

Medikamentenblister – Qualitative Begleitforschung

Masterarbeit

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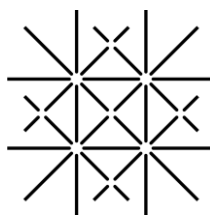
Betreuung

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Abstract

Background

Adherence is defined as the extent to which a person's behavior to take medication, corresponds with agreed recommendations from a health care provider. Low adherence to long term medication or multiple medicine regimens is a common problem. Patients often don't take their medication as prescribed or don't take them at all and only reach adherence rates of 50%. Low adherence rates can lead to bad therapy outcomes and higher mortality. Multi compartment compliance aids are supplied to patients with multiple medications in attempt to improve their adherence. Drug reminder packaging like Pharmis® is used in Switzerland to facilitate oral medication management.

Objectives

The goal of the study was to evaluate the patient's opinions about the Pharmis® blister.

Methods

To gather more information about qualitative research, an overview of different methods was written. Based on a quantitative study (Master thesis of Philipp Braun 2011), a qualitative interview guide was developed. In a pilot phase the interview guide and method were tested. All pharmacies in BL/BS giving Pharmis® to ambulant patients were contacted. If participating, the pharmacies helped recruiting the patients. The interviews were audio taped and then transcribed and analyzed.

Results

A total of seven pharmacies in BL/BS provide Pharmis® to ambulatory patients (state 2011). Three pharmacies participated in the study. A qualitative interview was made with four ambulant patients using Pharmis®. The interviews were conducted at their homes. Patients seemed to be rather happy with the Pharmis® blister. They felt safer in managing their medication with the blister and were less afraid to make a mistake. The patients knew little about their medication and couldn't identify their tablets. None of the patients was informed about the importance and meaning of adherence.

Conclusion

The method face-to-face interview was appropriate to gather lots of information about Pharmis®. The patients felt comfortable at home and talked much. The communication between pharmacists and patients should be increased and patients should be informed about the importance of adherence in therapy. Each compliance-help should match the patient's needs individually to reach best therapy outcomes.