

Transforming Medication Adherence in *Long-Term Care Facilities*

Innovative Medication Management Solutions by Clarest Health®

EXECUTIVE SUMMARY

Medication non-adherence remains a critical challenge in long-term care settings, with significant implications for resident health and the broader healthcare system. A considerable number of residents struggle to consistently follow prescribed medication regimens, contributing to the progression of chronic conditions, increased rates of hospitalization, and elevated healthcare costs. Moreover, evidence highlights a strong correlation between non-adherence and adverse outcomes, including increased mortality and a higher prevalence of mental health disorders. These trends underscore the urgent need for targeted interventions. For supporting data, refer to findings from the Journal of Public Health (2022) and the World Health Organization (2023). Addressing this issue requires a groundbreaking approach that balances facility needs with resident-centered care.

Clarest Health offers an innovative and comprehensive solution to this pervasive problem. By integrating smart medication packaging, advanced technology platforms, and personalized support programs, they aim to overhaul traditional medication management systems. Their evidence-based approach has already led to measurable improvements, including adherence rates exceeding 95%, significant reductions in medication errors, and enhanced staff satisfaction.

This white paper explores the medication adherence crisis in LTC facilities, examines Clarest Health's groundbreaking strategies, and outlines the resulting benefits. For administrators and decision-makers, it serves as a guide for adopting systems that transform medication management into a streamlined, safe, and efficient process.





ADDRESSING THE PROBLEM OF MEDICATION NONADHERENCE

Poor adherence to prescribed medications poses a significant challenge in long-term care (LTC) facilities, impacting both resident health and overall care delivery. Research shows that up to 50% of LTC residents struggle with following their medication regimens — often complex schedules designed to manage chronic conditions. These gaps in medication use can lead to worsening clinical outcomes:



Health Impacts: Missed doses lead to worsening chronic illnesses, higher mortality risks, and preventable hospital visits, all of which impair residents' quality of life.



Operational Challenges: Nonadherence increases administrative workloads and creates inefficiencies for caregivers already stretched thin, while causing disruptions to facility workflows.



Compliance and Liability Risks: Regulatory compliance for medication administration and resident health outcomes becomes harder to achieve, exposing facilities to safety and legal issues.

Factors driving nonadherence include cognitive impairments in residents, the complexity of multi-drug regimens, caregiver fatigue, and manual errors during administration. These systemic issues call for a modernized solution that simplifies workflows while enhancing resident outcomes.

CLAREST HEALTH'S INNOVATIVE SOLUTION

Clarest Health has redefined how LTC facilities approach medication adherence, offering an all-encompassing solution built on three key pillars:



Smart Medication Packaging

Clarest Health provides residents with easy-to-use, tear-strip medication pouches labeled by dose, time, and day. Designed to address cognitive impairments and minimize administrative errors, these packages feature clear labeling and easy-to-read instructions tailored for both caregivers and residents.

Key Benefits:

- Eliminates the need for manual sorting — saving time and reducing risks.
- Allows caregivers to quickly verify doses, enhancing accuracy and efficiency.
- Improves resident confidence in their medication regimen, especially for those with memory issues.



Integrated Technology Platforms

A technology-enabled platform works in tandem with the medication packaging. This system tracks medication adherence in real time, sending alerts to caregivers when doses are missed.

Features and Benefits:

- Seamless integration with existing electronic health records (EHR) systems, ensuring centralized and accessible data.
- Immediate notifications for missed doses to support timely interventions.
- Enhanced collaboration across care teams through shared access to resident health updates and medication schedules.

With this platform, facilities gain deeper insights into resident health while reducing the time caregivers spend manually monitoring adherence.



Personalized Support Programs

Understanding the human element of care, Clarest Health complements its technological innovations with in-depth support programs for LTC staff.

Support Includes:

- **Training and Education:** Equipping caregivers with skills to optimize the use of advanced medication management tools.
- **Customizable Solutions:** Programs are tailored to the facility's resident demographics and specific needs.
- **Ongoing Consultation:** Regular check-ins with the Clarest Health team to evaluate progress and identify opportunities for improvement.

This combination of technology and tailored support creates a partnership model that drives continuous advancement in adherence practices.



MEASURABLE OUTCOMES

The effectiveness of Clarest Health's solution is supported by tangible improvements across several key metrics:



Medication Adherence Rates: Facilities report adherence levels exceeding 95%, significantly reducing preventable health complications.



Cost Savings: Fewer hospital readmissions and improved resource management lead to financial benefits, including reduced staffing needs for error mitigation.



Reduction in Medication Errors: Alerts and streamlined packaging have contributed to a 40% drop in administration errors, improving resident safety.



Staff Satisfaction: By simplifying workflows and introducing intuitive tools, Clarest Health supports a more satisfied and less overworked caregiving team, improving retention in a high-turnover industry.



Operational Efficiency: With automated processes and real-time data integration, facilities see a 30% reduction in caregiver time spent on medication-related tasks.

These measurable outcomes underline the transformational potential of Clarest Health's solutions.

WHY LTC FACILITIES SHOULD CHOOSE CLAREST HEALTH

Clarest Health stands apart by delivering more than products — they provide a full-scale partnership focused on creating a safer and more efficient environment for LTC facilities.

With an unwavering mission to improve resident care and operational performance, Clarest Health integrates innovative tools, expert knowledge, and collaborative customization to address medication nonadherence comprehensively. For LTC administrators, this means accessing proven systems that align with long-term goals while exceeding regulatory requirements.

Adopting Clarest Health's solution is not just an operational upgrade — it's a commitment to delivering better care, reducing avoidable risks, and empowering caregiving teams to thrive.

EMPOWERING A HEALTHIER FUTURE

Medication nonadherence no longer has to be a persistent problem in long-term care facilities. Clarest Health's solutions provide a clear path to improved outcomes, enabling administrators to prioritize both resident safety and staff well-being.

When LTC facilities implement proven systems like those offered by Clarest Health, they transform medication management from a challenge into an opportunity for growth and excellence. Contact Clarest Health today to understand how their tailored solutions can meet your facility's unique needs and redefine how you approach resident care.

