

Global Congress on

# Biochemistry, Glycomics & Amino Acids

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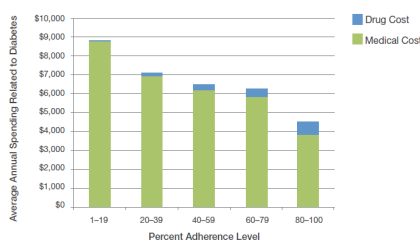


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## Overcoming barriers to patient adherence and resistance to change

**Statement of the Problem:** Lack of adherence has been a problem since Hippocrates. Today, non-adherence causes ~125,000 deaths annually in the United States and has been associated with an estimated \$337 billion in preventable health care costs. The best discoveries in the world become less important if the person impacted by the discovery does not adhere to the new therapy. Former Surgeon General, Everett Koop, MD states, “drugs don’t work in patients who don’t take them.” In addition, health outcomes will not improve if people do not make any behavioral changes based on the current evidence-based recommendations. Researcher have now uncovered many common barriers to adherence and are gaining a better understanding of what can help improve patient adherence as well as discover ways to help people overcome the many barriers to behavioral change. The purpose of this presentation is to help the listeners better understand the barriers to adherence and provide an overview of the current research in the area of patient adherence and behavior change. Come learn what is getting in the way of great discoveries having positive, health outcomes.



Source: Sokol et al. Impact of Medication Adherence on Hospitalization Risk and Healthcare Cost. Medical Care. 2005; 43 (8): 521-30.

**The Impact of Poor Adherence**

**Consequences:**

- Unnecessary disease progression and complications<sup>1</sup>
- Reduced functional abilities and quality of life<sup>1</sup>
- Additional \$2,000 per patient per year in medical costs and physician visits<sup>1</sup>
- 33% to 69% of medication-related hospital admissions<sup>2</sup>
- Increased use of expensive, specialized medical resources.<sup>3</sup>
- Unneeded medication changes.<sup>4</sup>

### Healthcare cost of non-adherence

### Biography

Teresa Martin is a Registered Dietitian with over 25 years of experience in the field of Nutrition including clinical nutrition, community nutrition, and diabetes research. Currently, she is working as a Clinical Educator for the NCQA Certified Education Program with Novo Nordisk. Over the last 15 years, she has specialized in the field of Diabetes and as a Certified Diabetes Educator; she helps individuals with diabetes gain the skills they need to take control of their diabetes so they can live the life they want to live and she helps healthcare professionals get the resources and training they need to provide quality, compassionate diabetes care. She was recently recognized for her work when she received the Distinguished Service Award from the American Association of Diabetes Educators in Oregon..

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