



The Self-Medication Assessment Tool (SMAT)

Training Program



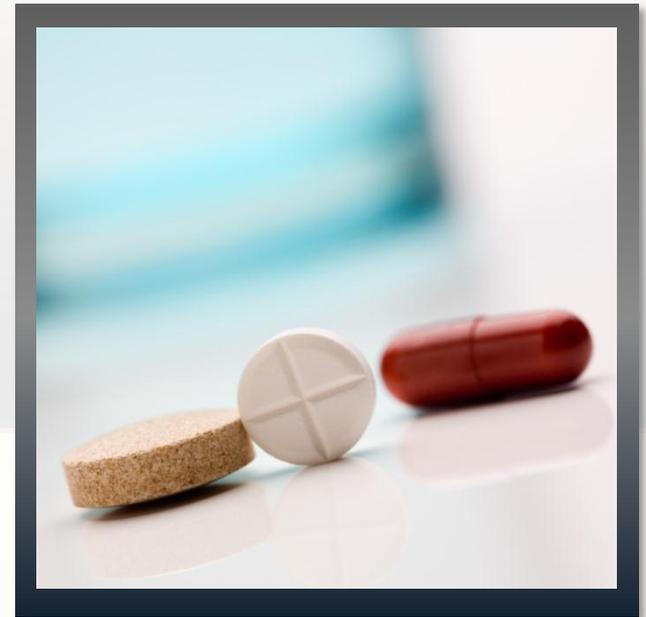
The Self-Medication Assessment Tool (SMAT) Training Program

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Interpretation and Making Recommendations

- During the process of establishing the SMAT's reliability and validity, the pharmacists involved in the study made recommendations for medication management based on the patient's performance on the SMAT.
- These recommendations were categorized based on the degree of supervision that might be required and can be used as a guide in patient care.

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Interpretation and Making Recommendations

SMAT Scores

- High Cognitive and Functional scores (90% or greater)
- Relatively high Recall score (70% or greater)
- Low Purposeful Non-adherence score (10% or less)

No Supervision

- Patient likely does not require assistance from family or caregiver
- Use of compliance aids is optional
- A detailed medication list or calendar is helpful

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Interpretation and Making Recommendations

SMAT Scores

- High Functional score (90% or greater)
- Relatively high Cognitive score (80% or greater)
- Low Recall score of 50% to 70% **OR**
- Purposeful Non-adherence Score of 12% to approximately 15%

Minimal Supervision

- Family member or caregiver to check adherence
- Family member or caregiver to assist with certain routes of administration (e.g.: with metered dose inhalers, injections)

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Interpretation and Making Recommendations

SMAT scores

- Moderate Functional score (85% to 89%)
- Moderate Cognitive score (70% to 80%)
- Low Recall score (50% to 70%) **OR**
- High Purposeful Non-adherence score (approx. 15% or higher)

Moderate Supervision

- Enrollment in a structured Self-medication Program in the hospital may be useful
- A simplified medication regimen is beneficial

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Interpretation and Making Recommendations

Moderate supervision

- Family member/caregiver fills a weekly pill organizer (dosette) or
- Family member/caregiver provides support for using pharmacist prepared compliance packaging such as blister packs.

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Interpretation and Making Recommendations

Moderate supervision

- Support can include
 - checking adherence,
 - assisting with certain routes of administration,
 - obtaining refills,
 - updating changes in prescriptions with the pharmacy,
 - and/or accompanying the patient to medical appointments.

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Interpretation and Making Recommendations

SMAT Scores

- Low Functional score (approx. 75% or less)
- Low Cognitive score (approx. 55% or less)
- Very low Recall score (approx. 40% or less) **OR**
- High Purposeful Non-adherence score (approx. 18% or higher)

Full supervision

- Home environment – a family member or caregiver fills a weekly pill organizer (dosette) or pharmacist prepared compliance packaging such as blister packs is available.

Interpretation and Making Recommendations

Full supervision

- Supervision is available in the home for all medication administration times to ensure that the medications are taken by the patient or to administer the medications to the patient.
- Patients in this category may require further assessment by a Geriatrician.
- Caregivers should receive a detailed medication administration calendar that includes medication names/strengths, indications, route of administration, administration times.
 - A simplified medication regimen is helpful.

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Additional Considerations

- Patients with low Functional scores due to vision impairment can benefit from:
 - Referral to an organization that provides services to the blind
 - Use of a large magnifier
 - Use of a pill organizer labelled in a large font

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Additional Considerations

- Pharmacist is advised to check with the patient's community pharmacy to determine the type of blister packaging and font size used prior to recommending this option.
- Results should be shared (with permission) with the community pharmacist, who can provide additional support.
 - For example, larger font size can be used on labels.

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Additional Considerations

- Relatively high purposeful non-adherence score:
 - The purposeful non-adherence score can be high independent of results on the other scales.
 - Education and review of medication list with the patient is recommended.
 - Consider an evaluation of depression level.

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Additional Considerations

- During testing, there was a strong relationship found between the use of pharmacist-prepared blister packs and a lower Recall score.
 - This may reflect a lack of attention to the medication regimen by the patient or
 - that other persons close to the patient had recognized adherence deficits and arranged blister packs.

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Documentation in the Medical Record

- The results of the SMAT assessment should be documented in the patient's medical record following the documentation standards of the healthcare facility
- Special note: Healthcare facilities that use Meditech PCS
 - A SMAT documentation template with automatic scoring incorporated is available from The Moncton Hospital, Horizon Health Network

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This completes Module III of the SMAT Training Program.

Thank you!