

PATIENT AUDIT TOOL

CALCIUM AND VITAMIN D MEDICINES

The purpose of this tool is to help you to conduct an audit, to understand patient perceptions and views on usage of calcium and Vitamin D medicines.

Results from the questionnaire will enable you to improve patient adherence to calcium and vitamin D medication.



The development of this questionnaire is unconditionally supported by Consilient Health and is provided as a service to healthcare professionals.

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Patient Audit of Adherence to Calcium and Vitamin D Medication

Treatment of Osteoporosis

In Ireland, the HSE strategy for falls and fracture prevention recommend that calcium and vitamin D supplementation is considered for all patients at risk of osteoporosis and patients with osteoporosis with or without multiple fractures¹. The national medicines information centre recommends that calcium in combination with vitamin D should be used to prevent fracture in elderly people².

Adherence to Calcium and Vitamin D medications

Compliance to calcium and vitamin D therapy is paramount for effective prevention of osteoporotic fractures³. According to recent studies, compliance to long term calcium and vitamin D supplementation ranges between 20% and 60%, especially in the community-based patient population⁴. The acceptability of calcium and vitamin D medication is an important component of patient compliance with their treatment. Medication grittiness, chalkiness, ease of chewing and swallowing and stickiness are significantly associated with lower levels of medication acceptability⁵. In addition, some patients would prefer to take their medication once daily instead of twice daily.

Patient Audit Overview

The purpose of this audit is to identify where patients are not adhering to their calcium and vitamin D medication and to recommend an alternative medication. The primary part of the audit is to conduct a survey amongst patients to ascertain patients' perceptions and views on usage of calcium and vitamin D medicines. The audit has been specifically designed:

- To look at degree of patient compliance with calcium and vitamin D medicines
- To understand why patients are / are not taking their medicines.

Results from the questionnaire will enable Healthcare Professionals to improve patient adherence to medication by identifying the most appropriate alternative for the individual patient.

Please note the results of the questionnaire are not to be brought back to Consilient Health. We would recommend that the aggregated results of the survey are shared with local Healthcare Professionals.

A completed audit may be recorded in your annual PCS audit or internal credits.

Patient Questionnaire – Calcium and Vitamin D Medicines

Your Healthcare Professional is asking you to fill out the below questionnaire which will help to develop an understanding of your experience with calcium and vitamin D medicines. We would appreciate your honesty in answering the questions below. Your completed questionnaire will be kept by your Healthcare Professional only who will combine the results of each of the questionnaires to identify if there is an opportunity to improve patient care.

Patient Name (Optional):

Gender:

1. What calcium and vitamin D medicine have you currently been prescribed? Please tick one box:

Cadelius	<input type="checkbox"/>	Kalcipos-D Forte	<input type="checkbox"/>
Calcichew D3 Forte	<input type="checkbox"/>	Osteofos	<input type="checkbox"/>
Calciup	<input type="checkbox"/>	Other	<input type="checkbox"/>
Caltrate	<input type="checkbox"/>	If other, please explain _____	
Calvidin	<input type="checkbox"/>	_____	
Ideos	<input type="checkbox"/>	_____	

2. Can you recall how often you should take your calcium and vitamin D medicine? Please tick one box:

Once a day	<input type="checkbox"/>	Twice a day	<input type="checkbox"/>
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3. In the past 28 days (4 weeks) how many days have you taken your medicine as prescribed?
Please insert the number of days you have taken your medicine in the box below:

Number of days	<input type="text"/>
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4. On the days that you take your medicine how many times do you take it? Please tick one box:

Once a day	<input type="checkbox"/>	Other	<input type="checkbox"/>
Twice a day	<input type="checkbox"/>	If other, please explain _____	

Information for Patients

Calcium and vitamin D are vital for your bone health. Calcium and vitamin D medications are recommended if you are unable to get sufficient amounts through your food. Adequate calcium and vitamin D delays the progression of osteoporosis and reduces the risk of fractures. It is very important that you continue to take your medication at the required dose. Sometimes patients do not like their calcium and vitamin D medication because of chalkiness, grittiness, stickiness or difficulty chewing or swallowing.

There are a number of calcium and vitamin D medications available. Please discuss the various options with your doctor or pharmacist and find the right one for you.

5. If you don't take your calcium and vitamin D medicine as prescribed, why not? Please tick all that apply:

I do not like the taste or texture of the medicine	<input type="checkbox"/>	Sometimes I just don't feel like it	<input type="checkbox"/>
The tablet is too big / it is difficult to take	<input type="checkbox"/>	I simply forget	<input type="checkbox"/>
Due to the interaction with my other medicine(s)	<input type="checkbox"/>	Other	<input type="checkbox"/>
It makes me feel unwell	<input type="checkbox"/>	If other, please explain _____	

6. Here are some things people have said about their calcium and vitamin D medicine. Please indicate to what extent do you agree or disagree with each of these statements (Please tick one box opposite each statement):

	Strongly Disagree	Disagree	Agree	Strongly Agree
Calcium and vitamin D are important for my bone health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My calcium and vitamin D medicine is important as it helps to supplement my diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All calcium and vitamin D medicines are broadly the same	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I only get my calcium and vitamin D on prescription	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I depend on my friends and the media to tell me about advances in calcium and vitamin D medicines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I depend on my doctor or pharmacist to tell me about new calcium and vitamin D medicines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please contact your healthcare professional if you have any questions about this survey or about your calcium and vitamin D medicine.

The development of this questionnaire is unconditionally supported by Consilient Health and is provided as a service to healthcare professionals. If you have a medical query about a Consilient Health medicine, please contact Consilient Health at

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References:

1. Strategy to prevent falls and fractures in Ireland's ageing population, June 2008.
2. Therapeutics Today, Number 6, Medicines Information Centre, St James hospital, June 2015.
3. Sunyecz et al, Therapy Clinical Risk management, 2008.
4. Conti et al, Clin Cases Miner Bone Metab. 2012 Sep-Dec; 9(3): 157–160.
5. Rees et al, Curr Med Res Opin. 2001;16(4):245-51.

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