Motivating Patients to Manage Their Asthma

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Life Expectancy at Birth


Infant Mortality (Deaths per 1000 Live Births)

Adherence = the degree to which a patient follows their treatment plan

Adherence to what?

• Medication
• Follow up appointments
• Allergy & trigger avoidance
• Peak flow monitoring
• Inhaler technique
• Recoding symptoms

1. How much of a problem is it?
2. Why don't patients take their medication?
3. What can be done to improve adherence with asthma medications?

How much of a problem is it?

FACTS

• Patients use only 25-50% of prescribed controller medication
• Very few patients use controller medication every day
• Most prescriptions for controller medications will be filled only once in 12 months

Do Patients Fill Their Asthma Prescriptions?

Of 1164 prescriptions written for ICS, 211 (18%) were never dispensed.

Advair Persistence by dose

Bender BG. J Allergy Clin Immunol 2006;118:899.

Adult Asthma ICS Adherence (%)

Onyirimba, F. Ann Allergy Asthma Immunol 2003; 90: 411

Adherence with ICS and OCS 2 weeks post-discharge in Patients Hospitalized for Asthma


Pediatric ICS Adherence

N=104

Month

Bender, BG. Pediatrics 2007; 120:e471

Inhaled Corticosteroid Adherence in Children with Stable and Unstable Asthma

Risk Ratio Increases With Each 25% Decrease in Medication Days

- Outpatient visit: 1.07
- Asthma-related ED visit: 1.36
- Asthma-related hospitalizations: 1.80*
- Oral steroid fills: 1.22*
- Days of oral steroids: 1.18

*P<0.05
Williams LK. JACI 2004;114:1288

Why don’t patients take their medication?

Types of Nonadherence

- Unintentional
  - Forgetting
  - Misunderstood instructions
- Intentional
  - Patient decided not to use medication

Adherence Barriers

Reasons patients identify for not taking their medications

- Fear of side effects
- Failure to perceive benefit
- Concern about dependency
- Cost

Impact of Increased Copays In Medicare Patients (2001 - 2006)

<table>
<thead>
<tr>
<th></th>
<th>Case Plans (N=18)</th>
<th>Control Plans (N=18)</th>
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<tbody>
<tr>
<td>Primary Care</td>
<td>$7.4</td>
<td>$8.3</td>
</tr>
<tr>
<td>Specialty Care</td>
<td>$12.7</td>
<td>$22.1</td>
</tr>
<tr>
<td>Inpatient Care</td>
<td>$146</td>
<td>$329</td>
</tr>
</tbody>
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Changes Relative to Control Plans
19.8% Fewer Outpatient Visits
13.4% More Inpatient Admissions

Trivedi, AH et al. NEJM 2010; 362:320-8

Patient Depression

Poverty

Communication Strategies to Improve Adherence
1. Build a relationship
2. Focus on listening
3. Collaborate on the treatment plan
4. Manage time
5. Follow up