

Medication Therapy Management for Chronic Patients: *A White Paper by Clarest Health®*

EXECUTIVE SUMMARY

Medication non-adherence remains a persistent challenge in chronic disease management, contributing to adverse patient outcomes, preventable hospital readmissions, and soaring healthcare costs. Studies show that approximately 50% of Americans do not take their medications as prescribed, leading to a range of negative health outcomes. Industry estimates suggest that this issue contributes to up to 125,000 preventable deaths in the U.S. each year. This white paper explores the innovative approach adopted by a major healthcare provider in collaboration with Clarest Health to mitigate medication non-adherence.

Clarest Health's Medication Therapy Management (MTMPath) Adherence Program was designed as a comprehensive and patient-centered solution, offering benefits such as enhanced medication adherence, better health outcomes, and significant cost savings. This document outlines the program's core components, its strategic implementation, and the measurable results achieved, providing actionable insights for other healthcare organizations.





THE CHALLENGE: UNDERSTANDING THE IMPACT OF NON-ADHERENCE



Chronic diseases such as diabetes, hypertension, and heart failure necessitate constant medication adherence for effective management. Yet, many patients struggle due to various barriers, including complex regimens, insufficient education, and lack of support.

The implications of non-adherence are vast. For healthcare providers, it translates to increased hospital readmissions, higher emergency care usage, and inefficient resource allocation. For patients, it often leads to deteriorating health, complications, or even loss of life.

A prominent healthcare provider serving thousands of patients with chronic conditions was no exception. The organization faced rising costs alongside suboptimal patient outcomes, compelling them to explore innovative interventions to tackle these pressing issues.

THE SOLUTION: CLAREST HEALTH'S MTMPATH ADHERENCE PROGRAM

Clarest Health stepped forward with its MTMPath Adherence Program, a multi-faceted approach grounded in patient-centered care principles and collaboration. The program was built on four interconnected strategies aimed at empowering patients and streamlining care delivery.



At-Risk Patient Identification

The Clarest MTMPath platform leveraged imported patient data and integrated population health analytics to identify at-risk patients using a rules-based approach.



Comprehensive Medication Review

Guided by the Clarest Health clinical technology, experienced pharmacists conducted detailed evaluations of patient medication regimens, explaining medication purposes, dosages, and potential interactions to alleviate confusion and ensure clarity.



Personalized Care Plans

Recognizing that no two patients are alike, Clarest developed tailored care strategies. Each plan addressed individual health challenges, lifestyle considerations, and medication needs, fostering adherence through customization.



Patient Education and Support

Clarest prioritized ongoing patient education and created support mechanisms like follow-up communication. These resources helped build confidence and trust in medication management.



Collaborative Healthcare Coordination

To bridge gaps in care, the program facilitated robust communication between patients, caregivers, and healthcare providers. This ensured continuity of care, reduced errors, and created alignment across all parties involved.



RESULTS ACHIEVED

Following the implementation of the MTMPath Adherence Program, the healthcare provider observed measurable, data-driven improvements across several critical areas.



Reduced Hospital Admissions: A noticeable decline in medication-related hospitalizations was recorded, directly addressing one of the costliest consequences of nonadherence.



Elevated Adherence Rates: Patients demonstrated better understanding and compliance with their prescription plans, leading to more consistent medication use and disease control.



Improved Coordination in Care Delivery: The strengthened communication among stakeholders ensured seamless care, reduced duplication, and enhanced patient satisfaction.



Health Outcomes Transformation: With fewer emergency visits and a reduction in complications, patients experienced significantly improved health quality and stability in managing their chronic conditions.



Cost-Effective Outcomes: The program delivered substantial economic benefits by cutting down on unnecessary hospitalizations and emergency interventions, resulting in savings estimated in the millions for the healthcare provider.

IMPLICATIONS: THOUGHT LEADERSHIP IN CARE INNOVATION

Clarest Health's MTMPath Adherence Program stands as a testament to the power of patient-centered, data-driven intervention strategies in healthcare. By addressing the root causes of non-adherence, Clarest has demonstrated how a data-driven approach can transform both patient care and operational efficiency.

This initiative offers replicable insights into improving medication therapy adherence, making a strong case for the adoption of similar models across other healthcare institutions. It highlights the importance of cross-functional coordination, scalability, and attention to individual patient needs in the pursuit of better population health outcomes.

CONCLUSION

Medication non-adherence continues to challenge health systems globally, but innovative solutions like Clarest Health's MTMPath Adherence Program provide a beacon of hope. Combining personalized care with meticulous program execution, Clarest has proven that progress is achievable in even the most complex areas of chronic disease management.

For healthcare providers, the insights and results presented here underline the value of prioritizing medication therapy management as a strategic investment. Organizations seeking to enhance patient outcomes, lower costs, and foster a collaborative care environment can learn significantly from Clarest Health's expertise and pioneering efforts in this vital area.

With a firm commitment to patient empowerment and healthcare excellence, Clarest Health sets the stage for a future of improved chronic care and enhanced medication adherence strategies.

