

FACT SHEET: Program Helps Monitor Patient Adherence to Mental Health Medications

By alerting physicians of patients who fail to refill prescriptions for certain mental health medications in a timely fashion, the Behavioral Health Pharmacy Management Program helps improve one of the healthcare industry's key concerns – patient adherence to the medication program their doctor prescribes. Following is a summary of the impact these adherence issues have on patients and their caregivers.

- Non compliance [with medication treatment] is the cause of 10 percent of hospital admissions. The problem results in more than 125,000 deaths in the United States each year.¹
- Non compliance results in more than \$100 billion a year in additional health care and in lost productivity nationwide.¹
- Poor compliance or non-compliance with treatment is strongly associated with greater likelihood of hospital admission and a longer duration of hospitalization once admitted, and can also negatively impact prognosis, especially in patients recently diagnosed with schizophrenia.²
- Of American caregivers whose family member stopped taking their medication despite his/her doctor's advice:³
 - 89 percent say that this led to relapse for their family member.
 - 56 percent say that as a result of medication discontinuation, their family members had to be hospitalized.
- Of American caregivers who said their family members experienced a relapse:³
 - 68 percent say that as a result of relapse their loved ones were unable to work, 49 percent say their family members were hospitalized, 27 percent said their family members tried to commit suicide, and 19 percent say their family members were imprisoned.
 - 61 percent say they always or often worry about their family member experiencing a relapse.
 - 37 percent say that relapse disrupted their own lives substantially, 25 percent say they became more fearful about their family member's condition and well-being, 43 percent say their mental and physical health worsened, and 9 percent say their financial situation worsened.
 - 63 percent say their own general well-being is greatly affected when their family member has a relapse.

¹ International Association of Medicinal Compliance Web site. Facts. Available at: <http://www.takeyourmedicine.org>. Accessed August 30, 2006.

² Perkins DO. Predictors of noncompliance in patients with schizophrenia. *J Clin Psychiatry*. December 2002; 63(12):1121-8.

³2006 Keeping Care Complete, survey of U.S. family caregivers developed by the World Federation for Mental Health and Eli Lilly and Company and conducted by Independent market research companies Ipsos-Insight and All Global Ltd