

Effective Medication Questioning in Stroke Care

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Overview of Presentation:

Effective Medication Questioning:

- What is it?
- Why is it important?
- What information should I collect from patients who have potentially had a stroke or TIA?
- What should I do with the information collected?



What is Effective Medication Questioning?

- Gathering information from the patient to ensure that you have the Best Possible Medication History (BPMH)
- BPMH includes a current list of medications, assessment of medication allergies and intolerances, and history of relevant past medications

What About The Patient's Medication List?

- Initial medication list provided by the patient is often incorrect or incomplete

My Pills:
Plavix 75 a day
Metoprolol 25 a day
Lipitor 10 a day

Actual Medications:

- Clopidogrel 75mg po daily
- ASA EC 81mg po daily
- Metoprolol 12.5mg po bid
- Atorvastatin 20mg po daily
- Nitroglycerin 0.4mg spray prn (uses ~3 times per month)
- Ibuprofen 400mg po tid

What About the PIN profile?

- PIN profile has limited information that may not reflect what patient is actually taking
- Only 65% of the prescriptions dispensed each month are successfully added to Alberta Netcare
- PIN does not include samples, OTCs, herbal products, or vitamins
- PIN profile does not tell you how/if the patient is actually taking the medication

PROVIDER MUST VERIFY THE ACCURACY AND COMPLETENESS OF THIS PATIENT'S INFORMATION
(Original and/or copies of the original prescriptions may need to be reviewed)

DRUG ALLERGY AND INTOLERANCE
NON DRUG ALLERGY AND INTOLERANCE

CHRONOLOGICAL PRESCRIPTION LIST - Summary (2009-Mar-33 to Present)

1. PLAVIX 75 MG TABLET (Clopidogrel Bisulfate) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 100 TAB
Rx: 100 tabs by West Mount Pharmacy #3112 West Mount
7863 352-8484
MAKE ONE TABLET EVERY DAY

Pt discontinued on own and started ASA EC 325mg daily

2. PIND-ATENOLOL 25 MG TABLET (Atenolol) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 100 TAB
Rx: 100 tabs by West Mount Pharmacy #3112 West Mount
7863 352-8484
MAKE ONE TABLET BY MOUTH EVERY DAY

3. CRISTON 10 MG TABLET (Criston) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 100 TAB
Rx: 100 tabs by West Mount Pharmacy #3112 West Mount
7863 352-8484
MAKE ONE TABLET BY MOUTH EVERY DAY

4. NATOR-ATENOLOL 10 MG CAP (Atenolol) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 100 CAP
Rx: 100 caps by West Mount Pharmacy #3112 West Mount
7863 352-8484
MAKE ONE CAPSULE BY MOUTH EVERY DAY

Pt was instructed by GP to take bid

5. ASABRENIC CAPSULE 50 (Acetylsalicylic Acid/Eparacetamol) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 200 CAP
Rx: 200 caps by West Mount Pharmacy #3112 West Mount
7863 352-8484
MAKE ONE CAPSULE BY MOUTH EVERY DAY

Pt discontinued 5 days after starting due to headache

6. PIND-ATENOLOL 25 MG TABLET (Atenolol) (Discontinued)
Prescribed 2009-Apr-13
Status: Filled
Pharmacy: Westmount Pharmacy #3112 West Mount
2009-Apr-13 100 TAB
Rx: 100 tabs by West Mount Pharmacy #3112 West Mount
7863 352-8484

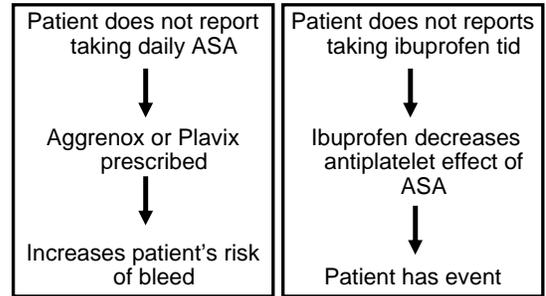
John K. Tam
(780) 352-8484
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https://www.albertawellnet.org/PIN_Presentation/pinMedication.do?operation=pinProfile... 9/23/2009

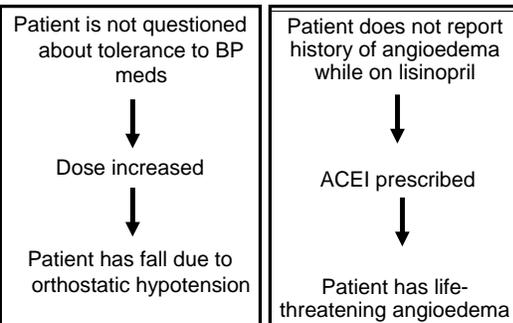
Why is Effective Medication Questioning Important?

- GOAL: Ensure each patient's medications are optimized for primary or secondary stroke prevention
- If we have incorrect or incomplete information about a patient's current medications or medication history, adverse drug events may occur

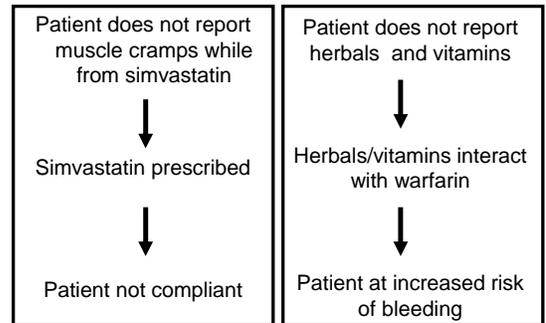
Possible Adverse Drug Events....



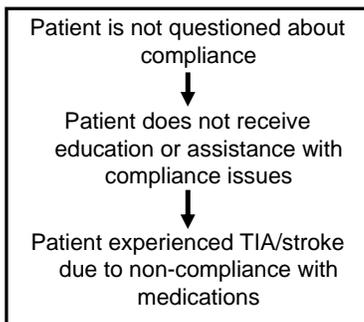
Possible Adverse Drug Events....



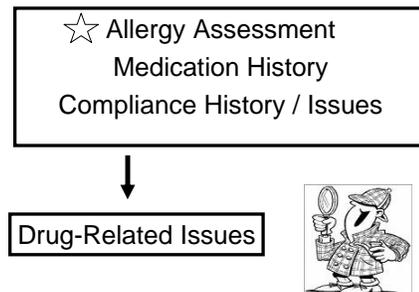
Possible Adverse Drug Events....



Possible Adverse Drug Events....



What Information Should I Collect?



Allergy Assessment....

- Do you have any allergies or intolerances to any medications?
- What was your reaction to this medication?
- When did this reaction occur?
- (What dose of medication were you taking at the time?)
- Have you tried this medication since?

Allergy Assessment Example:

Allergy Listed: ASA

Further Questioning Reveals:

- Reaction is stomach upset
- Reaction occurred 10 years ago
- Patient was taking 3-6 of the 325mg tablets/day for pain
- Has not tried medication since

Outcome:

- ASA EC 81mg po daily initiated with appropriate counseling and follow-up for tolerance

What Information Should I Collect?

Allergy Assessment
☆ Medication History
Compliance History / Issues



Drug-Related Issues



Medication History Questioning...

- Explain to patient why it is important for you to obtain medication information
- Regardless of the source of the information always ask the patient about each medication being sure to obtain the **name, dosage form, strength, route, and dosing schedule**
- Ask if there have been any recent changes to their medications

Medication History Questioning...

- Identify medications for each of the risk factors / medication classes:
 - Antiplatelets
 - HTN -Antihypertensives
 - Hypercholesterolemia - Statins, Ezetrol, Fibrates, or Niacin
 - Diabetes - Insulin or Oral Antihyperglycemics
 - Smoking - Cessation Agents
 - AF / LVD - Warfarin

Antiplatelets...

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?

OR Have you ever been on ASA, Plavix, or Aggrenox?

- Have you had any bleeding problems while taking it?
- Were you taking it when you had your recent event? Past event(s)?

Antiplatelets.... Other Than ASA

- Do you take ASA in addition to _____?
- Have you ever taken ASA in the past?
- If so, did you have an event while taking ASA?

Educate about role of antiplatelets in stroke prevention

Antihypertensives....

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?

OR Have you ever been on a BP medication?

- Do you take this medication for your BP?
- Do you ever feel dizzy or lightheaded when you stand up? Have you had falls from being dizzy?

Blood Pressure Monitoring....

- Do you take your BP at home? How often?
- Have you had your machine calibrated recently?

OR

- How often do you have your BP taken? Who takes it?

Antihypertensives....Blood Pressure

- What are your usual BP readings at home or in your doctor's office?
- Do you know what your target BP is?

Educate about target BP and importance of BP control to prevent of stroke

Cholesterol Lowering Medications....

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?

OR Have you ever been on a medication to lower your cholesterol? Why was it discontinued?

Educate about patient's cholesterol panel

Insulin and Oral Hypoglycemic Agents....

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?

- Who manages your DM?
- How often do you take your blood sugars?
- What are your usual readings? What are your targets?
- How often is your blood sugar below 4?

Diabetes Management....

Educate about importance of diabetic control in reducing future risk of stroke

Educate patient about their HgbA1c reading and target of < 7%

Determine if patient needs to be referred to Diabetes Clinic or Endocrinologist for further management

Smoking Cessation....

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?

OR

- Have you ever tried to quit smoking or reduce your smoking in the past?
- Have you ever tried any medications to help you quit? Did they help? How long were you smoke-free or were you able to reduce for?

Smoking Cessation: Readiness Ruler



1. How important is it for you to quit smoking? (0-10)
2. How confident do you feel in your ability to quit smoking? (0-10)
3. How ready are you to quit smoking? (0-10)

Smoking Cessation....

- Would you be willing to try to quit smoking or reduce your smoking in the next month? In the next 6 months?
- Would you be willing to try a medication to help you quit smoking?

Smoking Cessation.... Review

- The more times you have tried to quit, the more likely you are to be successful on your next quit attempt
- Options for Nicotine Replacement Therapy (NRT) include gum, inhaler, lozenges, and patches
- NRT and Zyban® double your chances of quitting smoking on this attempt
- Champix® triples your chance of quitting smoking on this attempt

Warfarin....

- How do you take this medication?
- How long have you been taking it?
- Do you have any problems tolerating it?
- Who manages your warfarin therapy?
- How often do you have blood work?

Warfarin....Assessing Need For Education

- Do you know why you take warfarin?
- What is your target INR?
- What are your usual INR readings?



Other Medications....

- Confirm with patient how they are taking each medication (dose, route, frequency)
- Ask if there are any other medications that they take
 - Vitamins, herbals
 - Patches, medicated ointments, creams
 - Inhalers, nasal sprays
 - Eye drops, ear drops
 - Injections

Other Medications....

- Do you take any medications for pain?
- Do you take any medications for heartburn/reflux?
- Do you take any medications to manage your ____ (medical condition) _____?



If there are medications on the PIN profile which the patient does not include with their current meds, clarify if they are taking them

What Information Should I Collect?

Allergy Assessment
 Medication History
 ☆ Compliance History / Issues



Drug-Related Issues



Compliance....

- How do you manage your medications at home? Do you use a pillbox or does the pharmacy bubble pack them?
- How often do you forget to take your medication?
- Are there any prescribed medications that you do not routinely take?

Compliance Packaging....

- If the pharmacy prepares a patient's medications in a dosette or blister pack:
- It should contain a list of meds contained
 - Check with patient or agent if there are any medications that are not in the blister pack

Common Examples:	
Pain medication	Once weekly meds
Sleeping pills	Warfarin
Inhalers	Topicals

Do You Have Any Other Questions?

- Encourage patient and family members to ask questions about their medications
 - Do you have any questions or concerns about your medications?

Patients Unable to Provide Required Information.....

- Possible sources:
 - Community pharmacy
 - Family physician's office
 - Family member or caregiver
 - Netcare
 - Hospital chart

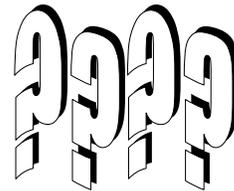


What To Do With The Information....

Document:

- Dose, Route, Frequency of each agent
- How often patient uses prn medications
- Agents used in the past and reasons for discontinuation
- Identified compliance issues
- Compliance aids the patient uses
- Any drug related issues that need to be addressed

Questions ?



Pharmacists Role In Care of Stroke Patient....

- Effective Medication Questioning
- Identification and Resolution of Drug-Related Issues
- Optimization of Medications
- Education of Patients
- Communication with Other HC Professionals / Seamless Care

