



# ABSOLUTE SCOOP

## DID YOU KNOW?

Absolute Pharmacy's FOLLOW ME HOME program can help decrease readmission risk by providing medications in compliance packaging to patients at discharge.



## FOLLOW ME HOME: A PACKAGED MEDICATION SOLUTION TO SUPPORT COMPLIANCE

*Written by Matt Conway, Clinical Services Coordinator*

### Are you worried about your facility's readmission rate and potential associated penalties?

There is a large gap in the transition of care from facility to home. Medication non-adherence and adverse drug events increase patients' risk for readmission. Recent studies have found 26% of all hospital readmissions were medication-related and of those readmissions, 48% were related to non-adherence. Absolute Pharmacy's Follow Me Home (FMH) program can help decrease your facility's readmission risk by providing medications in compliance packaging to your patients at discharge.

#### FMH Program: Upon Discharge

Absolute Pharmacy will provide a 14-day supply of your patients' daily maintenance\* medications, organized by time of day, in our flexPOD packaging.

- Available for patients to take home with them upon discharge.
- Ensures patients have enough medication as they follow-up with their primary care provider(s).
- Patients' insurances will be billed for medications provided, and copays are due at the time of service.
- Absolute Pharmacy will check in with patients approximately one week after discharge and notify caregiver(s) of any issues detected.

#### FMH Program: flexPOD Packaging

Most patients at home have difficulty taking medications as prescribed and many patients worry that they may have missed a dose. Absolute's Follow Me Home program helps make it easy for patients to manage medications and have confidence they are taking their prescriptions correctly!

- flexPOD Compliance Packaging
  - Medications are separated in PODS and organized by date and administration time (e.g. - morning, lunch, dinner, bedtime).
    - This can help improve adherence by ensuring all medications contained in a pod are taken appropriately and not inadvertently missed or forgotten about.
  - Medications have images of the tablet/capsule included on the flexPOD packaging.
    - This allows the patient to easily identify the medications they are taking.
  - PODS can be easily torn off the main packaging to be taken to appointments, family gatherings, and vacations to ensure medications are still taken appropriately and timely.



*\*PRN, controlled substance, and short duration prescriptions are NOT able to be included. These items can be obtained at the patient's local pharmacy.*

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**FMH Program: Ongoing Maintenance**

- Absolute Pharmacy will mail a 28-day supply of patient's daily maintenance\* medications, organized by time of day, in our flexPOD packaging.
- Absolute Pharmacy will coordinate all prescription refills for maintenance medications and complete monthly medication review services.
  - Monthly medications are reviewed by the pharmacy team to check for medication interactions and coordinate new or changed therapies in the flexPOD packaging.
  - A yearly comprehensive medication review is provided.
  - Absolute will alert designated caregiver(s) regarding potential issues.
  - Insurance will be billed for medications provided - copays are due at the time of service.

**Multiple patients from our Skilled and Assisted Living facilities have moved to the Follow Me Home program. This is due to the ease of use flexPOD packaging provides to patients when taking and managing their medications.**

**FOR ADDITIONAL PROGRAM DETAILS CONTACT: MATTHEW.CONWAY@ABSHEALTH.COM OR CALL 330-498-5115**

References

- Journal of the American Pharmacists Association, Potentially Preventable Medication-Related Hospitalizations ... November-December 2017, [https://www.japha.org/article/S1544-3191\(17\)30778-1/fulltext](https://www.japha.org/article/S1544-3191(17)30778-1/fulltext)
- Neiman AB, Ruppap T, Ho M, et al. CDC Grand Rounds: Improving Medication Adherence for Chronic Disease Management – Innovations and Opportunities. MMWR Morb Mortal Wkly Rep 2017;66. DOI: <http://dx.doi.org/10.15585/mmwr.mm6645a2external icon>.
- Prescription drug use in the past 30 days, by sex, race and Hispanic origin, and age: United States, selected years 1988-1994 through 2011-2014 <https://www.cdc.gov/nchs/data/hus/2017/079.pdf>

## About the Author



Outside of work, Matt enjoys video games, reading mystery/thriller novels, and spending time with his wife Lauryn and seven (7) dogs - 3 Afghan Hounds & 4 Rhodesian Ridgebacks.

Matt Conway has been with Absolute for almost 6 years. He started as a technician and has moved and grown through multiple roles including Pharmacists' Assistant, Overnight Supervisor, Data Entry Supervisor, and now Clinical Services Coordinator. Matt continues to play a vital role in COVID-19 vaccine distribution and leads the day-to-day operations for our Follow Me Home Program; he can also be found starting new projects and supporting our continuous quality improvement efforts. Prior to joining us at Absolute, Matt spent 6 years as a Combat Medic in the U.S. Army. He has a great sense of humor and enjoys a good "dad joke"!



**WHAT DO YOU CALL AN IRISH SPIDER?**

PADDY LONG LEGS.



**WHY IS IT A BAD IDEA TO IRON A FOUR-LEAF CLOVER?**

YOU DON'T WANT TO PRESS YOUR LUCK!

