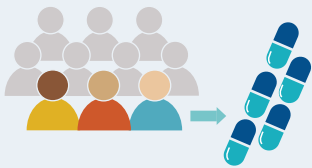


ADDRESSING MEDICATION COMPLEXITY THROUGH COMMUNITY-BASED STRATEGIES



Juggling medications can be overwhelming for people with complex needs — individuals who often struggle with low health literacy, unstable housing, isolation, and other unmet issues. This population is often prescribed **multiple medications** from **numerous providers** taken on **different schedules** with no overall provider oversight.

WHAT DOES MEDICATION COMPLEXITY LOOK LIKE?



29% OF AMERICANS take **five or more** prescriptions **daily**



30% OF ELDERLY take **eight or more** prescriptions **daily**



119K ANNUAL DEATHS in the U.S. from prescription **medication-related issues**



1 MILLION ED VISITS **280K HOSPITALIZATIONS** each year from **avoidable complications** caused by drugs or drug interactions



RISKS OF MEDICATION COMPLEXITY:



adverse drug events



failure to accomplish treatment goals



drug interactions

...ALL OF WHICH CAN LEAD TO WORSE HEALTH, HOSPITALIZATIONS, AND PREMATURE DEATH

MEDICATION COMPLEXITY CAN CAUSE:

/med·i·ca·tion trau·ma/ noun

“Medication complexity and lack of coordination that **overwhelm** the patient, caregiver, and provider, creating **fear, confusion, and error**, which lead to **poor adherence and outcomes.**”

- Jim Slater, PharmD, CareOregon

COMMUNITY MANAGEMENT OF MEDICATION COMPLEXITY

Shift from the traditional one-way model of prescribing and dispensing to a patient-centered approach.



IDENTIFY

Identify people at risk for medication complexity through social determinants of health screening tools and risk algorithms/ data segmentation.



SIMPLIFY

Simplify and optimize medication use through comprehensive medication management, enhanced discharge planning, and de-prescribing medications.



DEPLOY

Deploy non-traditional workforce strategies, such as community paramedics, specially trained pharmacy technicians, or community health workers.



EMPOWER

Empower patients to take ownership of their medication regimens by incorporating their stories and hopes in designing care goals.