

Medication Management in HBPC – Discussion Guide with Facilitator Notes

Thank you for leading a group discussion regarding key learning points from the HCCI online education activity, *Medication Management for HBPC*. This guide is intended to help you prepare to facilitate this discussion.

OVERVIEW

Purpose: The discussion's purpose is to reinforce home-based primary care (HBPC) medication management strategies that will help patients adhere to a prescribed medication regimen safely and effectively.

Audience: This discussion is intended for learners who have successfully completed the online education activity, *Medication Management for HBPC*. The discussion should take no longer than 60 minutes to complete.

Materials:

- A prepared flipchart or handout of the principles outlined in Figure 1 from the "American Geriatrics Society Guidelines for the Care of Older Adults with Multimorbidity" (2012). (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4450364/figure/F1/>)
- Hard copies of the *Next Steps* handout from the Resources screen in the course.
- *Optional:* A copy of the *Justification Tools* document from the Resources screen in the course.
- *Optional:* A whiteboard or flipchart to capture comments and ideas to help focus discussions and/or save for future consideration.

Instructions: Use the question prompts provided to initiate group discussions.

Learning objectives:

- Recognize the benefits and challenges providers face when managing medications for HBPC patients.
- Explain the issues that HBPC patients face when trying to adhere to a prescribed medication regimen.
- Apply a medication management model to prescribe a safe and effective regimen that patients can follow.

AGENDA

#	Topic	~Minutes
1	Medication Management Challenges	5 min
2	Prescribing Principles	10 min
3	Medication Management Model: Reconcile	10 min
4	Medication Management Model: Justify	5 min
5	Medication Management Model: Optimize	10 min
6	Medication Management Model: Demonstrate	5 min
7	Debrief	5 min

TOPIC 1: MEDICATION MANAGEMENT CHALLENGES

Question prompts:

- Why do you believe the topic of medication management is particularly important in home-based primary care?
- What additional challenges are presented in HBPC vs. an outpatient/office setting?
- There were several *patient* challenges discussed in the course (i.e., lack of health literacy, household and financial barriers, medication changes, and physical limitations). Which do you feel presents (or will present) the biggest challenge to overcome in treating our patient population?
- Which of the *provider* challenges discussed in the course do you feel presents (or will present) the biggest challenge to overcome in treating our patient population?

TOPIC 2: PRESCRIBING PRINCIPLES

Question prompts:

Refer to the prescribing principles outline in the “American Geriatrics Society Guidelines for the Care of Older Adults with Morbidity” (2012). Discuss each principle:

- How do you effectively gather this information? What resources do you use?
- What does this principle look like in clinical practice?
- What risks (e.g., missed opportunities, unintended outcomes), if any, might you encounter? How can you address these risks?

Note: If you have enough learners in your audience, consider breaking them up into partners or small groups discuss different principles separately. Then debrief together.

TOPIC 3: MEDICATION MANAGEMENT MODEL - RECONCILE

Question prompts:

- What resources do you use to *verify* your patient’s medical history?
- Where do you typically look for medication in the patient’s home? Have you found medication in places that surprised you?
- How do you *clarify* the medication your patient has been prescribed? Do you think a template would be useful? What would it look like?
- What questions do you ask during the *document* step of the Reconcile phase?
- How do you *document* changes or discrepancies between what your patient was last prescribed and what they are currently taking?
- What do you feel is the biggest challenge providers face during the Reconcile phase? Why and how can providers overcome that challenge?
- Are there strategies you use to reconcile the medication list that were not included in the course? Why do you find that strategy important?

TOPIC 4: MEDICATION MANAGEMENT MODEL - JUSTIFY

Question prompts:

- What resources do you use to *justify* your patient's medication?
- Do you have experience with any of the *Justification Tools* from the course? What are your thoughts regarding the tools you have used (e.g., completeness, user friendliness, etc.)?
- What do you feel is the biggest challenge providers face during the Justify phase? Why and how can providers overcome that challenge?
- Are there strategies you use to justify your patient's medication that were not included in the course? Why do you find that strategy important?

TOPIC 5: MEDICATION MANAGEMENT MODEL - OPTIMIZE

Question prompts:

- After your *review* your patient's medication effectiveness...
 - Which strategies do you use when *prescribing* new medication to ensure adherence, particularly if the patient is resistant to adding to their medication regimen?
 - Which medications come to mind that should be *reduced* vs. stopping altogether?
 - What strategies do you use to ensure that when medication is *reduced*, it is effective for the patient?
 - What strategies do you use to convince reluctant patients and their caregivers that they are ready to *discontinue* medications?
- During *follow up*...
 - What strategies do you use to confirm patients are adhering to the new medication regimen?
 - What strategies do you use to confirm the new medication regimen is effective?
- The course discussed the importance of assessing the patient's renal function using either the *Cockcroft-Gault Equation* or the *Modification of Diet in Renal Disease Equation*. Which do you use for what situation and why?

TOPIC 6: MEDICATION MANAGEMENT MODEL - DEMONSTRATE

Question prompts:

- What strategies do you use to communicate instructions to your patients?
- What strategies do you use to ensure your patients understand their new medication regimen?
- What tools or resources have you found effective in helping patients adhere to their medication regimen?

TOPIC 7: DEBRIEF

Question prompts:

- Are there any practices that you don't think we as providers are currently doing that we should start (or we should start to do better/more consistently)?
- Are there any strategies that this course confirmed for you that we as providers in our practice should continue doing?
- Refer to the *Next Steps* handout. Review and mark which steps you would like to commit to taking next. Share your ideas for implementation.