

PERSONA #1

French Fry

Identifying issues associated with the patient's drug therapy



DATE OF BIRTH: January 13, 1979

RACE: White

GENDER: Male

OCCUPATION: College Professor

ADDRESS: 241 Cheeseburger Hwy, Pickle Junction, OH 00000

PROBLEM LIST: Hypertension. Overweight (calculated BMI = 29.6)

HISTORY OF PRESENT ILLNESS

Patient was diagnosed one year ago with essential hypertension following complaints of headaches that persisted for several days. His blood pressure at the clinic was 195/105. He was started on hydrochlorothiazide (HCTZ) 12.5 mg and eventually lisinopril was added. He is currently taking a lisinopril/HCTZ 20/12.5 combination tablet—2 tablets every day. Amlodipine 5 mg every day and Potassium Chloride 20 mEq—2 tablets every day have been added.

PAST MEDICAL HISTORY

Right ankle—torn ligaments—multiple episodes, Left knee—torn meniscus X 3, hypokalemic

ACTIVE MEDICATIONS

Lisinopril/HCTZ 20/12.5—2 tablets every morning, Amlodipine 5 mg every morning, Potassium Chloride 20 mEq—2 tablets every morning.

Prescriber: Coach Well, MD

FILL HISTORY

HCTZ 12.5—discontinued after 3 months. Due to uncontrolled hypertension—started on combination tablet of lisinopril 20/12.5 every day and was titrated to 2 tablets every morning. One month later added amlodipine 5 mg every day after physician visit due to therapeutic goals not achieved. Blood work at this visit demonstrated that he was hypokalemic—also started potassium chloride 20 mEq—2 tablets every morning.

ALLERGIES

- Penicillin

SOCIAL HISTORY

FF works as a college professor. He has never smoked and, on average, has 2 alcoholic drinks/week. He doesn't exercise and admits little physical activity.

VITAL SIGNS AND LABS

- **Vital signs:** Not measured
- **Renal:** Blood work was completed, but not requested so unaware of lab results
- **Basic metabolic panel:** completed (pharmacist unaware of results)

MEDICATION RELATED PROBLEM(S)

FF presents to the pharmacy today to refill his lisinopril/HCTZ 20/12.5 tablets. **Pharmacy management system indicates that he is approximately 15 days late filling this medication. Further review indicates that he fills his amlodipine and potassium chloride tablets on different days and that FF doesn't seem to be consistent with the timing and frequency of refills with these medications as well.**

INTERVENTION(S) AND EDUCATION (RECOMMENDATIONS)

Emphasizing importance of adhering to medications to achieve therapeutic goals. **Recommend Medication Synchronization to get all refills synced up on the same date to reduce patient inconvenience coming to pharmacy multiple times. Also, provide clinical monitoring and patient follow-up utilizing an appointment-based model tied to the synchronization process.**

GOAL

Improved adherence: Set a reminder alarm on cell phone to take medications every day. Overall goal is controlled blood pressure (<120/<80 mmHg).

MONITORING PLAN AND FOLLOW-UP

Sync date selected. Patient will be called 5 days in advance of medication pick-up to address any changes/patient complaints/concerns/medication issues.

Sample Care Plan Case for Documentation

French Fry presents to your pharmacy and wants a refill on lisinopril/hctz 20/12.5 mg. This prescription is 15 days late, so nonadherence appears to be an issue. After reviewing the patient profile and talking with FF, nonadherence is confirmed. FF is about 15 days late filling lisinopril/hctz 20/12.5 mg. Amlodipine and potassium are filled on different days. FF doesn't seem to be consistent with timing and frequency of refills. FF agrees to enroll in your Medication Synchronization program. FF is being enrolled into our sync program and we will be aligning his medication fills on the same day each month with follow-up calls at least 5 days prior to next refills. The pharmacist helps the patient set a reminder alarm on cell phone to take medications every day.

Patient Demographics:

Patient First Name: French Patient Last Name: Fry Patient DOB: 1/13/79
Address: 241 Cheeseburger Hwy City: Pickle Junction State: OH Zip: 00000
Phone: 919-555-5555

Allergies: Penicillin

Prescriber Information:

Name: Coach Wellness, MD Address: 222 Healthy Shores Ln, Pickle Junction, OH 00000
Phone: 999-999-9999 NPI Number: 1234567890

Active Medication List:

Medication Name	Directions	Prescriber
Lisinopril/HCTZ 20/12.5 mg	2 tablets every morning	Coach Wellness, MD
Amlodipine 5 mg	1 tablet every morning	Coach Wellness, MD
Potassium Chloride 20 mEQ	2 tablets every morning	Coach Wellness, MD

Medication Related Problems (MRPs) and Interventions:

- **MRP:** Noncompliance with medication regimen (SNOMED CT: 129834002)
 - **MRP Note:** Patient is about 15 days late filling lisinopril/hctz 20/12.5 mg. Amlodipine and potassium are filled on different days. FF doesn't seem to be consistent with timing and frequency of refills.
- **Intervention:** Medication synchronization/synchronization of repeat medication (SNOMED CT: 415693003)
 - **Intervention Note:** FF is being enrolled into our sync program and we will be aligning his medication fills on the same day each month with follow-up calls at least 5 days prior to next refills."

Goals (Free-Text):

1. **Goal Note:** Set a reminder alarm on cell phone to take medications every day