PHARMACY CARE FOR THE ELDERLY

SILVER HAIRED LEGISLATIVE FORUM

Melissa Hampton, Pharm.D. Candidate
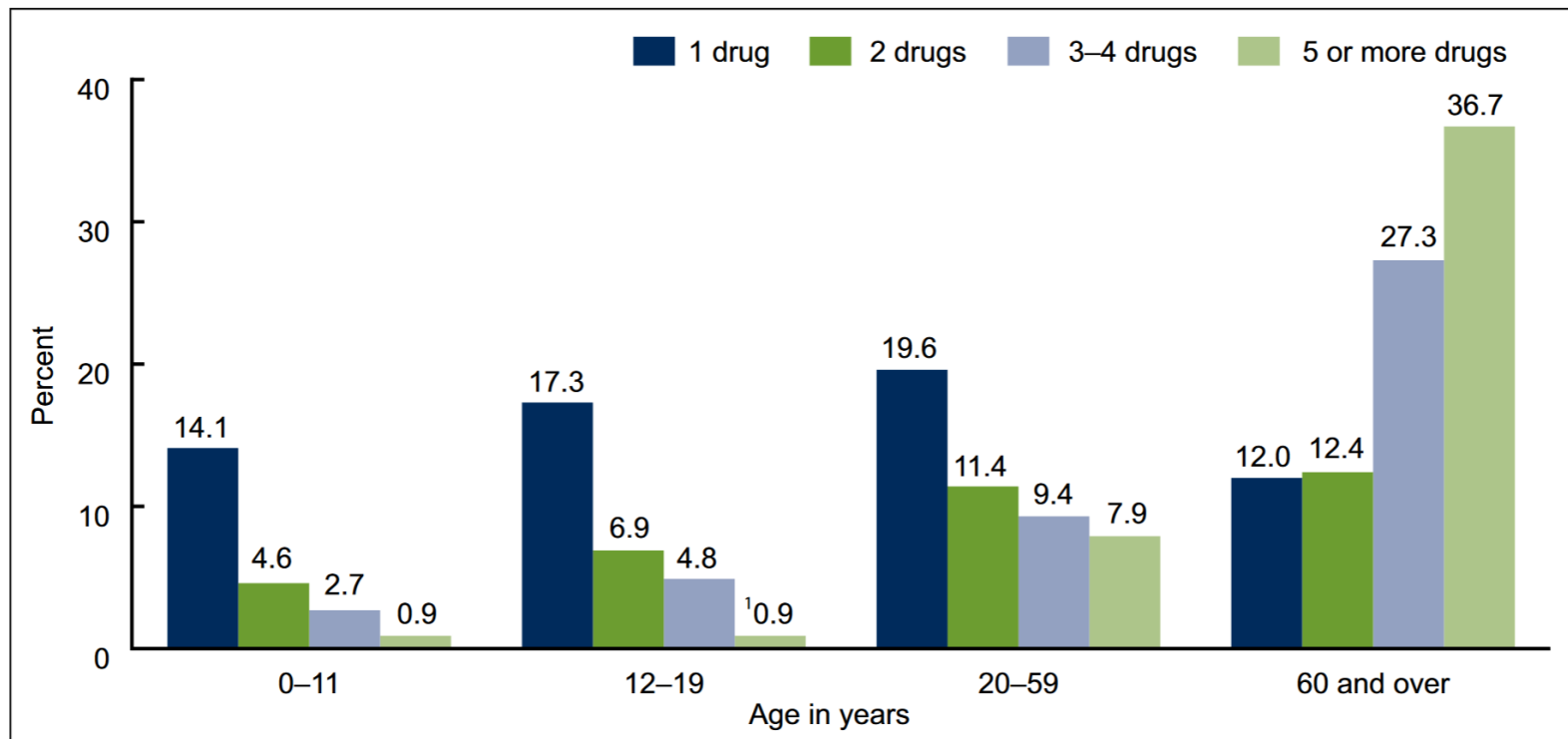Yenh Long, Pharm.D., BCACP
Program Administrator- Nevada Prescription Monitoring Program

MORE DRUGS MORE PROBLEMS

- Annually, adverse drug events (ADEs) cause:
  - 700,000 ER visits and 120,000 hospitalizations
  - $3.5 billion is spent on extra medical costs

- Risk factors for ADEs:
  - Polypharmacy- taking more medications than clinically indicated
  - Increased age (elderly population 65 years and older)
    - 2x more ER visits and 7x more hospitalizations
    - Increased number of RX drug use
    - Declining vision, hearing, and memory

ELDERLY AT RISK

- Percentage of RX drugs used in the past month, by age; United States, 2007-2008

Legend: 1 drug, 2 drugs, 3–4 drugs, 5 or more drugs

Age in years	1 drug	2 drugs	3–4 drugs	5 or more drugs
0–11	14.1	4.6	2.7	0.9
12–19	17.3	6.9	4.8	[1]0.9
20–59	19.6	11.4	9.4	7.9
60 and over	12.0	12.4	27.3	36.7

[1]Estimate is unstable; the relative standard error is greater than 30%.
SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

VISUALLY IMPAIRED

- 2010 U.S. Census, estimated number of cases by Vision Problem Age ≥ 40 years

Ocular Disease	Current Estimates (in millions)
AMD*	2.1**
Cataract	24.4 (17%)
Diabetic Retinopathy	7.7 (5.4%)
Glaucoma	2.7 (1.9%)
Total Population ≥ 40 years	142.6

*Age-related macular degeneration
** Age 50 and older

http://www.seniorvision.org/resources/facts-about-blindness-and-visual-impairment

VISUALLY IMPAIRED SENIORS

- Visual impairment may affect ability to:
  - Read RX labels and medication information
  - Determine medication color, shape, markings
  - See markings on measuring or testing devices

- Visually impaired seniors:
  - Rely on memory to remember medication instructions
  - Dependent on others to help manage medications

HELP FOR VISUALLY IMPAIRED SENIORS

- Three pharmacy chains offers assistance for the visually impaired:
  - CVS®
  - Walgreens®
  - Walmart®

HELP FOR VISUALLY IMPAIRED SENIORS

- CVS® and Walmart® partnered with En-Vision America offers RX labels with:
  1. ScripTalk®
  2. ScripView®

- Only available at few CVS® and Walmart® locations in NV
- ScripTalk® can be ordered from CVS® and Walmart® mail order pharmacies

http://www.envisionamerica.com/products/scripability/scriptalk/
Porter P. Three Pharmacy Chains Now Providing Talking Prescriptions. *Lighthouse for the Visually Impaired and Blind* 2015.

HELP FOR VISUALLY IMPAIRED SENIORS

- ScripTalk®
    - RFID adhesive tag placed on RX container
    - Instructions programmed on tag by pharmacist
    - RX instructions read when placed on ScriptTalk® station
    - Multiple languages available

HELP FOR VISUALLY IMPAIRED SENIORS

- ScripView®
  - Large print booklet-style label
  - 18 point font, durable, non-glare material
  - Includes barcode when scanned by a Smartphone provides audible RX information

HELP FOR VISUALLY IMPAIRED SENIORS

- Walgreens® "Talking Pill Reminder"
  - Talking RX device
  - Allows for voice recording of RX instructions
  - Attaches to RX container and recites recording
  - Programmable alarm

- Available at all retail locations and through mail-order
- _Free_ with RXs dispensed to blind or visually impaired
- Also available at Walgreens® for purchase $9.99

MEDICATION THERAPY MANAGEMENT

- Medication Therapy Management (MTM)
  - Term first used in 2003, but pharmacists have been providing similar services since 1998
  - Serve to optimize therapeutic outcomes, reduce the risk of ADEs, and drug interactions
  - Pharmacist reviews the pt's drug regimens and disease states and provides recommendations to pts and their prescribers

- The Centers for Medicare and Medicaid Services (CMS) mandates Medicare Part D plans to provide MTM services to beneficiaries

- Currently offered by all large chain retail pharmacies

Gonzalez J, et al. J Manag CarePharm. 2008;14(6, suppl S-c):S8-S11.
Medicare Prescription Drug, Improvement, and Modernization Act of 2003. Public Law No. 108-173: December 8, 2003.

MEDICATION THERAPY MANAGEMENT

- The service is particularly helpful in pts with multiple chronic illnesses, often seen in the elderly population

- Seniors often have complex therapies and multiple health care providers

- By providing MTM services a pharmacist can minimize the occurrence of ADEs, drug interactions, and poor adherence

Gonzalez J, et al. J Manag CarePharm. 2008;14(6, suppl S-c):S8-S11.
Medicare Prescription Drug, Improvement, and Modernization Act of 2003. Public Law No. 108-173: December 8, 2003.

A RETROSPECTIVE ANALYSIS OF 10 YEARS PROVIDING MTM SERVICES

- Oliveira et. al.
  - Analyzed data from MTM services provided to 9,068 pts by pharmacists over a 10-year period (Sept. 1998- Sept. 2008)
  - Compared the first and most recent MTM visit to measure if pt achieved goals of therapy for each of their medical condition

- Results
  - 33,706 documented MTM encounters
  - 38,631 drug therapy problems identified and addressed
    - 85% of patients had at least 1 drug therapy problem
    - 29% of patients had 5 or more drug therapy problem

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A RETROSPECTIVE ANALYSIS OF 10 YEARS PROVIDING MTM SERVICES

- Most prevalent problems included:

TABLE 2	Drug Therapy Problems Identified and Addressed by MTM Pharmacists[a]	
	Categories of Drug Therapy Problems	Number of Drug Therapy Problems (%)
Indication	1. Unnecessary drug therapy	2,196 (5.7)
	2. Needs additional drug therapy	10,870 (28.1)
Effectiveness	3. Ineffective drug	3,387 (8.8)
	4. Dosage too low	10,100 (26.1)
Safety	5. Adverse drug reaction	3,197 (8.3)
	6. Dosage too high	2,502 (6.5)
Compliance	7. Nonadherence	6,379 (16.5)
	Total	38,631

[a]Reflects services provided from September 1998 through September 2008 to 9,068 patients.
MTM = medication therapy management.

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A RETROSPECTIVE ANALYSIS OF 10 YEARS PROVIDING MTM SERVICES

- In the clinical status assessment, of 4,849 pts whose conditions were not at goal when enrolled in the program, 55.0% of the conditions were found to have improved

- Pharmacist-estimated cost savings to the health system over the 10-year period were $2,913,850 ($86 per encounter)

- In the patient satisfaction survey, 95.3% of respondents agreed or strongly agreed that their overall health and wellbeing had improved because of MTM

NAVIGATING MEDICARE
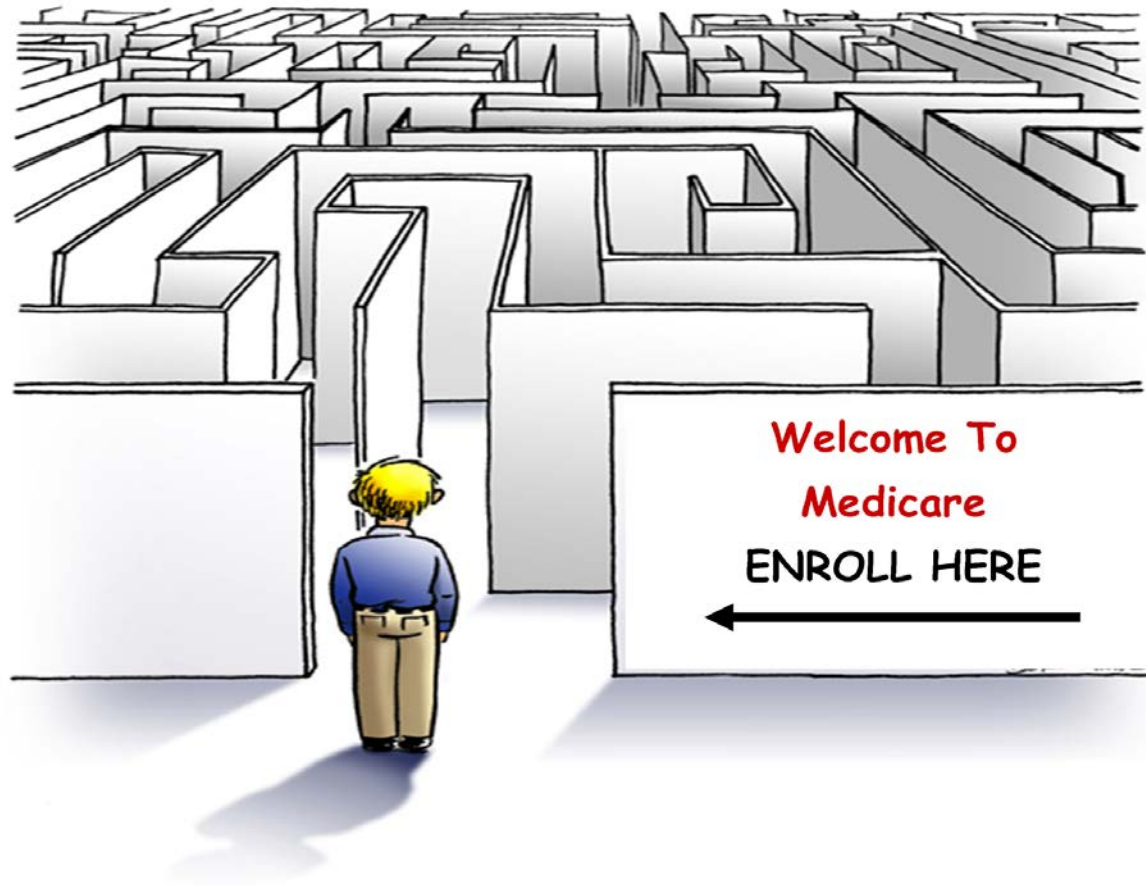
Does Medicare provide dental and vision coverage?

What are my premiums, deductibles, copays?

How often can I change Medicare plans?

What is Medicare A, B, C, D?

Can I enroll if I haven't retired?

Will my spouse and dependent children also receive Medicare benefits?

What is the donut hole?

Should I sign up?

Do I qualify?

How do I dis-enroll?

MEDICARE

What does it cover?

How much is the late enrollment penalty?

When do I enroll?

What if I can't afford my copay?

What is my Medicare effective date?

Which doctors accepts Medicare?
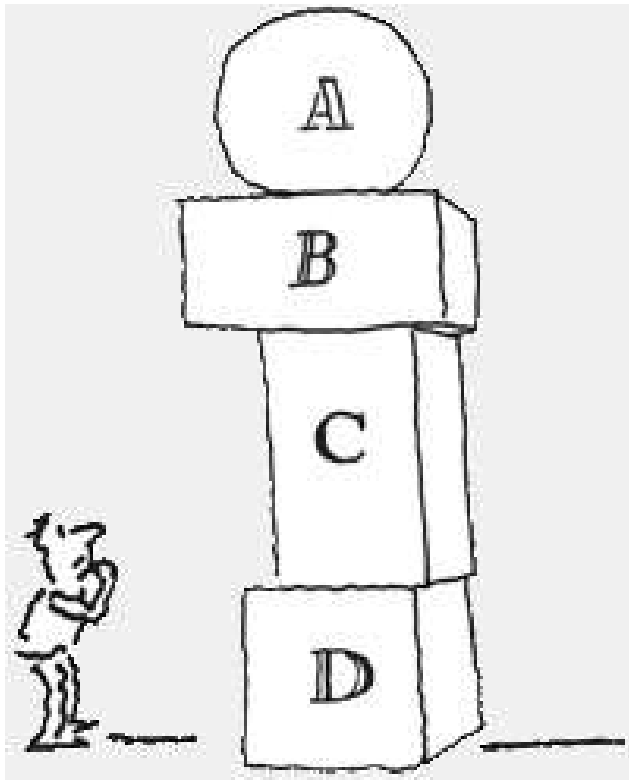
What are my options?

What's the difference between Medicare Supplement insurance and Medicare Advantage plans?

Do I need Medicare Part A or Part B if I am still working?

NAVIGATING MEDICARE

You're not alone if you find Medicare to be puzzling. — Illustration by R.O. Blechman

- Why is Medicare so confusing?
  - Separate rules for people in different situations
  - Broad range of choices that require everyone to make personal and timely enrollment decisions
  - More benefits and options are added each year

NAVIGATING MEDICARE

- Medicare part D
  - Adds RX drug coverage to a patient's original Medicare plan
  - Offered by private health insurers and are regulated by the federal government
  - Enroll through Medicare or directly through the insurance company
  - Dozens of different plans

- Navigating the different Medicare D programs can be a complex, overwhelming, and difficult task for patients
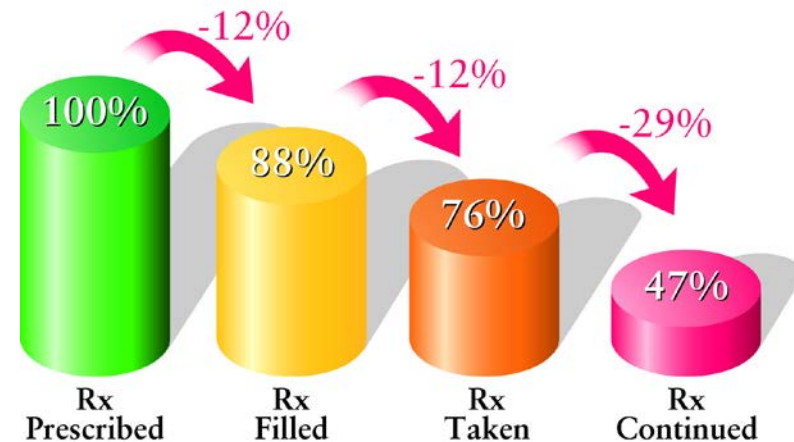
ASSISTING SENIORS WITH MEDICARE D

- Pharmacies offer assistance to those navigating through Medicare

CVS®	Walmart®	Walgreens®	Kroger®
Comprehensive explanation of different Medicare services	Redirects pts to Direct Health to compare different Medicare D plans	Easy to follow explanation of Medicare A – D	Plan finder tool gives pts information on Part D plans in their area
Plan Comparison Tool to aid pt in decision (uses pt's active medication profile)	Offers preferred cost sharing for over 18 Medicare D RX plans	Offers many of the nation's top plans with $1.00 copays on tier one generics	Preferred pharmacy for 9 different Medicare Part D plans
Hosts events where pts can talk to health plan representatives	Offers Humana Walmart® Rx Plan, one of the country's lowest national monthly plan premiums, no deductible for most covered generic drugs	Provides discounted RX for Part D recipients in coverage gap Provides pts with a Medicare RX copay quote	
https://www.cvs.com/healthinsurance/medicare/index.html	http://www.walmart.com/cp/Medicare-Part-D-Plans/1106173	http://www.walgreens.com/topic/pharmacy/medicare/findaplan-info.jsp	https://www.kroger.com/topic/pharmacy/#/do-you-have-questions-about-medicare

IN THE PIPELINE –
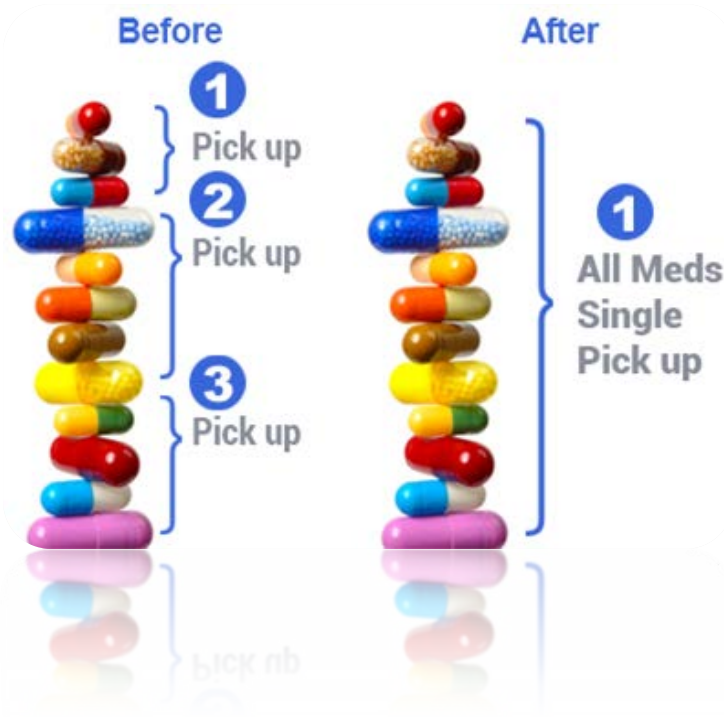# MEDICATION SYNCHRONIZATION

- Medication adherence
  - Improves health outcomes
  - Decreases healthcare costs

- Barriers to medication adherence
  - Complexity
  - Cost
  - Cognitive impairment
  - Lack of understanding
  - Health literacy
  - Visual impairment
  - Uncoordinated medication fills/refills
    - Requiring pts to pick-up RX refills on different days throughout the month largely due to insurance restricting when medication can be refilled

MEDICATION SYNCHRONIZATION

Prescription Synchronization

- Coordinates refills so pts can pick-up all RXs on same day of each month

- Decreases regimen complexity

- Increases adherence to medication therapy

- Provide pharmacists with better opportunities for patient interactions

MEDICATION SYNCHRONIZATION

- The National Community Pharmacists Association and Arkansas Pharmacists Association conducted a study to measure impact of med sync on medication adherence
  - Med sync implemented in 82 independent pharmacies in Arkansas from May 7, 2014 to May 31, 2015
  - Over 8,000 patients enrolled

Med sync patients are over **2.5 times** more likely to be adherent to medications.

Med sync patients were **21%** less likely to discontinue drug therapy.

PROPORTION OF DAYS COVERED

0.86

0.73

Adherence is significantly greater for med sync patients.

NEVADA PHARMACIES OFFERING MEDICATION SYNCRONIZATION PROGRAMS

Practice Name	Address	Contact
Sierra Healthmart Pharmacy #766	898 Tanager St. Incline Village, NV 89451	Brant Skanson Ph: 775-831-1133
Don's Pharmacy #767	504 Ralston St. Reno, NV 89503	Morgan Luzier Ph: 775-329-2000
Lovelock Pharmacy #768	325 11th St. #2 POB 206 Lovelock, NV 89419	Grant Moulton Ph: 775-273-1700
Rite Aid Pharmacy #6121	1329 US Highway 395 North Gardnerville, NV 89410	Ph: 775-782-7042
Rex Drug #1	24 N Main St Yerington, NV 89447	Matthew Christensen Ph: 775-463-2345

BARRIERS TO MEDICATION SYNCHRONIZATION

- In order to fill all RXs on same day, pharmacists will have to initially give partial fills of medications
  - Partial fills traditionally not covered by patient's insurance
- January 1, 2014, Medicare Part D requires plan sponsors to offer prorated copayments to Medicare beneficiaries for medication synchronization services

- Legislation passed in CO, CT, OR, and UT prohibiting insurance plans from denying to pay for refills made to sync multiple RXs

CONTACT INFORMATION

- Always welcomed to contact Board of Pharmacy:
  - Telephone: (775) 850-1440
  - Email:
    - Law questions: pedwards@pharmacy.nv.gov
    - Other general questions: lpinson@pharmacy.nv.gov

- Presenter's contact:
  - Email:
    - Yenh Long: ylong@pharmacy.nv.gov
    - Melissa Hampton: mhampton@student.roseman.edu