



Welcome to the Being a Patient Simulation

2 weeks of experiencing why patients don't
always do what we tell them to do

October 8 through November 5, 2020
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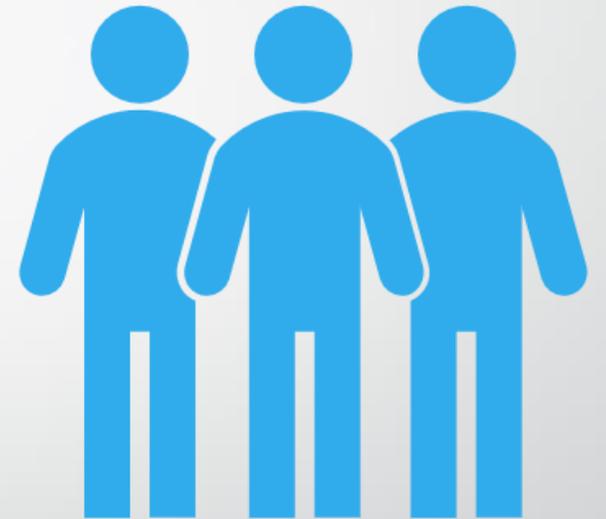
For the next 2 weeks, you
will be on an adventure

Goal: to learn what it is like to be a patient by
following a “medication” regimen

Introductions & Rules for today's discussion

For the next few minutes, I will be your pharmacist and you will be my patients

You may ask me any questions you wish about your new "medications"



Famous quote:

“Drugs don’t work if people don’t take them”

C. Everett Koop, M.D.
former U.S. Surgeon General



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When patients don't follow medication instructions we say they are non-adherent

Have you ever talked with patients who were late on their refills?

What reasons did they give you?

What words do you think best describe patients who don't take their medications as instructed?

Talk with 2-3 classmates sitting near you

- Identify at least two reasons why you think patients are non-adherent.
- Appoint a spokesperson for your group
- Be prepared to share
- You have 5 minutes - GO

What is an implicit bias?
Do your implicit biases affect how you treat your patients?

Would it surprise you to know that:

1

50% of prescriptions filled each year are taken incorrectly

2

1/3 of patients take all their medicine, 1/3 take some, 1/3 don't take any at all

3

10% of hospital admissions are due to medication-related problems

4

23% of nursing home admissions are related to non-adherence issues

5

Non-adherence costs close to \$50 billion per year in the U.S.



WHY don't my patients take their meds correctly?

References

1. The New York Times June 2, 1998
2. Smith, D., Compliance Packaging: A Patient Education Tool, American Pharmacy, Vol. NS29, No 2 February 1989
3. Standberg, L.R., Drugs as a Reason for Nursing Home Admissions, American Health care Association Journal, 10,20 (1984).
4. Schering Report IX The Forgetful Patient: The High Cost of Improper Patient Compliance.
5. Oregon Department of Human Resources, A study of Long-Term Care in Oregon with Emphasis on the Elderly March 1981.
6. Hayes, R.B. NCPIC Prescription Month, October 1989
7. National Council for Patient Information and Education



Do you think you can do better
than those patients?

Let's give you a chance to find out
over the next two weeks.

Look at the capsule packets you were given

- Read the instructions
- Is anything unclear?
- What questions do you have about your meds?



Are there any more questions about your
new prescriptions?

Remember, you can contact your
pharmacist (Prof. Jolly) if you have
questions later – just like your patients can

**Note: See Prof. Jolly for alternatives if you are unable to swallow
gelatin capsules due to religious, dietary, or allergy issues.**

Instructions for the Assignment

- Follow the medication regimen for the next 2 weeks. Track your experiences.
- Contact your pharmacist (Prof. Jolly) if you have questions after leaving “the pharmacy”
- How successful were you in following the directions?
- What barriers did you encounter? How did you conquer them?
- Write a 2-3 page reflection about your experiences and any insights you gained
- Did your attitude about non-adherence change? Will you change your approach to patients in the future?

When you have written your reflection,

- Submit it through the class BlackBoard assignment dropbox by 11:59pm on Thursday, November 5th. Late papers lose points.
- Include YOUR NAME in the file name and put your name on each page of your paper. (Details in instruction sheet and posted in the Being a Patient assignment folder on Blackboard).
- This exercise is worth 10% of your total course grade. Take it seriously. Get a friend or two to proofread it for you. Grammar and punctuation count.
- We will discuss your experiences of being a patient in class on Thursday, November 12th.



Good Luck Being a Patient

Learn things about your implicit
biases so you can fix them