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## Background

♥ AHA recommends that effective HF Management be based on current GDMT and patient education.

## Purpose

♥ Increase knowledge of HF management, lifestyle, medication adherence, early symptom recognition.

## Clinical Question

*Does providing a patient-oriented program with lifestyle modification for heart failure patients improve medication adherence?*

## Methods

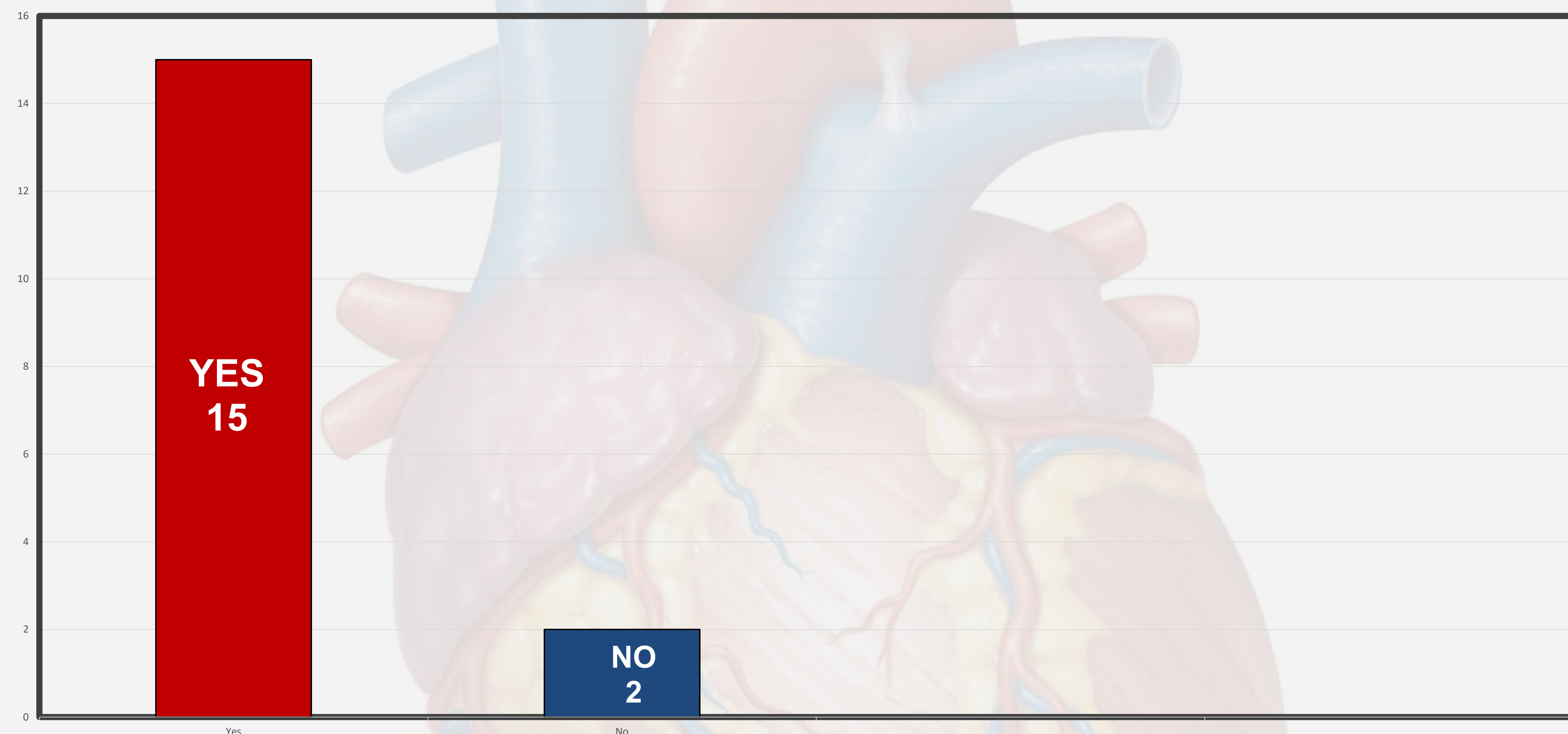
### 5 Steps for Project Implementation

- ♥ Prequestionnaire
- ♥ Watch HF Video
- ♥ Self management tool
- ♥ Pillbox education
- ♥ Post questionnaire completed after 30 days of pillbox use

## Results

- ♥ 56% (N=17) completed project.
- ♥ 44% (N=13) lost to follow up
- ♥ 88% (p<1.00) successfully adhered to medication
- ♥ Results statistically significant (p<1.00) that pillbox increased adherence

**Use of a pillbox improved medication adherence.  
(N=17, 15 Yes 2 No)**



**Question:**  
**Did the pillbox help you to take your medications as prescribed?**

## Discussion

- ♥ Interventions combined may
  - ♥ decrease costs
  - ♥ decrease use of hospital resources
  - ♥ improve population health.
- ♥ Encouraging patients to bring pillbox to all providers allows for potential reduction in medication duplication while increasing medication adherence universally.
- ♥ Practicality/simplicity of project increases feasibility of use in other practices
- ♥ Covid 19 pandemic may have limited study population and participation, but success of project indicates further success when patient office visits increase again

## Recommendations

- ♥ Pillbox use be implemented as part of discharge planning
- ♥ Video be shown on all HF visits and in waiting room to reinforce concepts
- ♥ Nurse visits for medication education and pillbox filling
- ♥ Pillbox should be taken to all medical appointments
- ♥ Place practice name easily visible on pillbox for easy reference
- ♥ Future studies may include breakdown by age and sex to determine challenging populations.
- ♥ Project easily sustainable for patients and providers with minimal financial investment..
- ♥ RNs and medical assistants can be easily trained, furthering sustainability

## Conclusion

♥ Use of HF video, self management tool and pillbox in the HF population successfully improved adherence.

**To achieve maximum benefit from medication adherence, patients must correlate their beliefs with positive outcomes.**

Scan me for Theoretical Framework, References and Contact Information:

