



Service Priorities and Programmes
Electronic Presentations

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In-patient Medication Counselling Program Reducing Avoidable Hospital Admission and Ensuring Effective Use of Resource.

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Introduction

With the advancement in technology and medical service, life expectancy is getting longer in Hong Kong. Longevity in population results in multiple co-morbidities and polypharmacy among the elderly. According to a study by the Chinese University of Hong Kong and a local hospital in 2012, 60 % of elderly living alone or with their spouse did not comply with the medication regime. Their inappropriate behaviors subsequently led to unnecessary hospital admission and huge medical expense. In view of this, Hong Kong Buddhist Hospital thereafter introduced an In-patient Medication Counselling Program.

Objectives

1. To enhance elderly patient's drug compliance
2. To avoid their unnecessary hospital admission
3. To ensure effective use of public resources

Methodology

Patient who lived in household and with polypharmacy (more than 5 drugs) was recruited in the program. Nurses and pharmacists were involved to run the program. Nurses would: (1) obtain an accurate and complete list of medications which the patient was taking prior to admission (2) ask patient and carer to demonstrate how they take medication at home (3) explain to them about the importance of drug compliance (4) introduce them types of pill organizer product to ensure that they take medications at the right time and in the right dose (5) refer to pharmacist for more advanced medication counseling if necessary (6) 2 patients per week were referred to pharmacist in the current phase of service. Pharmacists would: (1) make appointment with patient's relative and see them in ward (2) describe the change of medications and reiterate the patient's latest drug profile (3) explain the rationale behind of the

change of medication, expected drug effect, side effects and precautions (4) administration technique (e.g. inhaler / TNG / Warfarin) (5) enhance drug compliance (6) enhance disease and lifestyle modification (7) provide the patient with patient information leaflets (8)educate patient on drug-drug or drug-food interaction

Result

There were 340 patients recruited in the program from 3 January 2017 to 1 December 2017. 60.9 % (207 patients) did not have unplanned readmission before and after the program. 39.1 % (133 patients) has unplanned readmission before the program and 34.5 % (46 patients) of these 133 patients did not have unplanned readmission after the program. Thereby, 46 beds were vacated for admission of other patients. 690 hospital days and HKD \$1,733,970 were saved.