



November 13, 2024

Beyond Adherence: Transforming Medication Management with Person-Centered Care

In healthcare, medication adherence has traditionally been viewed as the cornerstone of effective treatment. However, this approach often overlooks the patient's lived experience and the complexities of managing medications in everyday life. This talk shifts the focus from adherence to a more holistic understanding of medication self-management, recognizing that patients and their care partners play a vital role in ensuring safe and effective medication use. We will explore the challenges of medication-related harm, the importance of meaningful patient and care partner involvement in medication decisions, and the need to assess what truly matters to individuals in their medication experiences. By shifting towards a person-centered approach, healthcare providers can improve both the quality and safety of care, aligning treatment with patients' preferences and needs.

Learning Objectives:

- Identify the limitations of traditional medication adherence frameworks and understand the principles of medication self-management.
- Understand the impact of medication-related harm and the importance of involving patients and care partners in medication management.
- Explore strategies for measuring patient-centered experiences to improve the quality of care.

Presenter **Dr. Sara J.T. Guilcher BSc, MScPT, MSc, PhD**
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C2E2 Spotlight is held monthly on Mondays from 12:00 pm to 1:00 pm. To attend in-person or virtually please contact pamela.lee@ubc.ca.