

The Medication History Pharmaceutical care

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Objectives

- Outline the procedure for obtaining a medication history
- List types of data to be gathered during the medication history
- Interview patients to obtain a medication history
- Document the medication history
- Differentiate the medication history from the medication experience

The Medication History

- Provides foundation for maximizing medication outcomes
- Allows assessment of:
 - Patient's understanding of drug therapy
 - Efficacy of current and prior drug therapy
 - Adverse effects
 - Allergies
- One component of the complete medical interview
- Task well suited for pharmacists!



Preparing for the Interview

- ◎ Review patient information and target the interview
 - › Advantages
 - Prior knowledge
 - Pharmacist comfort level
 - ◎ Disadvantage
 - › Important information may be missed
 - ◎ Interview patient BEFORE learning about history
 - › Advantages
 - Unbiased by patient history
 - ◎ Disadvantages
 - › Intimidating
 - › Time-consuming
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- ◎ Taking medication histories. In: Clinical Skills for Pharmacists: A Patient-Focused Approach. Tietze KJ, ed. Mosby-Year Book, Inc., St. Louis, MO, 1997.

Observing the Patient

- ◉ General state of health
- ◉ Socioeconomic status
- ◉ Level of self care
- ◉ Adherence with dietary recommendations
- ◉ Support system



Demographic Information

- ◉ Age
- ◉ Height and weight
- ◉ Race/ethnicity
- ◉ Education
- ◉ Occupation
- ◉ Lifestyle information



Prescription Medications

- ◉ COMPLETE description of each medication
 - ◉ Name
 - ◉ Dosage
 - ◉ Prescribed dosing schedule
 - ◉ Actual dosing schedule, including usual times
 - ◉ Reason for therapy
 - ◉ Duration of therapy
 - ◉ Effectiveness of therapy
 - ◉ Assessment of current therapy
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- ◉ Previous medications – same information



Prescription Medications

- ◉ Open-ended questions/statements
 - › Name of prescription medications
 - What prescription medications are you taking?
 - What medications do you take that are prescribed by a doctor?
 - Tell me about the prescription medications you take.
 - › Prescribed dosing schedule
 - How did the doctor prescribe the medication?
 - What are the directions on the prescription label?
 - › Actual dosing schedule
 - When do you take this medication?
 - Tell me about how you take this medication.
 - When did you last take this medication?



Prescription Medications

- ◎ Actual use for PRN medications
 - › How often do you take this medication?
 - › Daily, weekly, or monthly basis?
- ◎ Reason for therapy
 - › Why do you take this medication?
 - › What did the doctor tell you this medication is for?
- ◎ Duration of therapy
 - › How long have you been taking this medication?
 - › What was the reason the medication was stopped?
- ◎ Efficacy of therapy
 - › How is the medication working for you?
 - › How do you know the medicine is working?

OTC Medications

- Similar information to Rx meds
- OTCs, herbals, dietary supplements
- Example questions:
 - > What medicines do you take that you do not need a doctor's prescription to buy?
 - > What do you take when you have a headache? cold? stomach ache? diarrhea?
 - > What herbal medicines or natural remedies do you take?
 - > What supplements do you take to improve your diet?
 - > What vitamins do you take?

Allergies & Adverse Reactions

- Important to differentiate the two
- Information to obtain
 - › Name and dosage of medication
 - › Date of allergy/ADR
 - › Description of reaction
 - › Treatment for reaction
- Example questions:
 - › What allergies to medications do you have?
 - › What other allergies do you have (e.g., food, latex)?
 - › What problems have you experienced with your medicine?
 - › Have you ever taken a medication you would rather not take again?

Adherence

- ◉ Difficult to assess by direct questioning
- ◉ Techniques to assess adherence
 - > Gentle probing
 - > Sympathetic confrontation
- ◉ It is difficult to remember to take your medication all the time.
 - > How often do you miss doses of your medication?
 - > How many doses of your medicine do you miss per week (month)?
 - > For what reason(s) do you miss doses of your medication?
- ◉ Nonjudgmental attitude toward nonadherence

Adherence

- Identify reasons for adherence issues
 - › Cost
 - › Regimen complexity
 - › Patient misunderstanding
 - › Forgetfulness
 - › Perceived lack of efficacy
 - › Perceived benefit of treatment
 - › Perceived severity of illness
 - › Patient beliefs
- Assess effects of nonadherence on efficacy
- Identify tools or techniques to assist with adherence

Health Behaviors

- Relevant to current disease states and treatment
- Diet – e.g., for patients with DM or HTN
 - > What type of special diet do you follow?
 - > What types of dietary restrictions do you have?
- Exercise
 - > What exercise routine do you
- Social habits
 - > Alcohol
 - > Tobacco
 - > Caffeine
 - > Illicit drug use

Social Habits

- Alcohol

- > How many alcoholic beverages do you drink per day (week)?
- > How often do you drink alcohol?
- > CAGE questionnaire

- CAGE questionnaire

- > Have you ever felt you needed to Cut down on your drinking?
- > Have people Annoyed you by criticizing your drinking?
- > Have you ever felt bad or Guilty about your drinking?
- > Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover ("Eye-opener")?

Social Habits

- Tobacco

- > How many cigarettes do you smoke per day?
- > At what age did you begin smoking?
- > Pack-years = packs per day X number of years

- Caffeine

- > How many caffeinated beverages like coffee, tea, or soda do you drink per day?

- Illicit “street” drugs

- > What types of street drugs such as marijuana, cocaine, etc., have you/do you use?



Other Health Issues

- ◉ What other health problems or concerns do you have that we have not discussed?
- ◉ What have you done to manage/treat those problems?
- ◉ How has that worked for you?

Other Questions to Consider

- ◉ What pharmacy/pharmacies do you use?
- ◉ What patches (drops, inhalers, creams) do you use?
- ◉ What injections have you received?
- ◉ What medications do you take for....?
- ◉ What sample medications has your doctor given you?
- ◉ What study or investigational drugs are you taking?
- ◉ What antibiotics have you used in the last 3 months?
- ◉ What problems or concerns do you have with your medication?
- ◉ Is there anything else you would like to tell me about your medications that I have not asked?

Successful History Taking

- Always record the date and time of the history
- Use a systematic approach
- Explain the importance of having an accurate medication history
- Use open-ended questions
- Do not interrupt the patient
- Discuss one topic at a time
- Use transition statements
- Do not speak slowly or mumble

Documenting the Medication History

- Standardized format (institution specific)
 - > Easy to complete
 - > Lack of flexibility
 - > Space considerations
- SOAP format
 - > Organized
 - > More flexible
 - > May be repetitious
- Freestyle format
 - > Most flexible
 - > Critical info more likely to be missing

The Medication Experience

- ◉ Sum of all the experiences a patient has related to drug therapy
- ◉ Attitudes and beliefs about medications
- ◉ Powerful effect on medication outcomes
- ◉ Very important piece of information

Cipolle RJ, Strand LM, Morley PC. The Patient's Medication Experience. In: Pharmaceutical Care Practice:

Components of the Medication Experience

- ⦿ Patient's experience with medications
- ⦿ Comprehensive medication history
- ⦿ Complete record of current medications



Patient Experience

- ⦿ What is your attitude toward taking medication?
- ⦿ What do you want/expect from your medications?
- ⦿ What concerns do you have about your drug therapy?
- ⦿ What understanding does the patient have of his/her medication regimen?
- ⦿ What cultural, religious, or ethical issues may affect the medication taking behavior?

Cipolle RJ, Strand LM, Morley PC. The Patient's Medication Experience. In: Pharmaceutical Care Practice: The Clinician's Guide, 2e: Cipolle RJ, Strand LM, Morley PC, eds.

Summary

- Types of data in the complete medication history
- Open-ended questions to obtain data
- Documentation styles for the medication history
- Medication history vs. medication experience

