

SmartRx: Web-based Instruction On Using Prescription Medications Wisely

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The ISA Group
Center for Workforce Health

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Who We Are

- IS A Group

Behavioral health R&D firm, established in 1978;
received over \$20 million in NIH support

- Center for Workforce Health

Provides web-based behavioral health programs to
workplaces

- Diane

Health psychologist, specializing in health behavior
modification and health education

Today's Session

- Describe the web-based approach
- Demonstrate the SmartRx program
- Describe the SmartRx field test
- Summarize program findings, implications, and next steps

The Web-based Approach

- Can reach large numbers of users
- Flexibility in accessing
- Effective for addressing sensitive issues such as drug abuse
- Can be a tool for repeated use, goal setting, reinforcement of learning

Intervention Targeted Toward Behavioral Change

3 Major Components

- Increasing *Knowledge* and *Awareness* of the benefits and risks of health behaviors
- Raising *Motivation* and *Self-Efficacy* to make the changes
- Increasing *Skills* to help participants make the changes they need

Tailoring is Important

Tailor the sequence to fit the needs of the user

- Medications currently or contemplating using, medical conditions/concerns

Tailoring can be ‘soft’ or ‘hard’

- Soft tailoring: Program *suggests* sequence of material, but user decides
- Hard tailoring: Program *routes* user through a particular sequence based of assessment

The Program

http://www.smartrxonline.com - Smart RX - Microsoft Internet Explorer provided by Verizon Online



SmartRx

Your Prescription for Good Health

About the Program

Opening

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SmartRxOnline

Your Prescription for Good Health!

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Assess Yourself

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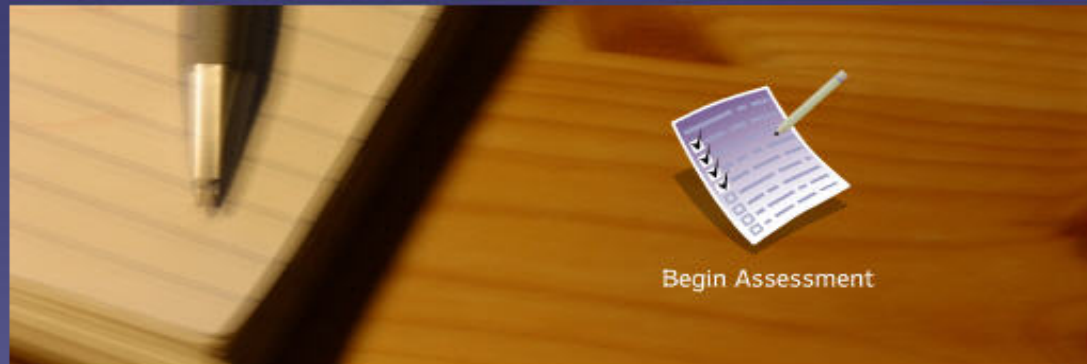
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Your Use of Prescription Medications

Self Assessment



Begin Assessment

This program is intended for use by all people not just those who are currently taking prescription medications. There are sections of the program that are useful for learning about safely taking over the counter medications as well as information on preventing medication problems in the event that you do take a prescription medication

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Medications for Sleep

Medications for Depression

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Women and Medication

Age

Genetics

Social Demands

LifeStages

Menstruation

Pregnancy and Breastfeeding

Menopause



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How They Work



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Medications for Sleep

How They Work



Source: <http://science.howstuffworks.com/sleep4.htm>

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Medications for Pain

Concerns

Things that

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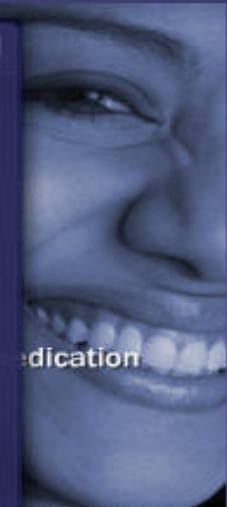
That the

That I w

What if I

What is

Concern: I won't get relief from my pain



medication

uch concern
pharmacist
is the issue.

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Know Your Medication

Assertiveness is Key



Assertive body language includes:

- Maintaining direct eye contact.
- Maintaining an erect posture.
- Speaking clearly and audibly.
- Not using a soft, whiny, or muffled voice.
- Using facial expressions and gestures to add emphasis to your words.

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Know Your Medication

Doctor Visits

Click on the photos to hear women asking for the information they need.



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Avoid Medication Problems

Types of Medication Problems

Medication Problems:

Drug Misuse

Physical Dependence

Tolerance

Drug Addiction

Click each term to learn more.

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Avoid Medication Problems

How Problems Happen



JD-Misused meds for depression



WK-Abused meds for the high



DD-Got depressed and abused



BV-Difficulty recognizing problem

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Coping Strategies to Decrease Anxiety



Relaxation



Positive Thoughts



Exercise



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Pain Management

Steps to Pain Management

Things to remember:

- **Pain management is a highly collaborative effort.**
- **Build in rest, exercise, and relaxation.**
- **Find others who are dealing with pain issues.**
- **The best approach is often a multi-modal approach.**

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Discussion Forum

Share Your Views

Welcome to the user discussion forum.
This is a place for women who are using the
SmartRx program to meet and learn from each other.

Forum Instructions

New to the forum?
Click here



Registration

Already have a logon name
and password? Click here



Log In

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✓ Printable Materials

Other Websites

Websites and Community Resources

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- [Community Resources](#)
- [General Health and Mental Health](#)
- [Mood Disorders](#)
- [Pain Disorders](#)
- [Pain Medications](#)
- [Pharmaceuticals](#)
- [Sleep Disorders](#)
- [Sleep Medications](#)
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- [Substance Abuse](#)
- [Using Medicine Wisely](#)
- [Women's Issues](#)



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Printable Materials

Checklists, Worksheets, Directions, and Information

[Checklists and Worksheets](#)

[Directions for Relaxation Exercises](#)

[Information Sheets](#)

Click each category for a list of PDF files.



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Overview of Field Test

- A pretest – posttest design
- 370 employees randomly assigned to Web (SmartRx) or treatment as usual (control)
- Outcome measures: (1) Self-assessments of health practices use and attitudes; and (2) participant ratings
- Health practices included prescription drug use, attitudes toward health care, knowledge, and drug and alcohol problems

Population

- Women working in two hospitals in Ohio and West Virginia
- Easy recruitment, low attrition (4%), good compliance
- Majority educated (83%) had some college or above
- Most did not use computers as part of their job
- Many were nurses (37%) or other medical technical (23%)

Drug Use Findings

- *Baseline Current Use (prescription meds):*
9% sedative-hypnotics/ 22% analgesics/16%
anxiolytics/ 27% anti-depressants/ 2% stimulants
- *Non-Medical Use (prescription meds):*
1% Sedative-hypnotics/ 7% analgesics/ 5%
anxiolytics/ < 1% anti-depressants/ 1% stimulants
- *Cage items (prescription meds):*
31 % - need to cut down on use of meds
14% annoyed by remarks made by family and
friends
10% guilty or remorseful about use of meds
16% used meds to get going or calm down

Program Utilization

- 178 women in the experimental condition
- 92% program users were in the SmartRx program over 20 minutes
- The average amount of time spent in the SmartRx program was 113 minutes or 1 hour 53 minutes
- The average number of pages viewed was 63
- The average number of visits per user was 4 login sessions
- Forum utilization was low – 6 users

Next Steps - Analyses

- ANOVA's conducted on knowledge and attitude indices— measuring pre-post differences to test program effects
- Second post-test data currently being analyzed (3 months post)
- Next steps will be to look at effects of program dosage and job characteristics on outcomes of interest

SmartRx Users Are Saying...

- ...I work midnights and find that I need to take sleeping pills. This program has helped me to ask more questions – and pay attention to what my doctor is giving me.
-Working in the medical field I see lots of people who are coming in wanting pain medications. It was good to view the stories of women who got into problems with these medications. I try to use tylenol before going to anything stronger. I'm also losing weight so that I have less aches and pains.
-I feel more confident talking to my doctor. It was a good program – and helpful.

Further Question about SmartRx?

For questions about this project please contact:

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