

## The Self-Medication Assessment Tool (SMAT) Training Program

### **After the Assessment: Calculating the Scores**

- The testing scores on the SMAT form are compiled into overall scale scores using the “Instructions for Tester” document.
- Functional and Cognitive
  - All questions prefaced with “F” are for the functional scale.
  - All questions prefaced with “C” are for the cognitive scale.
  - Scoring: UNABLE = 0, DIFFICULTY = 1, EASE = 2.
    - Exception: F10 and F11; for each colour, EASE = 0.4 and UNABLE = 0

## After the Assessment: Calculating the Scores

- Sum the scores across all questions to obtain a total Functional score and a total Cognitive score.
- Enter these in “Scoring for Section 3”
- In the “Scoring Summary”
  - Divide the total Functional sum by 28 ( $X/28$ ) then multiply by 100
  - Divide the total Cognitive sum by 44 ( $X/44$ ) then multiply by 100
  - This gives a % score for each scale

## After the Assessment: Calculating the Scores

- Recall Score
  - Determine the patient's maximum recall score by multiplying the number of reference drugs x 4
  - Determine the patient's task score by adding up all of the A=able responses
  - Calculate the Recall Score as
    - $(\text{task score}/\text{maximum score}) \times 100$  (expressed as a %)

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### **After the Assessment: Calculating the Scores**

- Self-reported Adherence Score
  - Determine the maximum adherence score by multiplying the number of reference drugs x 4
  - Determine the patient's task score by adding up all of the A=able responses
  - Calculate the Self-reported Adherence Score as
    - $(\text{task score}/\text{maximum score}) \times 100$  (expressed as a %)

## After the Assessment: Calculating the Scores

- Purposeful Non-adherence Score
  - Total responses in column for Q1: “Did this med ever bother you in any way?”
    - 0 = not at all; 3 = a lot
  - Total responses in column for Q2: “In your opinion, is this med helping you?”
    - 0 = a lot; 3 = not at all

## **After the Assessment: Calculating the Scores**

- Purposeful Non-adherence Score
  - Total responses in column for Q4 – “How often do you think you’ve decided not to take this medication?”
    - 0 = never; 4 = more than once per week
  - Total the number of reference drugs

## After the Assessment: Calculating the Scores

- % Non-Adherence Score

= 10 x (sum of ranks for Q1+Q2+Q4 / number of medications)

Example: Q1 sum = 8; Q2 sum = 3; Q4 sum = 7

Number of meds = 5

$$= 10 \times (8 + 3 + 7) / 5$$

$$= 10 \times (18/5)$$

$$= 10 \times 3.6$$

$$= 36\% \text{ non-adherence}$$

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### **After the Assessment: Calculating the Scores**

- Once all the scores are calculated, they can be entered into the Scoring Summary
- Information on interpreting the scores and making recommendations is presented in Module III

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## **Module II: Administration and Scoring**

### **Part C: Kit Cleaning and Maintenance**

## The Self-Medication Assessment Tool (SMAT) Training Program

### **Kit Cleaning and Maintenance**

- The SMAT kit must be checked regularly to ensure that:
  - all contents are intact and ready for the next patient assessment;
  - All used materials have been discarded;
  - and that labels on prescription vials are legible.

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### **Kit Cleaning and Maintenance**

- Both the patient and the assessor must clean their hands with both soap and water or an alcohol hand rinse before and after the assessment.
- All tablets/capsules touched by the patient during the assessment are discarded following the healthcare institution's guidelines for disposal of medications.
- The SMAT kit and all contents (containers, dosettes and blister packs) must be cleaned using Accel wipes (or equivalent) after each use.

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### **Kit Cleaning and Maintenance: Patients isolated for C-Difficile, MRSA and VRE**

- Prior to the assessment:
  - The assessor must follow the institution's regulations for use of gowns, gloves and facemasks.
  - The patient must have clean hands washed with soap and hot water and must be wearing a clean gown.
  - The table to be used must be cleaned with Accel wipes prior to placing any assessment materials.

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### **Kit Cleaning and Maintenance: Patients isolated for C-Difficile, MRSA and VRE**

- Prior to the assessment:
  - SMAT kit contents must be removed from the kit and placed into a plastic bag prior to entering the room.
  - Place assessment tool and pencil/pen on clean assessment table.

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### **Kit Cleaning and Maintenance: Patients isolated for C-Difficile, MRSA and VRE**

- During the assessment:
  - Do not let patient touch the color recognition pill packages; assessor is to hold these up for patient to look at.
- After the assessment:
  - Dispose of the blister packaging that the patient has handled by removing any unused tablets and placing cardboard packaging into contaminated waste receptacle.

## The Self-Medication Assessment Tool (SMAT) Training Program

### **Kit Cleaning and Maintenance: Patients isolated for C-Difficile, MRSA and VRE**

- After the assessment:
  - Discard unused tablets handled by patient into container used for waste to be incinerated.
  - Prior to returning dosettes or other pharmacy equipment to SMAT kit, wipe with AccelTB wipes. Pharmacist may wear gloves for this process.
  - Place uncontaminated assessment sheet on isolation cart or in SMAT kit.

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### **Kit Cleaning and Maintenance: Patients isolated for C-Difficile, MRSA and VRE**

- After the assessment:
  - Wipe outside of SMAT kit and place on isolation cart without contaminating environment.
  - Remove gown (gloves if worn) and exit room, thoroughly cleaning hands with alcohol hand rinse.

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This completes Module II of the SMAT Training Program.

Thank you!