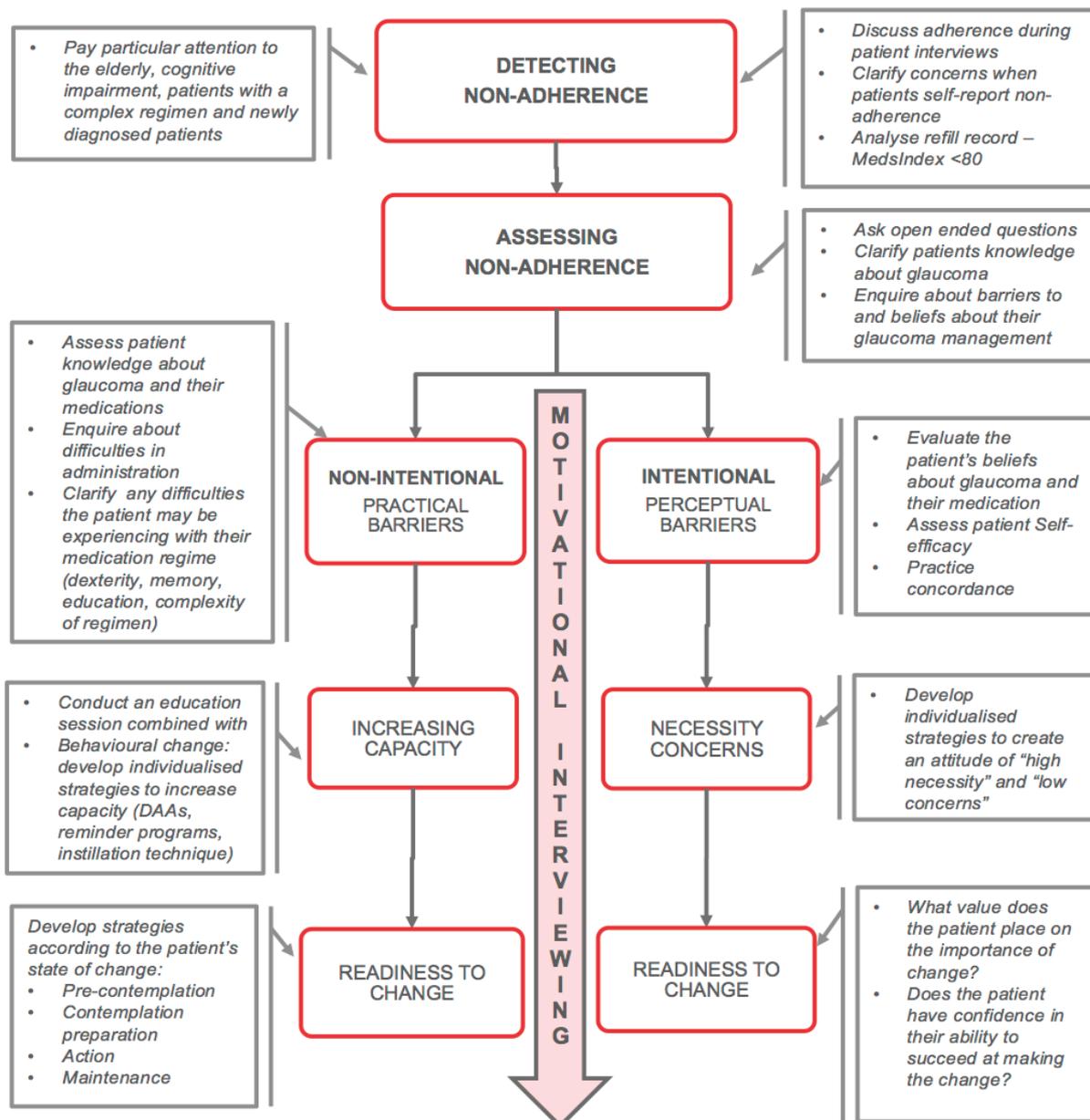


Pharmacist's Guide: Glaucoma Management

This guide is designed to enable pharmacists to detect, assess and increase adherence amongst glaucoma patients. Pharmacists may positively impact patient outcomes by providing education about glaucoma, describing proper use of prescribed medications, identifying barriers to treatment adherence, and developing individualised strategies to help patients overcome obstacles to successful management of glaucoma. This flow chart outlines the practical application of improving adherence in glaucoma patients which is discussed in greater detail in Module 2.



Tips for Pharmacists

Adherence is a major factor in successful Glaucoma management. The following tips will prompt conversations about adherence and assist in developing strategies to improve patient adherence.

Questions To Prompt a Discussion About Adherence:

- How are you going with your eye drops?
- Are you experiencing any difficulty taking your eye drops?
- How often and when do take your eye drops?
- Are there times when you are more likely to forget your medication?
- How do you feel/think about the medications prescribed for you?
- Do you have any questions/concerns about your glaucoma management?

Adherence Can Be Improved By:

- Ensuring your patient understands their glaucoma and glaucoma medications
- Educating your patients on the purpose, effects and side-effects of their medication
- Increasing patient capacity: reminder systems (MedicineList+, MediList), dose administration aid, simplifying label, incorporate dosing into the patient's current regimen (e.g. B.D dosing with Diabex)
- Demonstrating correct instillation technique - Double "DOT" for 2-3 minutes
- Creating an attitude of "high necessity" and "low concerns"
- Prompting attendance to regular eye checks in order to monitor glaucoma progression
- Recommending that patients contact Glaucoma Australia for information and support

At Each Consultation Consider:

- Assess MedsIndex – does the patient have an index <80, assess the pattern of adherence.
- Discuss adherence – identify issues of concern, perform a clinical intervention
- Following up previous interventions – "How is the Dose Administration Aid going? Are you experiencing any difficulties?"

Best Practice Strategies:

- Develop open, communicative, non-judgemental relationships with patients
- Use open ended questions at the beginning of the consultation and practice active listening
- Provide emotional support and empower patients to self-manage their glaucoma
- Adopt a partnership approach and elicit patient's input in treatment decisions
- Simplify treatment where possible tailoring treatment plans for each patient
- Encourage regular review with their eye health care professional
- Direct patients to Glaucoma Australia for further support and information **1800 500 880** or www.glaucoma.org.au

Please turn over for a practical flow chart to help guide pharmacists to improve adherence with glaucoma patients.