

## Implementation of a Medication Card for Cystic Fibrosis Education

Medication nonadherence is a significant struggle for patients living with cystic fibrosis (CF) with nonadherence rates at approximately 50% of affected patients. Adherence is closely linked with medication education in practice and patients' overall understanding of CF medications, but there is currently no standard tool to improve patient knowledge. The focus of this study was to implement a CF medication card into clinical practice to enhance patient education and improve recognition during medication reconciliation. The medication card was sent to clinicians with instructions to implement the tool into practice over several weeks. Those who consented to continue then completed a survey consisting of rating scales (1-5) and open ended questions to evaluate different aspects of the card. All participants rated the medication card between a 3 to 5 rating for each aspect that was assessed with 88% stating it an effective tool for enhancing both patient education and medication recognition. Participants indicated the card was well designed and easy to use in practice with suggestions to include enhanced images, added images for multivitamin tablet/capsules, reorganization based on the order of inhaled therapies, and potentially remove the dosing information for CFTR modulators. Study findings proved implementation of a CF medication card improved patient's medication knowledge and enhanced medication recognition for patients, parents, and clinicians during medication reconciliation. Future studies are needed to directly evaluate the improvement in patient knowledge and quantify the impact on medication adherence.

### Reference:

Eakin MN, etc. The impact of medication adherence on lung health outcomes in cystic fibrosis. *Curr Opin Pulm Med*. 2013;19(6):687-691. doi:10.1097/MCP.0b013e3283659f45