

# Community Outreach Program on Medication Management (COPMM)

## 社區外展藥物管理服務

Hong Kong Pharmaceutical Care Foundation (香港藥學服務基金)

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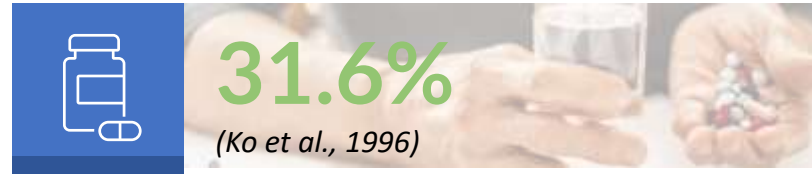
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# Background

\***Polypharmacy** was prevalent in geriatric patients at rates of  
\*Regular use of *at least 5 medication*



Overall prevalence of  
**Drug non-adherence**  
reported in a local elder study was



**Hospitalization** period was significantly extended



**Patient knowledge** plays an





**Difficulties of the  
elderly in the  
Domestic Setting**



# Elderly drug problems

Storage problem



Polypharmacy



Complex regimen



Non-compliance



# Objective



**To Improve Drug Compliance**

**To Increase Drug Knowledge**

**To Increase Confidence Level on Self Management**

**To Reduce Hospital Service Utilization  
and Adverse Drug Reaction**

# How will these elderlies be identified



\*Self-approach/ By referral (from Hospitals/ DECC/NEC)

## Inclusion criteria

1. Community dwelling elderly aged 60 or above
2. Polypharmacy ( $\geq 5$  types of chronic medications)
3. Patient with poor compliance
4. Elderlies who can be trained on the medication management or have support from care givers or family members who can pick up the knowledge and skills on medication management

## Exclusion criteria

1. Elderlies undergoing close regimen titration and monitoring
2. Elderlies living in elderly home or RCHes with caregivers
3. Communication difficulties or incapable to attend follow-up sections

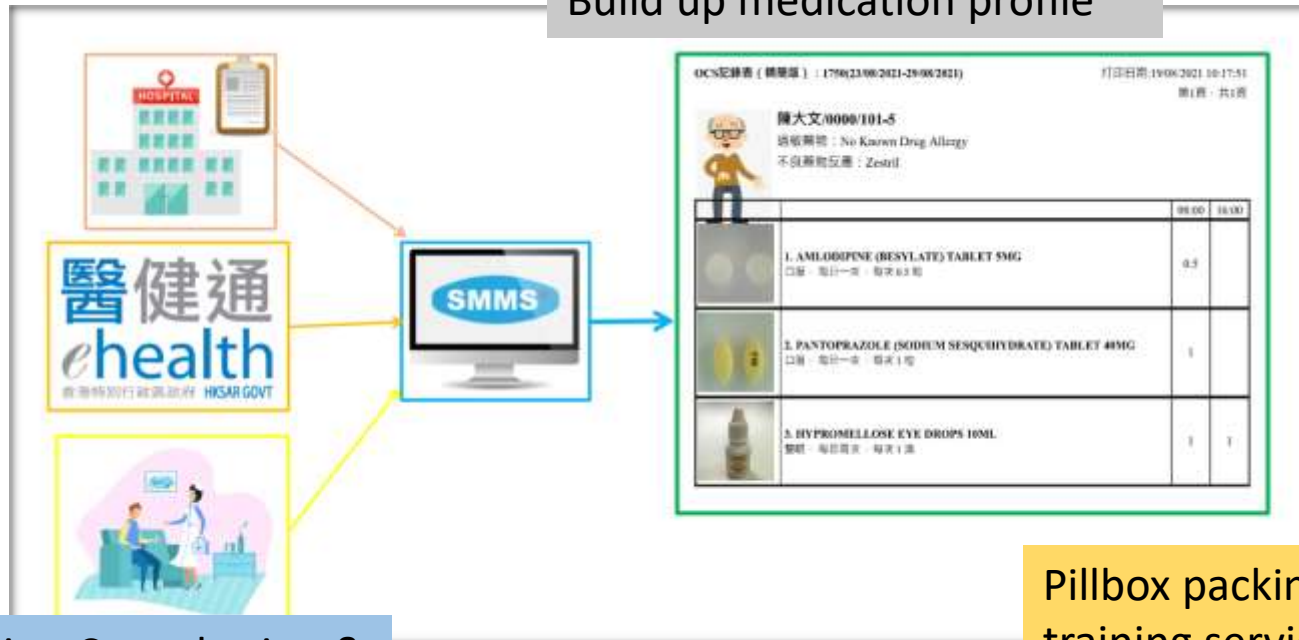
# Intervention

1st encounter

Baseline assessment

- Knowledge
- Compliance
- Storage condition
- Medicine related problem

Build up medication profile



Medication Consultation & Education

Pillbox packing and training service

- Formulate of follow up plans
- Monitored by care-givers, social workers and nurses
- Follow up by pharmacist







沒有圖片

**dummy/12345/-**

過敏藥物 : No Known Drug Allergy

		08:00	09:00	18:00
	<b>1. AMLODIPINE (BESYLATE) TABLET 5MG</b> 口服, 每日一次, 每次 1 粒		1	
	<b>2. METFORMIN HCL TABLET 500MG</b> 口服, 每日兩次, 每次 1 粒	1		1
	<b>3. ATORVASTATIN (CALCIUM) TABLET 10MG</b> 口服, 每日一次, 每次 1 粒			1

# Service features

- Customized dosing schedule that suit patient's daily habits
- Communicate with other health-care professionals to optimize the care plan for the individual patient.
- Assess and train patient about the correct medication device technique (e.g. inhaler, spacer, sublingual tablets, etc.)
- Medication reconciliation & medical record review.
- Using Information and Technology support
- Reduce risk of medication errors (Duplicate prescription and Drug interactions)
- Identify potential adverse drug reactions, drug interactions & red flag symptoms.

# Tele-consultation

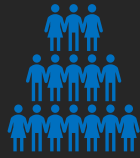


- ✓ Promote the acceptance for both health care professionals and patients of innovative ways for consultation.
- ✓ Reduce risk of exposure to contagious environment.
- ✓ Time efficient
- ✓ Convenient

# Outcome

475

No. of cases



504

Number of pillbox packed



92.6%

Satisfaction



- Program Duration: 9 months (Sep 2020 to June 2021)
- Co-operating organization: 22

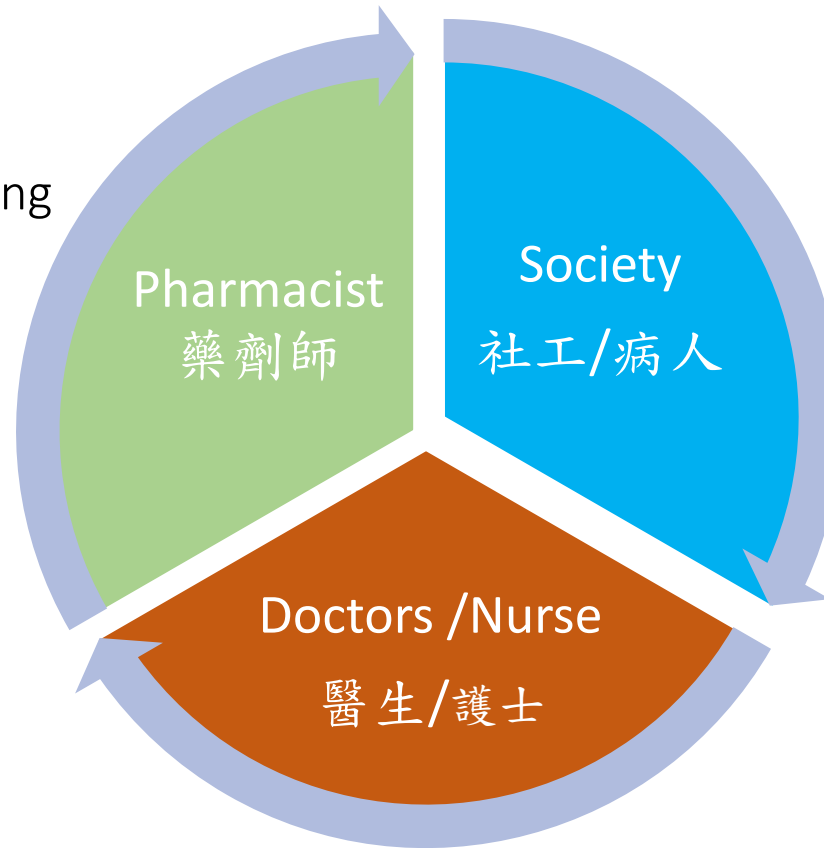


\* Funded by the HKJC Sustainability Fund



# Ultimate Goals

- ✓ Individual assessment
- ✓ Personalized medication counselling
- ✓ Pharmacist referral



- ✓ Psycho and social needs assessments
- ✓ Personalized assistance service
- ✓ Help to source supportive necessities

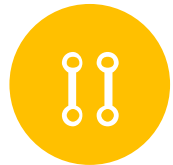
- ✓ Follow up on pharmacists' suggestions
- ✓ Fully aware of the patients' conditions
- ✓ Make appropriate adjustments

# Future implications



## Synergy

- Strengthen the medical-social collaboration
- Promote the co-operation of multidisciplinary team



## Effectiveness

- The overall ability in drug management, there is a trend of improvement
- Meet the service gap from hospitals to community



## Further development

- Raise awareness of public regarding the importance of drug management
- Accessible medication record for patient and for healthcare professionals (e.g. e-HR, HA GO) also minimized the barrier of accessing these data
- More access points for patient consultation service

# Limitations



## Limitations

- Extremely low response rate of questionnaire:
  - Eye and hearing problems
  - Illiteracy
  - Incomplete questionnaire
  - Insufficient and irrelevant information
- Loss to follow up
  - Covid (Suspected home visit cases)
  - Out of reach
  - No need to follow up

# “What Our Service Users Are Saying”

藥盒服務真的很有用，可以提醒我幾時用藥、還可以幫我睇番自己有沒有食到上一劑。

The pillbox service is really useful. This can help **remind me when to take medicines** and **check whether I have already taken the last dose.**

藥劑師幫忙編排藥物清單及用藥時間。令我們上一見到今次見面時都未有試過唔記得食藥!

The pharmacists helped us **construct the medication list** and timetable. With this I **haven't missed a single dose** since we've last met.

我和家人現在比較方便好多，因為有了程序。變相服藥時沒有那麼複雜。

跟藥劑師聊天過程中，也可感受到關懷。

Me and my family are much convenient to handle the medicine now. As the medication is much **simplified with the instruction** of the pharmacist. We also **feel the warmth and being cared** during the chat with the pharmacists.



# Social Implications



Thank You!