



Spotlight on Medication Adherence

Calendarized blister packaging for
better health outcomes

Medication non-adherence is a global issue with significant impacts on health outcomes and the healthcare system at large.

Jones has spent over 135 years responding to healthcare needs with innovative packaging solutions, bringing extensive experience from pharmacy markets across the world through our wholly-owned subsidiary, Venalink as well as our North American operations. Our reach extends throughout Canada, the U.S., Europe and into Latin America.

In response to our clients' needs and our shared dedication to medication safety, we co-developed the first multi-dose adherence

card over 30 years ago to help patients take the right medications at the right time. Today, we have a broad portfolio of customizable and automation-compatible adherence packaging available.

This evidence-based review outlines the rise of medication non-adherence, the role adherence packaging can play in improving health outcomes and the solutions available within the Canadian market.

For more information, please reach out to us at healthcare@jonespackaging.com or 1.800.265.1009.



Medication management for better health outcomes



With the number of seniors in Canada age 65 and older set to double over the next 25 years¹ and the number of Canadians living with chronic disease expected to reach a staggering 9.8 million by 2036², medication adherence will continue to play an increasingly important role in improving patient outcomes and reducing costs within the overburdened Canadian healthcare system.

Opportunity to make a positive impact

These growing segments of the population are more likely to take prescription medications:

81%

of adults 65 and older take one or more prescription drugs a day³

66%

of Canadian seniors have prescriptions for 5 or more drugs⁴

27%

of Canadian seniors have prescriptions for 10 or more drugs⁴

50%

of Canadians do not take their prescription medications as prescribed⁵

Medication adherence is defined as “the extent to which patients follow provider recommendations about day-to-day treatment with respect to timing, dosage and frequency.”

Studies have shown adherence is inversely proportional to the number of times a day a patient must take medication each day (once per day results in 80% adherence vs. 50% adherence for four times per day⁶).

Recent statistics also demonstrate the gap in patients’ ability to follow these recommendations and furthermore highlight the negative outcomes of this behaviour.

Non-adherence and patient outcomes

- Each year, drug non-adherence is the cause of⁵:
 - » 10% of all hospital admissions
 - » 25% of hospital admissions for the elderly
 - » 23% of all nursing home admissions
- A recent study found 26% of all hospital readmissions were medication-related and of those readmissions, 48% were related to non-adherence⁷
- Average adherence for patients with chronic illnesses is relatively poor⁸:
 - » High cholesterol: 57%
 - » High blood pressure: 48%
 - » Diabetes: 43%
- Adverse drug reactions are a leading cause of patient mortality⁵

Not only will closing the medication adherence gap improve the quality of healthcare, promote enhanced patient outcomes and encourage better chronic care management, but it will also significantly reduce the overall cost to the Canadian healthcare system.

Financial impact of non-adherence

- Medication non-adherence results in \$15 to \$19 billion per year in preventable costs to the Canadian healthcare system⁹
- These costs include additional physician visits, extra laboratory tests, additional drug therapy, hospital ER visits, hospital admissions and readmissions and short-term disability insurance payments⁸
- Non-adherence costs Canadian pharmacies \$12.5 billion each year in lost sales, which equates to nearly \$4,000 per day for every store in the country⁹

Role of the Pharmacist in driving medication adherence

- Each year, 39,000 Canadian pharmacists fill more than 600 million prescriptions¹⁰
- Research suggests that targeted and personalized interventions between patients and pharmacists are beneficial³
- Patients were more adherent to medications and refilled their prescriptions faster with pharmacist interventions³
- Alternatives to pharmacist-filled adherence packaging such as pill boxes and dosettes are more likely to contain incorrect doses when filled by patients or informal caregivers¹¹



Dispensing solutions to support medication adherence critical to better healthcare

Several studies show that blister and calendarized packaging can be effective tools to assist in the improvement of medication adherence:

- Two-Plus Decades of Research Studies Support Improved Patient Adherence with Calendarized, Compliance-Prompting Packaging, Healthcare Compliance Packaging Council¹²
- Study to Measure the Impact of Pharmacists and Pharmacy Services (STOMPP) on Medication Non-Adherence: Medication Adherence and Clinical Outcomes, The University of Toledo¹³
- A Pharmacoepidemiologic Analysis of the Impact of Calendar Packaging on Adherence to Self-Administered Medications for Long-Term Use, Clinical Therapeutics¹⁴
- Lack of Medication Adherence Harms Americans' Health, Greenberg Quinlan Rosner Research¹⁵
- Interventions to Improve Adherence to Self-Administered Medications for Chronic Diseases in the United States, American College of Physicians¹⁶
- Adherence to Medication Leads to Lower Health Care Costs, PhRMA¹⁷

Dispensing in adherence packaging helps patients manage their medications, particularly for seniors and those with chronic diseases requiring multiple medications and complex treatments.



Jones offers a dispensing solution that promotes medication adherence

As a proud leader in driving innovation and patient safety in the Canadian medication management market, Jones offers a wide range of adherence packaging options for retail pharmacy, long-term care and hospital channels to promote patient safety and well-being:

- Multiple formats and blister sizes for unit or multi-dose dispensing
- Heat or cold seal
- Portable dosing for patients on-the-go
- Clear graphics make it easy for healthcare providers and patients to use
- Customizable cards to maximize branding opportunities
- Accommodate multiple prescription labels
- Compatible with pharmacy automated workflow technology: Qube, FlexRx™, Auto-Fill and Tri-Fold

Solutions for automated filling technologies

Qube 7-day high-capacity card	Auto-Fill 7-day high-capacity compact card	FlexRx™ and FlexRx™ Light 7-day pack with detachable passes for portability	Tri-Fold 7-day multi-med card
			

Solutions for manual filling

Qube-It 7-day high-capacity compact card	Day Pack Daily dose pack (4 passes)	Duo Pack 7-day pack (2 passes/day)
		

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