

MEDICATION ADHERENCE AND HEALTH OUTCOMES IN PATIENTS WITH POST TRAUMATIC STRESS DISORDER AND POLYPHARMACY (A5),
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The Veterans Affairs (VA) recently distributed a national memorandum requiring a review of the medication profiles of post traumatic stress disorder (PTSD) patients with 5 or more CNS active medications. This memorandum was generated, in part, to address the appropriateness, safety and medication adherence associated with polypharmacy in PTSD. The primary objective of this study was to retrospectively evaluate medication adherence in PTSD patients with polypharmacy at our medical center. Medication adherence was evaluated using medication possession ratio (MPR) calculations to categorize patients into four separate adherence groups: non adherent (< 0.5); partially adherent (0.5 to 0.79); adherent (0.8 to 1.1); and over fillers (> 1.1). Secondary objectives included an assessment of patient adherence with respect to specific medication classes and also evaluated correlations between patient adherence and poor health outcomes. Our study included a chart review of 52 Veterans with polypharmacy and a diagnosis of PTSD. Data was collected over a one year period from July '07 through July '08, and consisted of medication fill rates, record of missed clinic appointments, and record of emergency department visits related to psychiatry. Results and conclusion will be presented.