

# Improving Medication Adherence in the Elderly Pharmacy Tidbit





**Improving Medication Adherence in the Elderly**  
Coffee and Doughnut Holes

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**gripa**  
health care  
could look like this™

### What Are the Top Disease States that Predispose a Senior to Entering the “Doughnut Hole”?



- 1 Dementia
- 2 Diabetes
- 3 ESRD
- 4 CAD
- 5 COPD
- 6 CHF
- 7 Mental Health Issues

Reference:  
1. Ettner S, Mangione CM et al. Entering and Exiting the Medicare Part D Coverage Gap: Role of Comorbidities and Demographics. Journal of General Internal Medicine, 2010;

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## Case Study

LP is an 83 yr old WM with a history of CAD, DM, Obesity, Gout, hyperlipidemia and DJD recently discharged from the hospital s/p angioplasty w/ 4 Xience V drug coated stents.

His meds at discharge are:

- ASA 325mg daily
- Plavix 75mg daily
- Furosemide 40mg daily
- Lisinopril 40mg daily
- Levothyroxine 100 mcg daily
- Metformin 500mg twice daily
- Crestor 20mg daily
- Uloric 40mg daily

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## Will this Patient Hit the Doughnut Hole? When ?

The screenshot shows the AARP.org website with a search bar and navigation tabs for HEALTH, MEDICINE, LEGAL, and FAMILY. The main content area features a 'DOUGHNUT HOLE CALCULATOR' tool. Below the title, there is a section for 'ZIP CODE' with an input field and a 'GO' button. A table titled 'Show plans only for Carolina' lists various insurance plans with columns for 'Plan Name', 'Features', and 'Plan Type'. Below the table, there is a section for 'Travel Discounts' and a 'Health & Wellness' section. The website footer includes the AARP logo and contact information.

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## Add Drugs to Calculator

**DOUGHNUT HOLE CALCULATOR**

SELECT PLAN: **EMERALD** | SUPER DRUGS: **YES** | PLAN: **EMERALD**

**My Medicine Cabinet:**

Name of Medicine	Quantity	Frequency	Price
Lipitor 100 (100)	30	per week	\$280.00
Crestor 10 (10)	30	per week	\$210.00
Simvastatin 20 (20)	30	per week	\$210.00
Atorvastatin 20 (20)	30	per week	\$210.00
Warfarin 5 (5)	30	per week	\$210.00
Aspirin 81 (81)	30	per week	\$210.00

**Destinations**

Plan your next trip with our in-depth guides & AARP's GlobalPass.

## The Results

**DOUGHNUT HOLE CALCULATOR**

How many of the doughnut hole in August?

Day	Amount
1	\$100.00
2	\$100.00
3	\$100.00
4	\$100.00
5	\$100.00
6	\$100.00
7	\$100.00
8	\$100.00
9	\$100.00
10	\$100.00
11	\$100.00
12	\$100.00
13	\$100.00
14	\$100.00
15	\$100.00
16	\$100.00
17	\$100.00
18	\$100.00
19	\$100.00
20	\$100.00
21	\$100.00
22	\$100.00
23	\$100.00
24	\$100.00
25	\$100.00
26	\$100.00
27	\$100.00
28	\$100.00
29	\$100.00
30	\$100.00
31	\$100.00

**When This Graph Means:**  
The bar graph above shows the amount you can expect to pay out of pocket each month under your plan's Part D plan, according to the medications you've entered. Prices do change and are approximate. So these figures are approximate.

**Plan on Out-of-Pocket Costs:**  
If you need to explore less expensive medication options, visit our Tools section to learn more.

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## What Can You Do?

The screenshot shows the AARP Doughnut Hole Calculator interface. A table titled "My Medicine Cabinet" lists various medications. The first row is circled in red:

Name of Medicine	Quantity	Frequency	Estimated Cost	Actual Cost
Aspirin 81 mg tablets	30	per month	\$1000.00	\$10.00
Aspirin 81 mg tablets	30	per month	\$1000.00	\$10.00
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## Eliminating the Doughnut Hole

The screenshot shows the AARP Doughnut Hole Calculator interface. A bar chart titled "You will not hit the doughnut hole" displays the cost of various medications. The first bar is significantly lower than the others, indicating a cost reduction. The chart shows the following approximate values:

Medication	Estimated Cost	Actual Cost
Aspirin 81 mg tablets	\$1000.00	\$10.00
Aspirin 81 mg tablets	\$1000.00	\$10.00
Aspirin 81 mg tablets	\$1000.00	\$10.00
Aspirin 81 mg tablets	\$1000.00	\$10.00
Aspirin 81 mg tablets	\$1000.00	\$10.00
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## What Are Some of the Top Brand Names Medications that Contribute to the Doughnut Hole?

 Plavix	 Lantus
 Actos	 Aricept
 Lipitor	 Namenda
 Vytorin	 Lexapro
 Diovan	 Advair

Reference:  
1. Ettner S, Mangione CM et al. Entering and Exiting the Medicare Part D Coverage Gap: Role of Comorbidities and Demographics. *Journal of General Internal Medicine*, 2010.

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## How Does a GRIPA Consult differ from Insurance Company letters?



**Looks at the Whole Patient**

- All of their meds
- All of their disease states
- Allergies
- Adverse effects
- Financial constraints

**Personalized**

- We contact the patient

**Coordinated**

- We work the PCP, Patient, Specialist and the pharmacy to make changes happen.

## Improving Medication Adherence in the Elderly Pharmacy Tidbit

**Refer to GRIPA Care Management Now to Prevent Non-adherence in the Future**

Clinical Consulting Pharmacists

- Can review meds for cost effective alternatives
- Supply medication compliance aids
- Refer to a GRIPA social worker
  - » EPIC
  - » Low Income Subsidy "Extra Help"

Call 585-922-1520 for Help

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