



## ★ NEW EDUCATION COURSE, starting in 2018-2019 ★

### Optimizing patient's adherence to medication: an ESPACOMP interprofessional training program

**Course leaders and moderators:** [Marie Schneider](#), PhD, RPh, University of Geneva, University of Lausanne, Switzerland; [Juliet Foster](#), PhD, Woolcock Institute of Medical Research, The University of Sydney, Australia; [Prof. Todd Ruppap](#), PhD, RN, Rush University, US.

**Trainers:** [Prof. Todd Ruppap](#), PhD, RN, Rush University, US; [Emily Holmes](#), BA (Hons), MSc. PhD., Bangor University, UK; [Prof. Marie Schneider](#), PhD, RPh, University of Geneva, University of Lausanne, Switzerland; [Cristiana Fortini](#), MSc, University of Lausanne, Switzerland; [Kendelle Bond](#), MSc, National Centre for Behaviour Change, UK; [Juliet Foster](#), PhD, Woolcock Institute of Medical Research, The University of Sydney; [Prof. Sophie Lauzier](#), Laval University, Canada; [Prof. Robert Vander Stichele](#), MD, University of Gent, Belgium; [Prof. Bradi Granger](#), PhD, RN, Duke University, US; [Prof. Hayden Bosworth](#), PhD, Duke University, US., [Jan Liska](#), ESCP Europe Masters in Business, Sanofi, France; [Alpana Mair](#), MRPharmS, Scottish Government, UK.

**Webinar moderator:** [Prof. Sabina de Geest](#), PhD, R.N., University of Basel, Switzerland.

**Duration:** Five months; one training event per month beginning in November 2018 and including four 90-minute webinars and a one-day face-to-face pre-conference workshop at ESPACOMP in Dublin on 29<sup>th</sup> November 2018.

**Introduction:** The aim of this course is to provide evidence-based training and practical solutions for understanding and addressing medication adherence in interactions with your patients. The course aims to increase your awareness of how to build patients' skills for appropriate use of prescribed treatments through improved patient engagement. In past years it has become obvious that strategies for supporting medication adherence must be implemented throughout the medication use continuum from prescription, through dispensation, to life-long medication use. Interprofessional collaborations are needed to support the adoption of useful strategies which support medication adherence along this continuum. Lastly, because the healthcare system itself influences medication adherence, the course will develop critical thinking on ways to support the delivery of routine adherence strategies at all levels of your health care system.

### **Learning objectives:**

- Provide evidence-based, inter-professional education on medication adherence
- Train participants to engage in building an effective relationship with patients around optimising medication adherence
- Increase the ability of participants to address medication adherence issues in close collaboration with their colleagues
- Deliver a common understanding of definition, methodology, measurement and management of adherence
- Develop competencies for medication adherence management within all levels of the healthcare system

### **Strengths of this course**

- A central focus on effective ways of thinking about and working with adherence to help participants increase their patients' empowerment and motivation towards medication adherence
- Practical exercises (e.g. communication skills for discussing adherence, case studies) for improving participants understanding of the patient's perspective and to develop useful, applicable skills
- Introduction to health technology tools for supporting medication adherence
- Course delivered by experts in adherence, patient education and health communication

### **Learning methods:**

- Alternation of face-to-face training and webinar sessions
- Theory 60%, practice 40% (including role play and participant interaction)

**Bibliography:** will be provided during the course

**Number of participants:** Minimum 15, Maximum 25

### **Participants profile:**

The course is open to healthcare professionals, physicians, pharmacists, nurses, including health psychologists, academics, patient association managers, medicine agencies, pharmaceutical industry and other interested parties.

Participants will be asked to complete a short questionnaire during registration which includes questions on professional background, reasons for registering for the course and experience of training other healthcare professionals.

Participants should be fluent in English or feel comfortable interacting in English with trainers and other participants.

Evaluation: An ESPACOMP-endorsed certificate (level 1) will be provided at the end of the course to all participants who attend the 1-day workshop in Dublin and a minimum of three 90-minute webinars.



## PROGRAM AT A GLANCE

<b>Webinar 1</b> <b>Thurs 8 Nov 2018</b> <b>14:00-15:30 CET*</b> * Central European Time	<b>What makes adherence to treatment complex?</b> <i>Goal: To increase awareness of definition, causes, determinants &amp; extent of the problem</i>	<b>Teachers:</b> Todd Ruppap Emily Holmes
<b>One day interactive workshop</b> <b>Thurs 29 Nov 2018</b> <b>9:00-17:00 CET</b> ESPACOMP pre-conference workshop Dublin, Ireland <i>Detailed program on next page</i>	<b>Addressing medication nonadherence with patients</b> <i>Goal 1: (09:00-1600) To enhance patient motivation to improve their medication adherence (4/5 of the day)</i> <i>Motivational interviewing is a collaborative conversation style for strengthening people's motivation and commitment to change which enhances engagement with adherence in medical settings resulting in positive outcomes for patients. The aim of this interactive 1-day workshop is to develop participants' engagement skills through an introductory module on motivational interviewing</i> <i>Goal2: (16:00-17:00) How to address medication adherence through inter-professional collaboration? Analyse case studies to stimulate networking &amp; collaboration between participants</i>	<b>Teacher:</b> Cristiana Fortini Kendelle Bond  <b>Moderators:</b> Marie Schneider Todd Ruppap
<b>Case study</b> <b>Fri 14 Dec 2018</b>	<b>Deadline for case study report (case studies are given during workshop)</b>	
<b>Webinar 2</b> <b>Thurs 31 Jan 2019</b> <b>12:30-14:00 CET</b>	<b>Beliefs, behaviours &amp; socio-cognitive theories</b> <i>Goal: Gain an in-depth understanding of the beliefs which drive patients' adherence behaviour and learn about theoretical models which can explain or predict adherence</i>	<b>Teachers:</b> Juliet Foster Sophie Lauzier
<b>Webinar 3</b> <b>Thurs Feb 21, 2019</b> <b>14:00-15:30 CET</b>	<b>Interprofessional interventions in routine care</b> <i>Goal: being able to address medication adherence in routine care at the patient level and within an interprofessional collaboration</i>	<b>Teachers:</b> Bradi Granger Robert Vander Stichele Marie Schneider
<b>Webinar 4</b> <b>Thurs 14 March 2019</b> <b>13:00-14:30 CET</b>	<b>Health technology &amp; healthcare system change</b> <i>Goal: To understand how health technology supports medication adherence, and understand how the healthcare system influences medication adherence and how it could/should change</i>	<b>Teachers:</b> Hayden Bosworth Jan Liska Alpana Mair

**DETAILED PROGRAM**  
**FACE-TO-FACE ESPACOMP PRE-CONFERENCE WORKSHOP**  
**DUBLIN, IRELAND, 29 NOVEMBER 2018, 9:00-17:00**

**Addressing medication nonadherence with patients:**  
**Enhancing motivation to improve medication adherence**

**Introduction**

Motivational interviewing (MI) is a collaborative conversation style for strengthening people's motivation and commitment to change. It is an approach that has been demonstrated to enhance engagement and adherence in medical settings resulting in positive outcomes for patients.

The aim of this interactive one-day workshop is to provide an introduction to motivational interviewing and expand your engagement skills.

**Trainer**

**Cristiana Fortini** is a psychologist, specialized in the development and delivery of Motivational Interviewing (MI) training programs for health professionals across a variety of countries, languages, and fields. She has trained physicians, nurses, pharmacists, psychologists, dieticians, specialists, therapists, counselors, etc. working with patients dealing with addictions, chronic disease, at-risk lifestyle habits, etc. She currently works in the Alcohol Treatment Centre of the Lausanne University Hospital. She is a certified MI trainer and has been an active member of MINT (Motivational Interviewing Network of Trainers) since 1997.

**Program content:**

**Introduction and Foundations**

- The challenges in a conversation about medication adherence

**Motivational Interviewing (MI): Understanding change**

- What helps people change and what gets in the way
- The four processes of MI
- The foundational skills of MI
- Change talk: Strengthening motivation and commitment to change

**Conclusions**

**Times:** 09:00 – 12:00: Morning session

13:00 – 16:00: Afternoon session 1

16:00 – 17:00: Afternoon session 2 Case study to stimulate networking and collaboration between participants in the course

**Language:** English