POLYPHARMACY AND ADHERENCE:
KEY COMPONENTS OF INTEGRATED CARE – THE CASE OF POLAND

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Introduction

Polypharmacy and medication adherence in the older population are significant public health issues throughout the European Union (EU), and are critical issues in integrated care. SIMPATHY (Stimulating Innovation Management of Polypharmacy and Adherence in The Elderly) is a consortium of 10 organizations representing 8 EU countries with the goal of stimulating innovation around polypharmacy and adherence, ultimately providing the tools for EU policy makers to adopt new programs addressing this issue into existing healthcare systems.

Methods

A mixed-methods case study is ongoing in Poland to characterize the polypharmacy and adherence program within the region. A desk review of the polypharmacy and adherence policies at the government, regional and institutional level has been completed. Key informant interviews were conducted with the policymakers, managers, and clinicians responsible for developing and implementing the policy to highlight the change management strategies which will be employed to implement this program. Focus groups were used to validate the research findings. Policies and practices under development of the Ministry of Health task group were included for analysis.

Results

Poland has no polypharmacy and adherence program, however the program of polypharmacy care is under development by a task group initiated by the Ministry of Health. The principal aim of this task force is to develop a model and strategy on pharmaceutical care. The issues of adherence and polypharmacy management in elderly are its important parts.

Mixed-methods: three phases

- Phase I: Desk review of published policy documents and guidelines
- Phase II: Key informant interviews
- Phase III: Focus group validation

Data sources and analysis

- National: legislation, policies and publications
- Regional: Lodzkie province (approx. 2.5 mn inhabitants)
- Five interviews with key individuals (4 pharmacists, 1 geriatrician)
- Coding of interview transcriptions using the Kotter’s Eight Step Change Model and the Normalization Process Theory (NPT)
- Validation of the findings through a focus group discussion with clinicians and policymakers

References


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