



The Pharmacy
Guild of Australia

Do you take medicines regularly?



Would you like to know how you are
going with your medicines compliance?



Would you like to know what
support is available to improve your
medicines compliance?



**Speak to your pharmacist today about
MedsIndex and how it can work for you.**



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MedsIndex

How do you score with
medicines compliance?

*"Medicines compliance
- it's good for your health"*

Dr John D'Arcy



Are you taking your medicines correctly?

There has been a great deal of research on non-compliance with medicines. Compliance has been monitored a great deal in the USA, where research indicates that non-compliance is typically seen in as many as 50-75% of patients. In other words, half to three-quarters of patients are not taking their prescribed medicines properly and unfortunately the rate of non-compliance with those suffering from chronic illness is even higher.¹

Consequences of non-compliance

When you do not take your medicines properly one or more of the following may occur;

1. You may not get better
2. You may get sicker and/or your condition may worsen
3. You may have a relapse

Did you know that research shows that even though people go to the doctor and are prescribed medicines to help their condition, many people either:

- don't take them at all; or
- don't take them the way they need to in order to get the best effect?

Researchers call not taking your medicines non-compliance.



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A Medicines Compliance Indicator

Compliance is a three-way partnership

Medicines compliance is a partnership between you the patient, your pharmacist and general practitioner to achieve desired health outcomes from your medicines.

The more you understand your medicines and how they affect your personal health, the more you are likely to increase your compliance in taking those medicines. When you improve your compliance by increasing your understanding of medicines you can improve your health. Guild MedsIndex will assist to improve compliance.

What is MedsIndex?

A single score (Guild MedsIndex) will allow you to track how you are performing with medicines compliance. A score out of 100 is calculated with each of the medicines you take regularly. The index score calculates how much medicine the doctor intended you to take compared to how much has been dispensed to you. The longer you have been on the medicines the more accurate the figure becomes.

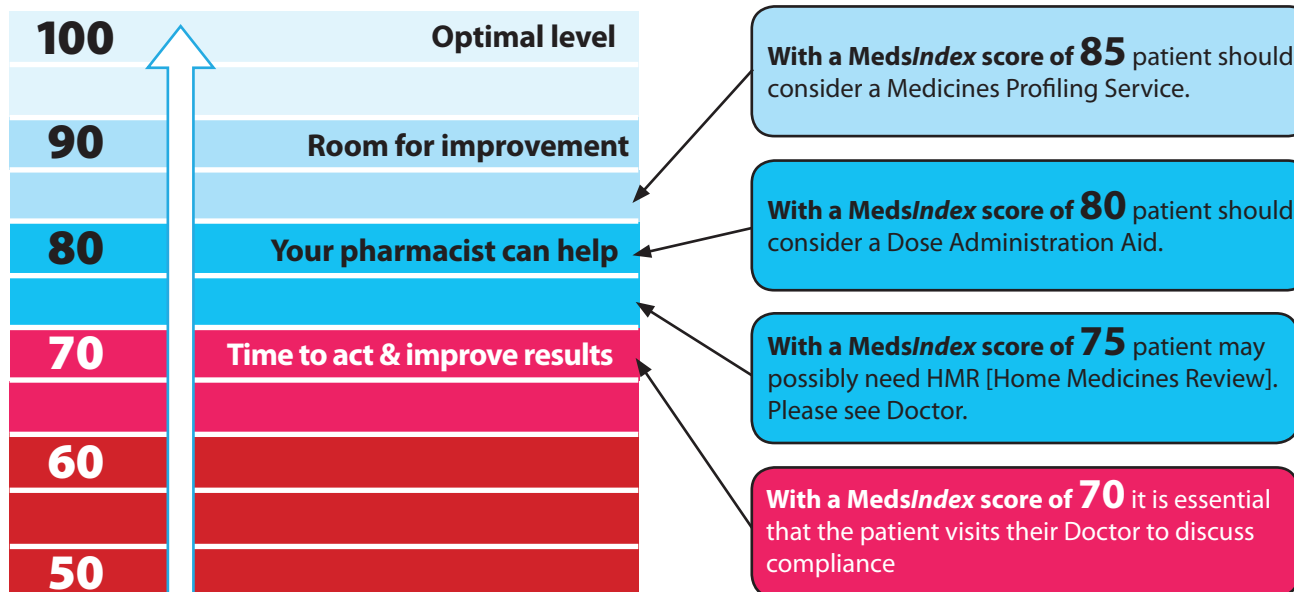
Patients find that medicines that needs to be taken a number of times during the day (e.g. three times a day) will have a lower

MedsIndex score than one you needs to be taken once a day. There is a higher chance of forgetting to take medicine the more times in the day you need to take it.

What does your MedsIndex score mean?

There is no right or wrong figure and you should not be discouraged with a low score. The key indicator of success is a constant improvement in the MedsIndex score. Your pharmacist is there to assist you to improve your score.

The optimal MedsIndex score is 100. If your score is not 100 your pharmacist can help you to improve your score. You will find you improve your compliance and therefore your score, simply because you are now more aware of the importance of being compliant, how you are going and thinking about improving your results. There are also a number of Federal Government programs that can assist you to improve compliance. The Pharmacy Guild of Australia has set score levels which trigger recommendations for these professional pharmacy programs. Ask Your Pharmacist about programs to help you improve your compliance score.



Example: A score of 92 indicates one whole month of dosages have been missed during a one year period. There are Government programs a patient can be signed up to e.g. Diabetes program or Asthma program.