



Managing patients' own drugs in hospital - empowering patients by redesigning pharmaceutical care

Malin Holmqvist, clinical pharmacist
Jönköping county council



Disclosure

- Conflict of interest: nothing to disclose



Self-assessment questions

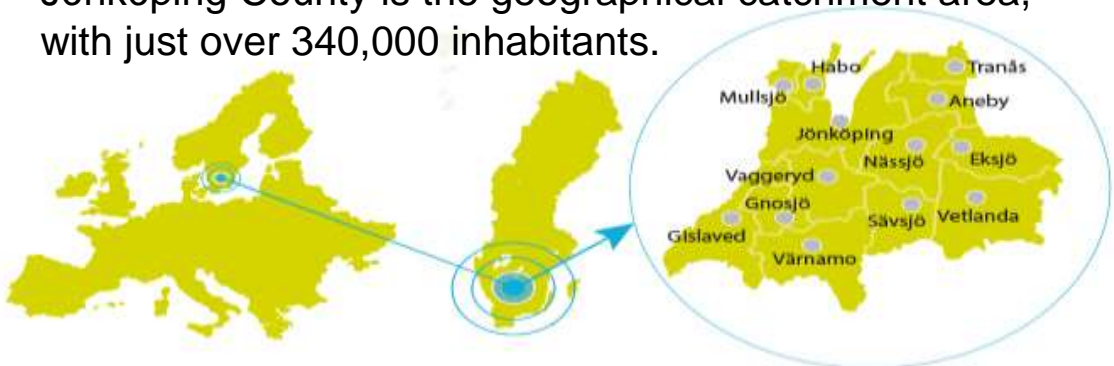
Answer yes or no

1. Self-medication management in hospital is quite new, introduced in the early 2000.
2. Self-medication management is time consuming for health-care professionals
3. I know what a "Meditation management review" is



Jönköping County

Jönköping County is the geographical catchment area, with just over 340,000 inhabitants.



A typical day in healthcare

- 4,800 people receive medical treatment
- 1,700 people see a doctor at a health centre
- 1,500 people see a specialist doctor
- 200 people are admitted to hospital
- 800 people have X-rays
- 11 children are born



 Region
Jönköpings län

Seminar

Teaching Goals

- To address the changes in pharmaceutical care;
- To address aspects to increase patient empowerment;
- To present an implementation strategy.

Learning Objectives

After the presentation the participant should be able:

- to critically address pitfalls in the current medication process;
- to implement strategies for pharmaceutical care in order to increase patients' engagement with treatment.

 Region
Jönköpings län



Self medication management in a county hospital in Sweden

- Work in progress since 2001 at the County council of Jönköping, Ryhov hospital, surgery department

Obligations for health-care

Health care should be conducted in a way that meets requirement of good care.

That means of good quality, secure and accessible.

It also means with respect to patients integrity and self determination

Swedish law of health-care (1982:763 2a §)

Care should, as far as possible, be designed and implemented in consultation with the patient.

Swedish law of patient safety (2010:659 6 kap 1 §)



We will take care of you and your medications

It took a lot of effort, but now I manage my own medication at the nursing home

Nils 89



Patient involvement gives

- Increased concordance in medication management
- Increased self-esteem and satisfaction
- Improved health

Definition Self Medication Management

A process where patients are involved in storage, dispensing, administration and monitoring of medications



Qualitative study 2015

- **Aim:**
to investigate how self-administration of medications, at a Swedish county hospital, is perceived by nurses and patients
- **Method:**
 - Population nurses and patients at the county council hospital at Ryhov, Jönköping
 - 3 wards with 11 individual semi-structured interviews
 - Content analysis



From patients view

- Participation "It is like this, its only me who knows my body completely. Nobody else knows exactly how I feel and if I need to take my tablets a little bit earlier one day, I can do that by myself."
Patient Anton
- Routines "I like to have my routines and take my medications at the same time both morning and nights"

Patient Annika



From nurses view

- Participation: "Self medication is good because they are not supposed to be too hospitalized. So it is good that they take care of their medication management because they are supposed to live like at home."
Nurse Eva
- Keep control "Its so easy for us to take over everything, you don't even think about it. That this person might handle this by herself at home"
Nurse Erik
- Routines "I do think it is a bit hard who´s responsibility it is. It might be my responsibility to check and ask if you have all tablets, do you need something, are you finished with some?"
Nurse Sofia



Conclusion

- Self-medication is seen as something positive
- Person centred care (shared decisions)
- Communication is of great importance
- Areas of improvement
 - Better compliance to guidelines
 - Change behaviours
 - Involve more patients
- The study stimulated the involvement of more patients in the self-medication management scheme





Pros and cons with self medication management at hospitals

- Patient safety for medication management in hospital and out of hospital
- Money spent on medications
- Time consuming for nurses
- Nurses loose control of the medication management process
- Satisfied and compliant patients

Local routine for self medication

Who can manage their medications by themselves during the hospital stay?

- Manage their own medications at home
- Practical conditions to manage their own medications
- No history of abuse or self-destructive behaviour

Local routine for self medication

Admission

- Medication reconciliation
- Patients are asked for permission
- Documentation in the patient record
- Quality check of patients' own medication
- Supplementation of missing medications
- Orally administered drugs, inhalers, eye-drops, subcutaneous injections and ointments are allowed

Local routine for self medication

During hospital stay

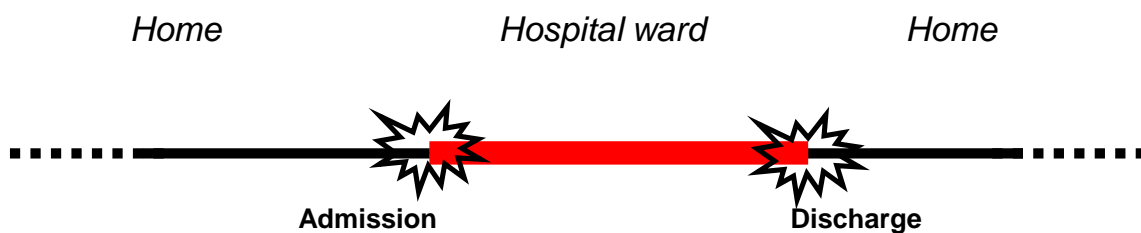
- Storage of medications in a locker close to the patient
- Reconciliation on a regular basis
- **Monitoring**
- **Changes in the medication treatment communicated**
- **Information about new medications**

Local routine for self medication

Before discharge:

- Prepare prescriptions and, if needed, short term medication supply from the ward

Medication management process



 Region
Jönköpings län



Swedish law regarding self-medication management

Self care assessment

The health-care profession will make an assessment if an action can be performed as self-care



Self care - Medication management

Is the patient able...

- To understand the drug treatment plan
- To order and pick up medications at the pharmacy
- To store medications safely at home
- To dispense medications according to a drug chart
- To administer medications at right time
- To take part in the monitoring and evaluation of prescribed medications

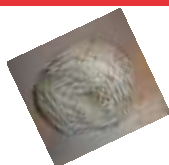


”Medication management reviews”

- Assessment of patients own ability
- To facilitate medication management for patients.



Aim:
Make more patients manage their own medications at home



Anna was supposed to have pre-fabricated multi-dose medications but then I released that she was able to handle her pill-box by herself

I start the “talking pill-box” and put it on a black tablet. Then Sven is able to manage the administration by himself



By switching lipid lowering medication Elsa only needs to take medications once daily and she is able to do that by herself



Self-assessment questions

Answer yes or no

1. Self-medication management in hospital is quite new, introduced in the early 2000 • **NO**
2. Self-medication management is time consuming for health-care professionals • **NO**
3. I know what a "Medication management review" is • **YES**




My take home messengers

- Focus on patients ability to manage their medications regardless of clinic
- Keep management and monitoring close to each other
- Help the patient to facilitate medication management





Malin Holmqvist
Clinical pharmacist
malin.m.holmqvist@rjl.se  Region
Jönköpings län