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Patient Compliance & Medication Adherence:

Patient Compliance Medication Adherence Medication Non-Adherence Statistics & References



Compliance means taking the correct amount of the prescribed medicine at the proper time. See all [e-pill Medication Reminders](#).

Key Stats on Medication Adherence (PhRMA 2011) | [What is PDC?](#) | ['I Never Miss a Dose'?](#)

- ⌘ 32 million Americans use three or more medicines daily
- ⌘ 75% of adults are non-adherent in one or more ways
- ⌘ The economic impact of non-adherence is estimated to cost \$100 billion annually

The average adherence rate (the degree to which patients correctly follow prescription instructions) for medicines taken only once daily is nearly 80 percent, compared to about 50 percent for treatments that must be taken 4 times a day. As many as 75 percent of patients (and 50 percent of chronically ill patients) fail to adhere to, or comply with physician prescribed treatment regimens.

CVS Report on Adherence [PDF](#) Rx Adherence

In a recent poll of U.S. individuals 65 years old and older who use medications, researches found that 51% take at least five different prescription drugs regularly, and one in four take between 10 and 19 pills each day. 57% of those polled admit that they forget to take their medications. Among those using five or more medications, 63% say they forget doses, compared to 51% among those who take fewer medicines. (10)

Drugs don't work in patients who don't take them

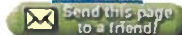
C. Everett Koop, MD

Remembering to take your medicine is the key to compliance. Medicine will be effective only when taken as prescribed by your physician. [Professional Info](#)

The Real Drug Problem: Forgetting to Take Them

WSJ - Amy Dockser Marcus article
Good patient compliance and adherence means taking the right drugs, on time and in the proper doses. [Distant Caregiving](#) | [Links](#) | [Professional info](#) | [e-pill Medication Reminder catalog](#) | [Help to select the right Medication](#)

Reminder



Patient Compliance: Medication non-compliance (non-adherence), the failure to take drugs on time in the dosages prescribed, is as dangerous and costly as many illnesses.

Want to Improve Patient Compliance? [Five Tips for Generating Patient Satisfaction and Compliance](#)

Get Medsmart: *Despite the fact that medications can save or extend lives, the average patient fails to follow her/his pill prescription half the time.*

The reasons behind this failure are varied; ranging from simple forgetfulness to confusion to ambivalence, but the problem costs an estimated \$290 billion in emergency-room visits and other avoidable medical expenses in the United States (11).

Studies have shown that non-compliance causes 125,000 deaths annually in the US (2), leads to 10 to 25 percent of hospital and nursing home admissions, and is becoming an international epidemic. It is, in the words of The New York Times (1) the world's "[other drug problem](#)".

Negative Economic Effects of Non-Compliance

- 23% of nursing home admissions due to noncompliance (3). Cost \$31.3 billion / 380,000 patients.
- 10% of hospital admissions due to noncompliance (4,5). Cost \$15.2 billion / 3.5 million patients.

Prescriptions

- About 50% of the 2 billion prescriptions filled each year are not taken correctly (7).
- 1/3 of patients take all their medicine, 1/3 take some, 1/3 don't take any at all (Rx prescription never filled) (6).

Care Giving

- 25,000,000 nonprofessional caregivers in the US (8).
- 80% of nonprofessional caregivers are women (8).
- 80%-90% of people requiring care in the US receive it from family members or friends (9).

Merck Manual on ways to Improve Patient Compliance ([Medication Reminders & Pillboxes](#))

World Health Organization. Adherence to Long-Term Therapies [Adherence Report](#)

Bridge Medical. Medication Error References [Medication Errors and Medication](#)

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Take Meds Right

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[Adherence
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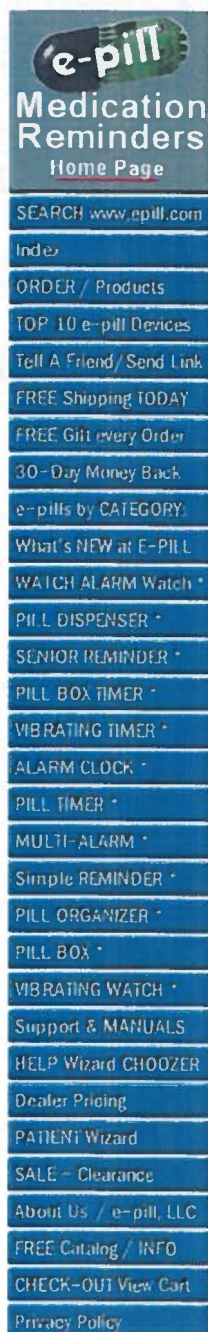
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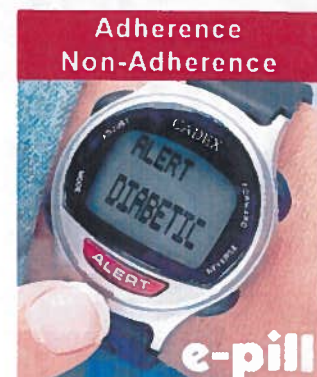
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Adherence: Medication Adherence and Patient Compliance

What is Medication Adherence Patient Compliance and Non-Adherence?

Adherence is simply taking your medications, or not taking them as the case may be, in any way that differs from the way your health care provider prescribed it to be taken. Non-Adherence (to the prescribed regimen) will result in consequences ranging from unpleasant side effects of the medication to exacerbated symptoms of the condition it was being used for, or even ineffectiveness of the medication. | Learn more about [Patient Compliance](#) | [VIDEOS](#) | All [e-pill Devices](#) |



Quick facts - Patient Compliance / Medication Adherence:

At any given time, regardless of age group, it is estimated up to 59% of those on five or more medications are in non-adherence.

- 11% of all hospital admissions are the result of prescription medication non-adherence.
- 23% of all nursing home admissions are due to failure to take medications accurately.

GOOD / POOR Adherence Adherence, which means taking the right amount of the prescribed medicine at the right time, is being recognized as a [major problem in healthcare](#) today. It is more costly and more serious than many major illnesses.

FACTS: (common non-adherence errors include):

- Forgetting to take your medicine.
- Taking the right medication at the wrong time.
- Taking the incorrect medication.
- Taking the incorrect dosage (too few or too many pills).
- Discontinuing taking your medication prematurely.
- Not filling or refilling a prescription.
- Double dosing- taking two pills to make up for a skipped one.
- Combining your medication with an inappropriate food or beverage.

More than 125,000 Americans die each year due to prescription medication non-adherence, twice the number killed in car accidents.

- Every day, prescription non-adherence costs more than \$270 million in additional hospitalization and other medical costs.
- 90% of outpatients are taking prescribed medicines improperly, contributing to prolonged or additional illness.
- People who miss doses need 3 times as many doctor visits as others and face increased medical costs.

Almost 60% of the prescription medication non-adherence problems could be prevented by improving Adherence.

When a Doctor or PA writes a prescription:

- 1/3 of patients take the medicine as directed.
- 1/3 take some of the medicine.
- 1/3 never fill the prescription.

Who is at risk?

- Y_ or N_ Do you often forget to take their medication?
- Y_ or N_ Do you frequently skip dosages?
- Y_ or N_ Do you discontinue taking medications before the prescription has run out?
- Y_ or N_ Do you sometimes forget to refill your prescriptions?

Even ONE "YES" to any of these questions, puts you at serious risk for medication non-adherence health problems.

More about ADHERENCE: Medication factors (eg, duration, schedule, formulation, palatability, cost, and adverse effects) are clearly associated with adherence.

Longer duration of the medication regimen and increased complexity of the medication schedule represent risk factors to adherence, with mid-day ('during the day' = nor mornig or at night) dosings being particularly problematic.

Medication errors are among the most common medical errors, harming at least 1.5 million people every year, says a new report from the Institute of Medicine of the National Academies.

There is no "typical" medication error, and health professionals, patients, and their families are all involved.

A medication error is "any preventable event that may cause or lead to inappropriate medication use or patient harm while the medication is in the control of the health care professional, patient, or consumer."

Drug Naming, Labeling, and Packaging Confusion caused by similar drug names and similar colored pills accounts for up to 25% of all errors. In addition, labeling and packaging issues were cited as the cause of 33% of errors, including 30% of fatalities.

Examples of DRUG NAME CONFUSION (reported to the FDA): [Pill ID Identification](#) |

- Serzone (nefazodone) for depression and Seroquel (quetiapine) for schizophrenia.
- Lamictal (lamotrigine) for epilepsy, Lamisil (terbinafine) for nail infections, Ludiomil (maprotiline) for depression, and Lomotil (diphenoxylate) for diarrhea.
- Taxotere (docetaxel) and Taxol (paclitaxel), both for chemotherapy.
- Zantac (ranitidine) for heartburn, Zyrtec (cetirizine) for allergies, and Zyprexa (olanzapine) for mental conditions.
- Celebrex (celecoxib) for arthritis and Celexa (citalopram) for depression.

MEDICATION ADHERENCE Devices: Compare e-pill and other manufacturers Medication Adherence systems and devices:

Currently the vast majority of home medication dispensers ([pill boxes](#)) are passive day/time organizers.

Automatic Dispenser / Log File / Reporter: There are many practical designs for electronic dispensers featuring computerized delivery and alerting systems. Examples are e-pill Med-Time XL, e-pill MedSmart, e-pill CompuMed. Cost for these devices is \$300-\$900.

Existing devices: Many "smart" Medication Adherence systems for the home have been accepted in the marketplace. Automatic telephone calls may follow a missed dose. Premature (Early Dose) taking of abusable medicines is not detected by most devices, but we do offer the [tamper proof e-pill CompuMed](#) Automatic Pill Dispenser when the patient has a history of wanting to get to meds before it is time.

Blister-Packs (Unit Dose) Self reporting blister-pack - These require specialized packaging by the pharmaceutical manufacturer or pharmacy and are not reusable. It adds about \$25 per medication /per month/ per patient to medical costs independent of a monitoring system. Cost for this intervention for a typical patient can be greater than \$1500 per year.

Weight Sensing Canister: These devices detect usage of medication through weight change in a loaded canister for each medication. They are useful in research on adherence with a single medication where weight of a tablet is known and the device is calibrated. However, the system is costly and nearly impossible to apply correctly to a galaxy of drugs where no manufacturer guarantees pills of identical weight. Research units for a single medication cost in excess of \$1500. Alternative MDI Inhaler Patient Compliance device: [PuffMinder DOSER](#)

Care Taker Visit: Specialized Chronic Disease Management companies typically oversee adherence by telephone calls to patients, or costly nurses visits to the patient's home. This is clearly an expensive approach but may be the only method to achieve better patient compliance / medication adherence that the patient will accept.

Listing of ALL e-pill Medication Reminders

[CADEX 12 Alarm
Medication
Reminder ICE
Medical Alert Alarm](#)

[4 Alarm Vibrating
POCKET Pill Box
only \\$39.95 FREE
Shipping](#)