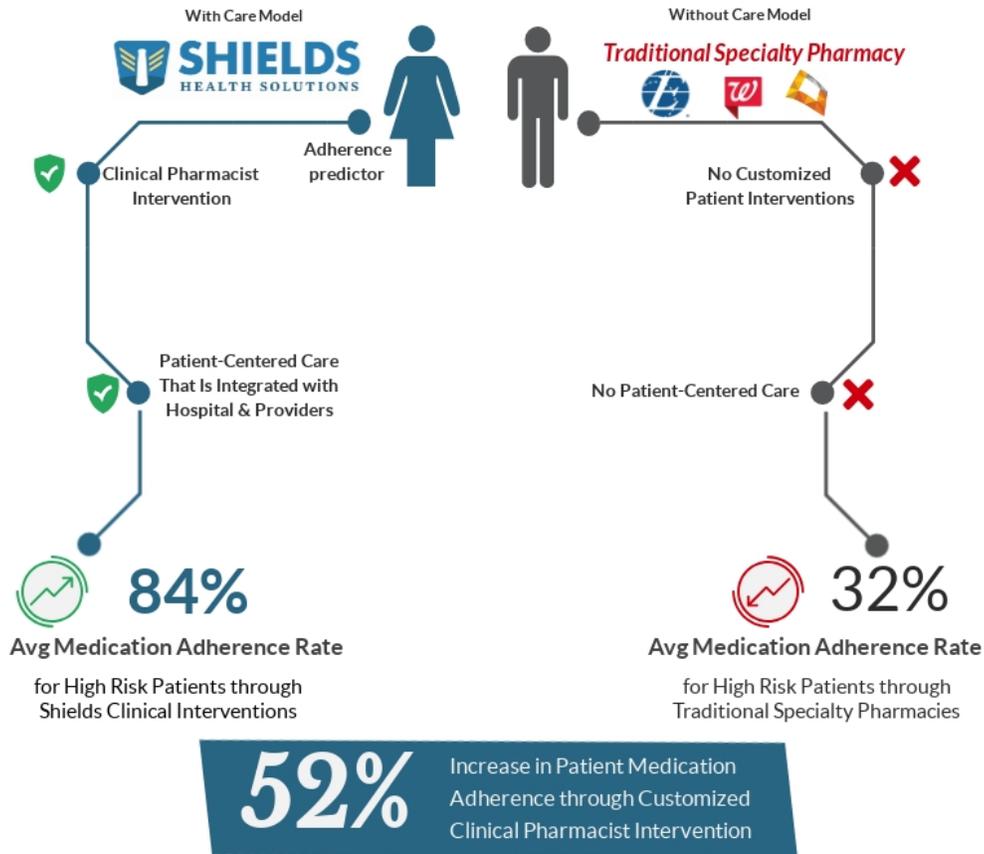
- **73%** of the overall growth in medication spending from 2012-2017 was on specialty medicines
- **\$140k** annually – the current average cost of an oncolytic agent
- **\$65k** annually – the current average cost of an MS agent

Methodology

In partnership with world-renowned health systems across the US, Shields Health Solutions is working to address the significant problem of medication non-adherence for chronically ill patients. Together we are using a combination of:

- Behavioral interviews
- Customized care plans
- An integrated clinic/pharmacy medical record
- Proactive provider updates from pharmacists
- A toolkit of proven adherence interventions deployed by Board Certified Pharmacists

Non-Adherent Patient Population



Results and Patient Impact

A review of high-risk, non-adherent patients from multiple health-systems (those patients who are predicted to have less than a 32% chance of adherence at the outset of treatment) showed that, with **proactive** clinical pharmacist interventions, **84% of these patients moved to a fully adherent state by month six.**

Shields Health Solutions is a specialty pharmacy integrator, helping health systems create, expand and manage their health-system-owned specialty pharmacies. Through a commitment to integrated clinic-pharmacy care, Shields works with health system partners to improve patient outcomes and reduce care team administrative tasks while decreasing the overall cost of patient care.

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