

GOOD/POOR

Adherence

Adherence, which means taking the right amount of the prescribed medicine at the right time, is being recognized as a major problem in healthcare today. It is more costly and more serious than many major illnesses.



FACTS

Common non-adherence errors include:

- Forgetting to take your medicine.
- Taking your medication at the wrong time.
- Taking the incorrect medication.
- Taking the incorrect dosage (too few or too many pills).
- Discontinuing taking your medication before you should.
- Not filling or refilling a prescription.
- Double dosing (taking two pills to make up for skipped one).
- Combining your medication with inappropriate food or beverage.

Over 125,000 Americans die each year due to prescription medication non-adherence, twice the number killed in car accidents.

- Every day, prescription non-adherence costs more than \$270 million in additional hospitalization and other medical costs.
- 90% of outpatients are taking prescribed medicines improperly, contributing to prolonged or unpredictable illness.
- People who miss doses need 3 times as many doctor visits as others and face increased medical costs.
- 60% of the prescription medication non-adherence problems could be prevented by improving adherence.

How can I enroll in the Medication Adherence Program?

Enrolling into MAP is simple and encouraged. Just notify your medical case manager or contact ACT directly for assistance.

AIDS Connecticut

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AIDS Connecticut



M A P

Medication
Adherence
Program



Our Mission: AIDS Connecticut (ACT), in partnership with its member agencies, improves the lives of people impacted by HIV through care and supportive services, housing, advocacy and prevention.

MAP (noun) ¹An assistive directional device for finding one's position on earth.

What is MAP?



The Medication Adherence Program (MAP) at AIDS Connecticut (ACT) is a free educational program for people living with HIV/AIDS in Connecticut. In MAP you will work one-on-one with a licensed nurse

who can support you in learning how to make the most of your prescribed medication. Working one-on-one with your MAP nurse, you will learn why adherence to your medical care and medications can be so important for living well with HIV/AIDS.

Your appointments with the MAP nurse are always confidential and will be held at our offices. In cases where transportation is difficult, arrangements can be made to have a MAP nurse meet you at your home or other nearby location.



What information is covered in MAP?

MAP sessions with your nurse are tailored to your needs and can address any HIV related topic including:

The HIV disease process

Developing a support system

How to take HIV medication safely and correctly

Overcoming obstacles to taking your meds

How to manage side effects

Side effect expectations

How medication will affect HIV

HIV and nutrition

HIV and exercise

HIV and safer sex

HIV and stress management

Adapting to your HIV diagnosis

Why is medication adherence so important?

Medical adherence is the basis for HIV care and treatment. We know that if you take your HIV medication regularly you can live well with HIV for many years. Taking these medications can also decrease long term complications of HIV infection and decrease your risk of transmitting HIV infection to others.

Who is eligible to participate in MAP?

MAP services are available to any resident of Connecticut who is living with HIV/AIDS, who is currently taking or contemplating taking HIV medication and needs assistance with adherence treatment, coping with side effects from the medication, or is in need of education on their treatment regimen. There is a financial eligibility of 300% federal poverty level (FPL) for support services, adherence devices and nutritional supplements. Services provided are made in conjunction with the client's medical providers and medical case manager (MCM).

