

Optimizing medication in caring for seniors living with frailty: Five perspectives

Evolving Role of the Pharmacist

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CFN: Optimizing Medication CAT2017-21

Assessing and understanding *frailty* and high-risk *non-prescription* drug use in *community pharmacy* practice

Research Team – PIs & CIs

9 Members (ON, SK, AB)

- Colleen J Maxwell, PhD *
- Nardine Nakhla, PharmD
- Mina Tadrous, PharmD PhD MS

————— Principal Investigators

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————— Co-investigators

Research Team – KUs, Collaborator & HQPs

- Philip Emberley
- Canadian Pharmacists Association
- Gerry Harrington
- Consumer Health Products Canada
- Amanda Moir
- Health Canada

———— Knowledge Users

- Fares Health Group

———— Collaborator

- Areen Duqoum
- Samuel Dubinsky
- Sarah Leslie
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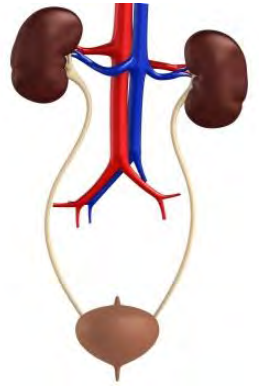
———— HQPs & Analysts

Study - Background

1. Non-prescription medication use is increasing
2. Vulnerable older patients are particularly susceptible to adverse effects of these medications
3. Community pharmacists are experts in drug therapy management, and are accessible health care professionals that can help decrease these adverse effects



Frailty & Medication Use



- Frailty status may be associated with altered medication clearance

(Hilmer, et al., 2011; Johnston, et al., 2015)



- Cognitive, psychological and social vulnerabilities are associated with medication management problems

(Hayes, et al., 2009; Osborn, et al., 2012)

- Some (but not all) studies show greater risk of adverse outcomes in frail older adults using suboptimal medication compared to non-frail older adults

(Bennet et al., 2014; Pugh et al., 2014; Runganga et al., 2014)

Study – Background

Phase
1

Phase
2

Phase
3



Study – Background

Phase
1

Phase
2

Phase
3



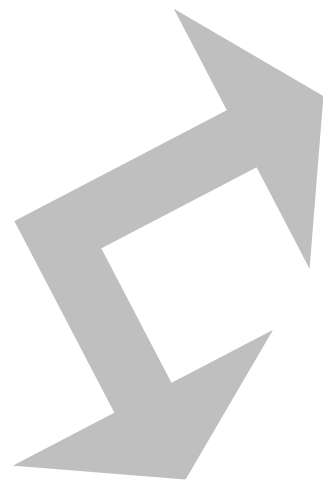
Phase 1: Knowledge and Understanding



National Pharmacist Survey

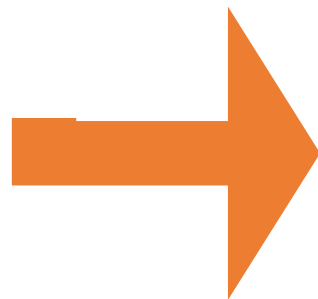
Community Pharmacist Focus Group

Phase 1: Knowledge and Understanding



National Pharmacist Survey

Community Pharmacist Focus Group

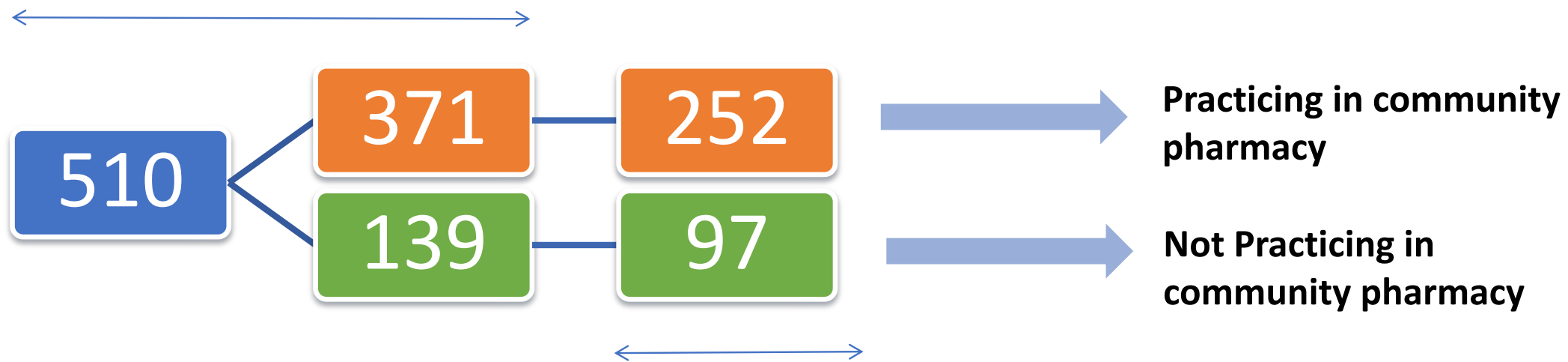


Older Adults / Family Carers
Focus Group

National Pharmacist Survey

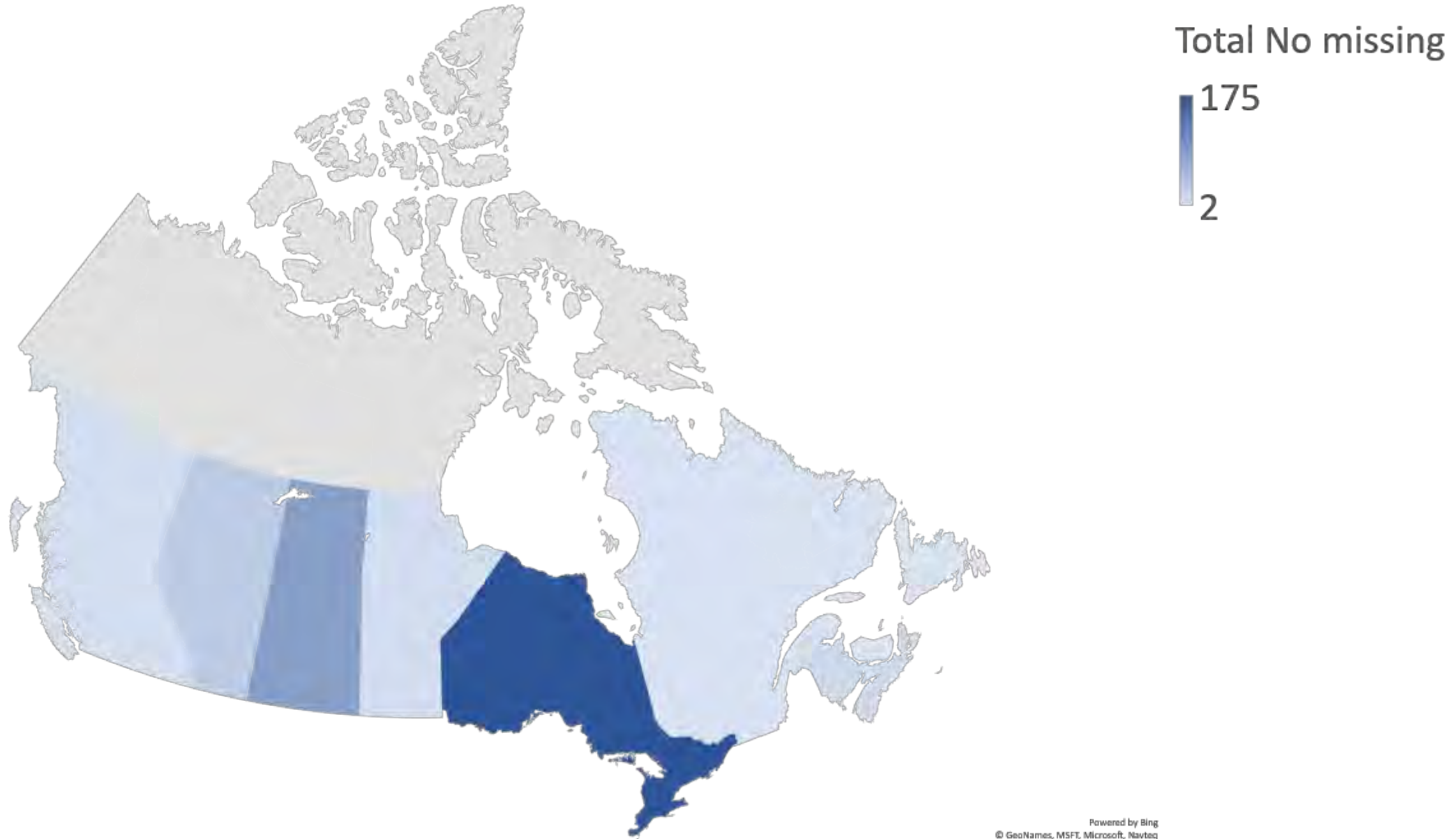
- **Released** on June 8, 2018 and **closed** July 20, 2018
- **Inclusion criteria:** Licensed practicing Canadian pharmacists
 - Any setting
- **43 questions**
 1. Demographic questions – Pharmacists
 2. Demographic questions – Patients
 3. Frailty knowledge, understanding & assessment
- **510 total responses**
 - Eligible for survey
 - Community pharmacists and non-community pharmacy
 - Includes all stages of survey completion
 - Potential duplicate responses

Eligible Respondents: Start of Survey



Complete Responses: overall RR=68.4%
(349/510)

Distribution of Practice Setting Locations for all Respondents



Data: A Closer Look

A dark, moody photograph of a desk. In the foreground, a magnifying glass and a pen rest on an open book. The book's pages contain some text, including the word 'ANÁLISIS' and 'ANÁLISIS'. In the background, a globe is visible, showing a map of the world. The overall scene is dimly lit, with a focus on the objects on the desk.

Results: Overall Data

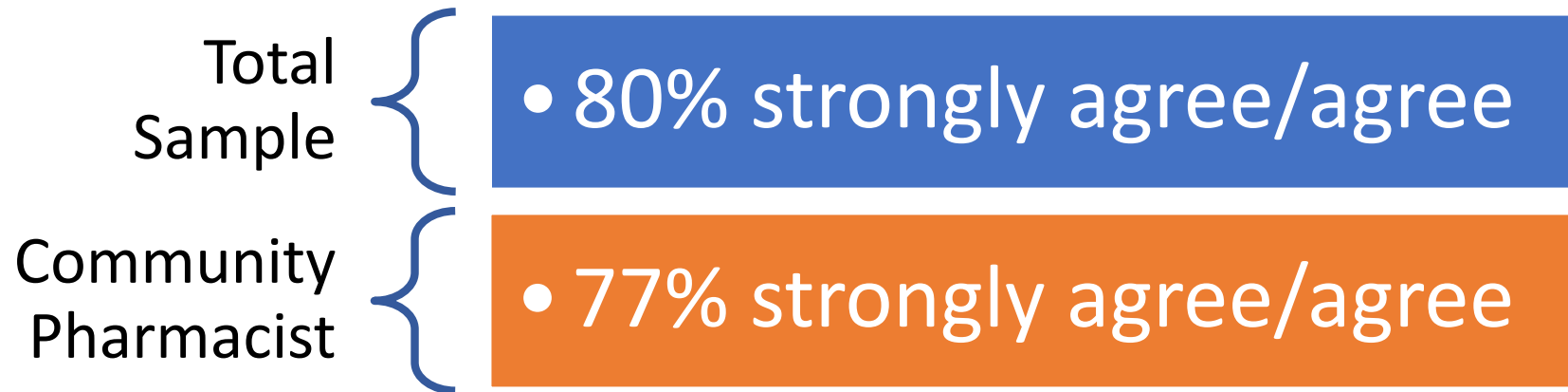


- **Female** (>60%)
- 25 – 34 years old
- Ontario residents
- **Community pharmacists**
- In practice for 1 – 5 years
- Canadian pharmacy graduates



- Understanding of **frailty** is heavily based on **physical** function

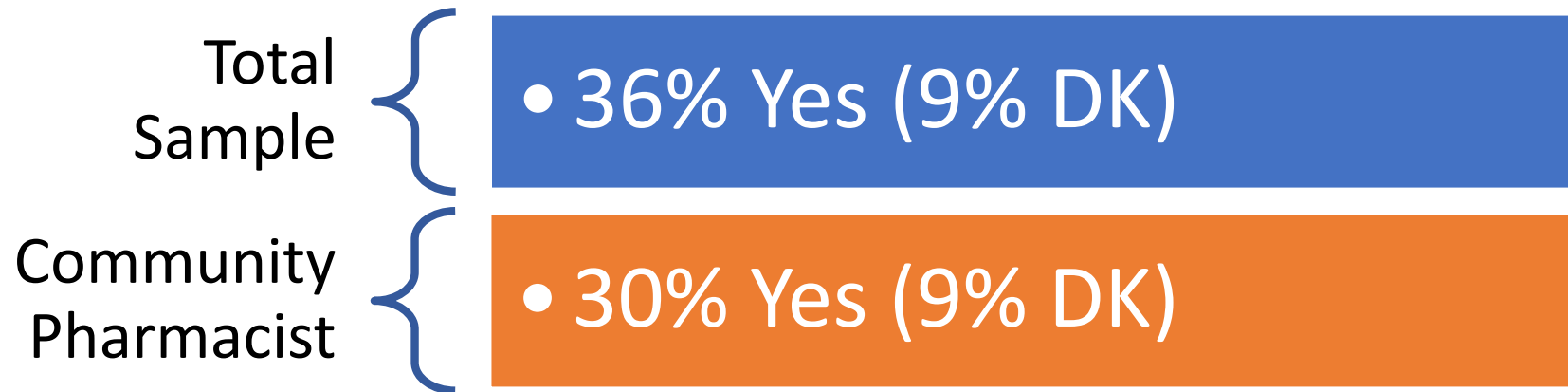
It is important for pharmacist to know a patient's frailty status...



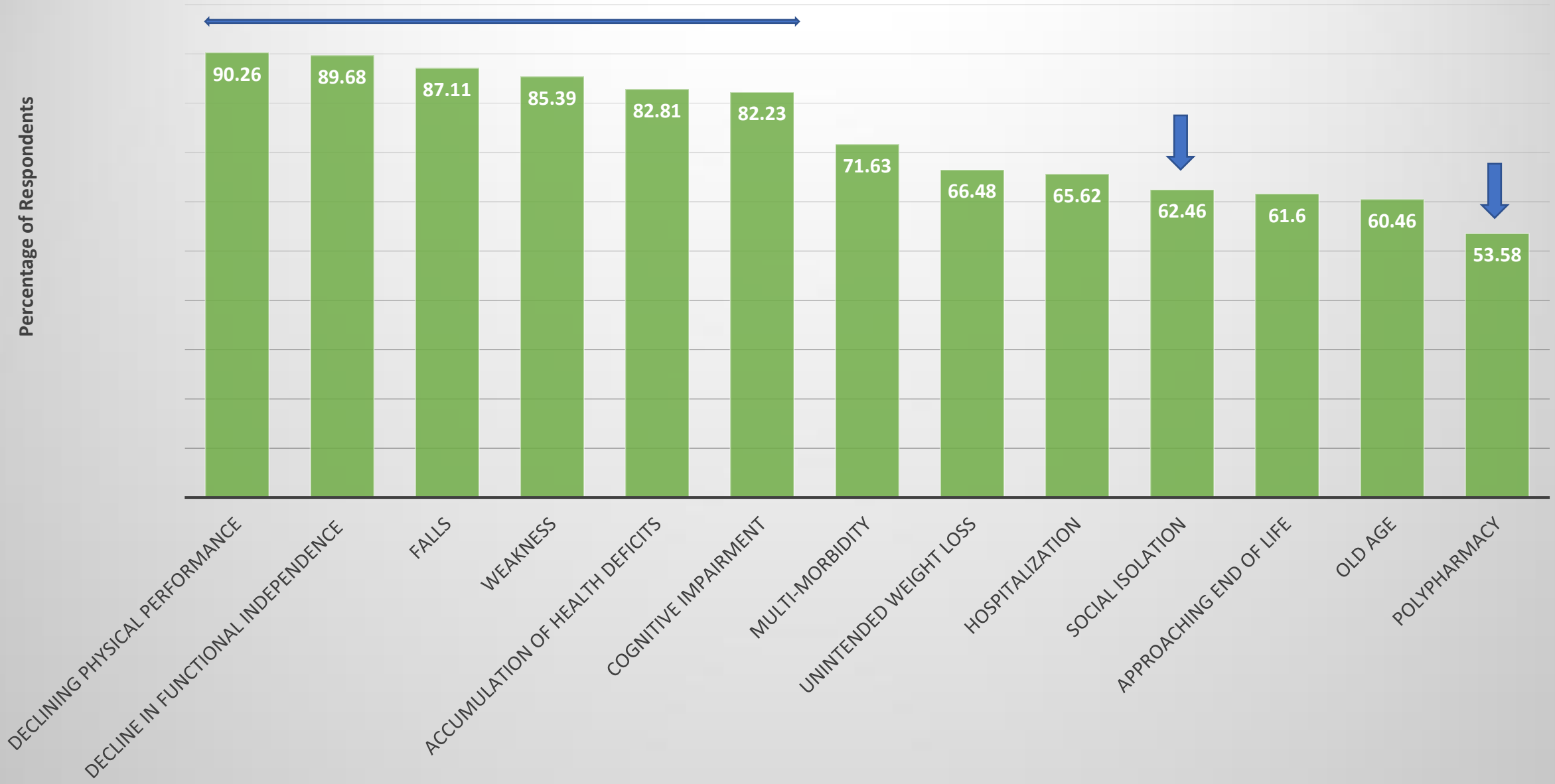
It is important for pharmacist to assess a patient's frailty status...



Do you assess for frailty in your pharmacy practice?



Items Pharmacists Associated With Frailty



(Free Text) Frailty Definitions

Judgment Based Measures

Physical

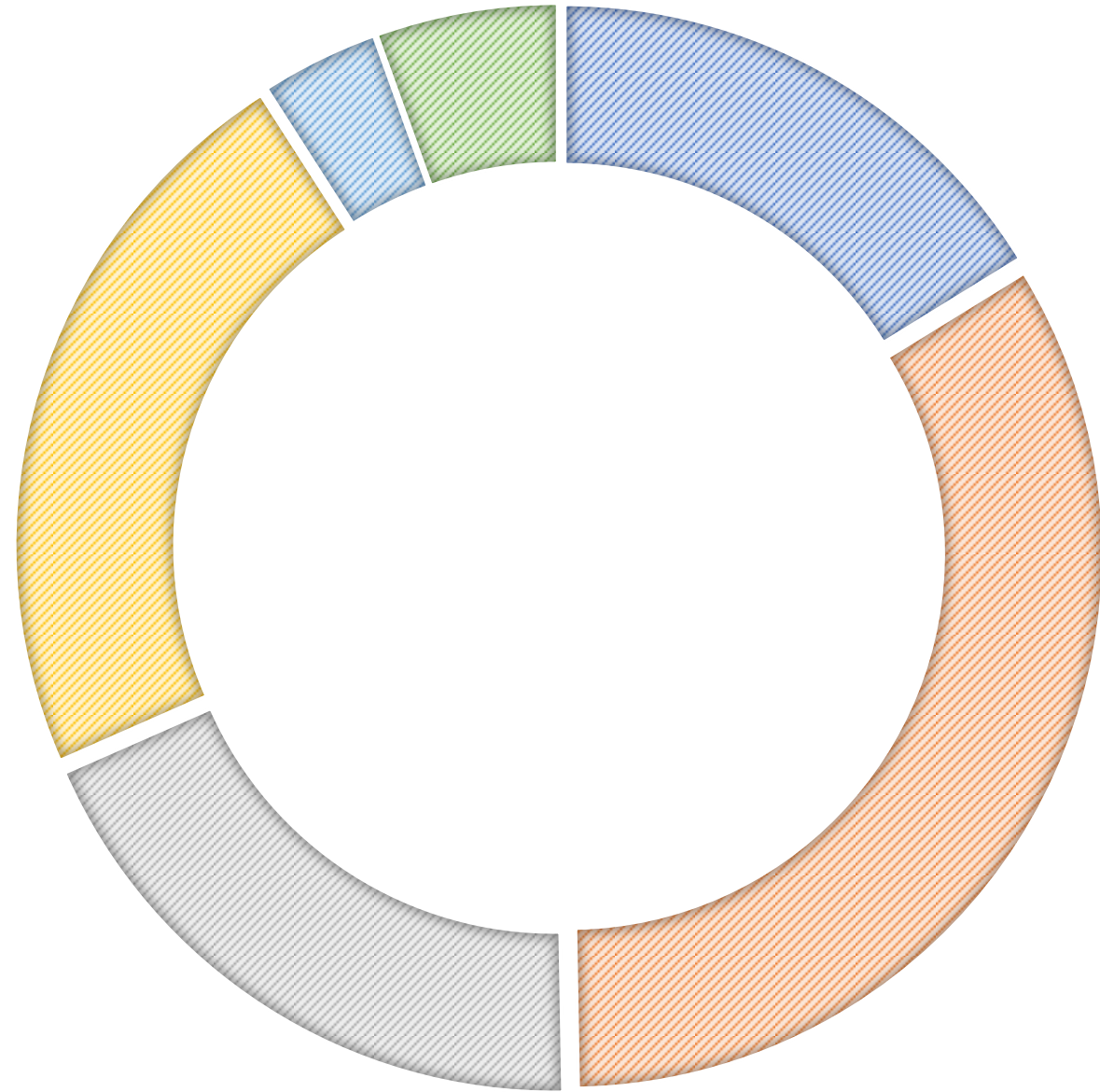
Performance/physical frailty

Multidimensional frailty/Fraily Index

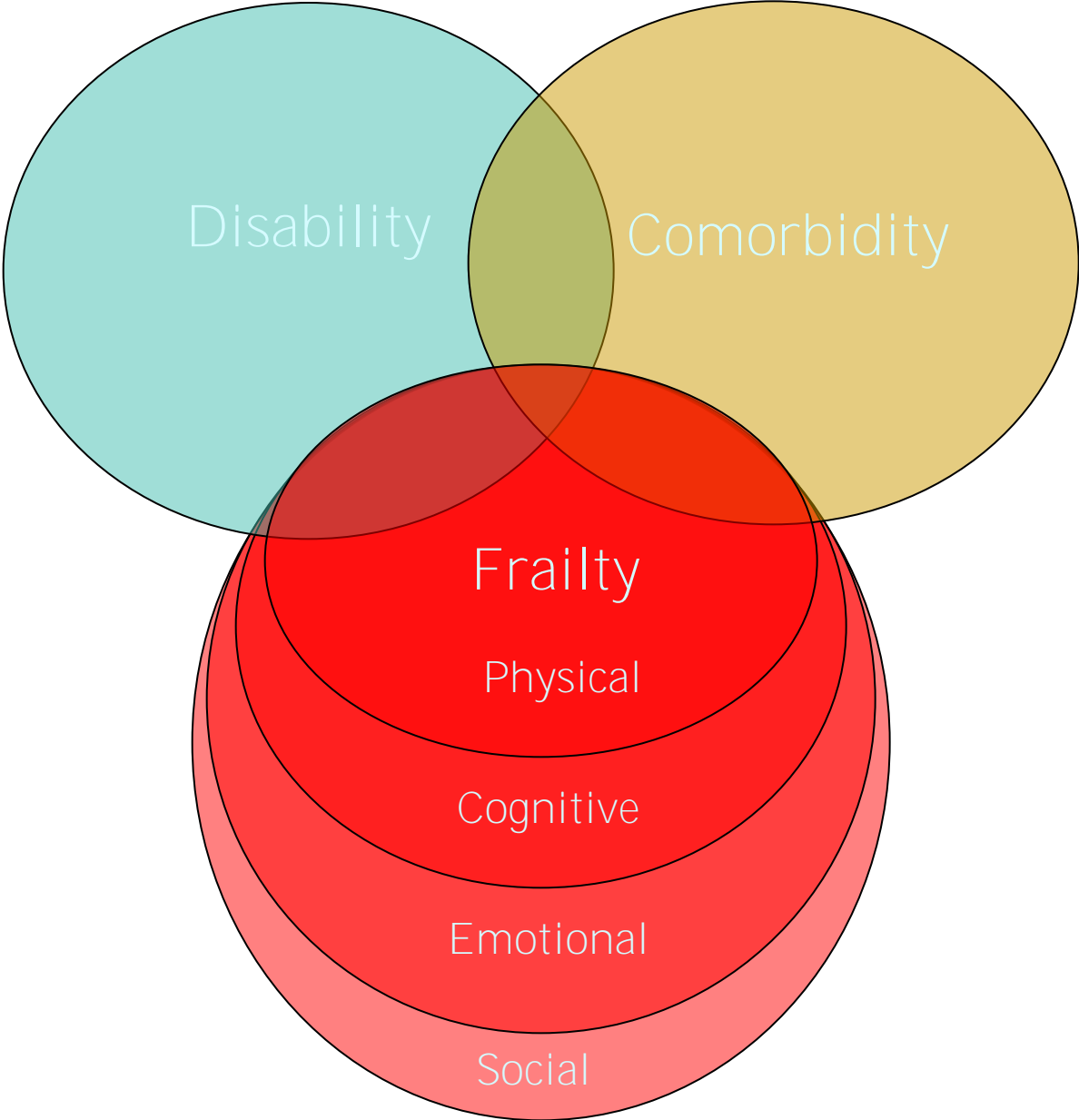
Resilience

Increased Falls Risk

Other



Frailty: Related, but distinct from disability and comorbidity...



Study – Background

Phase 1

Phase 2
I & II

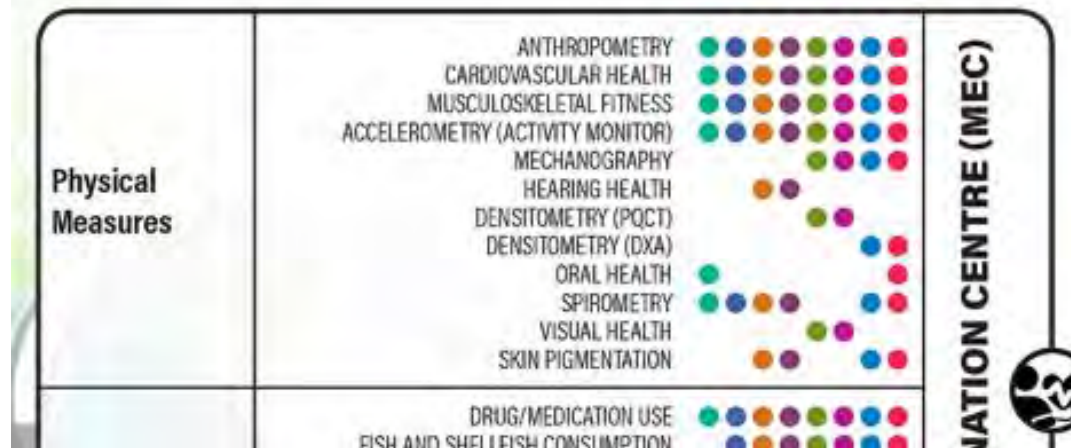
Phase 3



Phase 2(I)

- Partnership with researchers at Statistics Canada
- Release of Cycle 5 of National **CHMS** survey
- **Purpose:** assess current patterns of non-Rx, Rx & NHP use by
 - Age, sex, frailty status

Canadian Health Measures Survey (CHMS)



Phase 2 (II) Waterloo Region Area Survey (WRAS)



Annual survey by the University of Waterloo Survey Research Centre of adults **≥20 years old** in **KW Region**



-**Web-based** and ~~telephone~~ surveys
-Based on 2017 survey results **~80%** of respondents **≥45** years old



Questions used:
Supplement on medication use **designed by research team** Includes standardized questions similar to those used in the CHMS



Potential future research:
Older adults' medication use behaviours, AND unmet information and care needs as they pertain to nonRx medication use

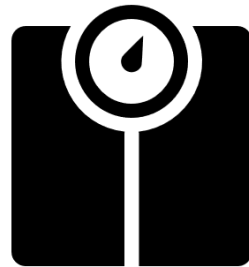
Study – Background

Phase 1

Phase 2

Phase 3
I & II





- Frailty screening tools in community pharmacy practice, **assessing:**
 - Acceptability
 - Feasibility
 - Sustainability

Phase 3 (I): Frailty Screening Tool



Phase 3 (II): Knowledge Translation



A day-long symposium, **goals:**

1. Consensus on key priority areas for future research
2. Optimization of non-Rx drug use in older adults and clinical oversight
3. Improving communication between key players in non-Rx drug policy

Thank you...



Questions?