

Sam - Tria Health Patient Pharmacy Advocate Program

PROBLEM: COMPLIANCE—FORGET TO TAKE

A 40 year old patient with asthma, hypothyroidism, depression and allergies reported they were having frequent nighttime symptoms of coughing and shortness of breath as well as limitations in physical activity—both signs of poorly controlled asthma, which increases the risk for acute asthma exacerbations. The patient admitted that they were not using their Advair inhaler consistently as they simply forgot to use it as prescribed. The patient admitted to taking a thyroid medication on a daily basis. The Tria Pharmacist recommended putting their Advair inhaler next to their thyroid medication and use it after taking their thyroid pill.

OUTCOMES

Upon follow-up, the patient reported this system was working great and they were adherent with Advair. They were no longer having nighttime symptoms or physical limitations and stated that this was the best their asthma had been controlled in years.



Sam's Health Profile

- 6 Rx Medications
- 1 Over-the-Counter
- 1 Vitamin/Supplement
- 2 Physicians
- 3 Chronic Conditions

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