

Title: The future of pharmacy counseling: Feasibility of providing low health literacy medication counseling through AudibleRx

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Abstract:

Pharmacists in developed countries are generally required to provide medication information but high rates of health illiteracy make it difficult to create effective medication information resources. We used a randomized-controlled design to compare an AudibleRx podcast with standard pharmacy care in patients age 50+ who have mixed health literacy. After administering a Short-Test of Functional Health Literacy (S-TOFHLA), all participants received standard counseling and a patient handout and completed a knowledge test (TEST 1). We then randomized participants to listen to either the original AudibleRx podcast or to an AudibleRx podcast modified for people with low health literacy and re-administered the knowledge test (TEST 2). We compared tests using t-tests and used an ANOVA to compare test scores across health literacy levels. Over half (57%) of the 30 participants had low health literacy. After standard care, the overall mean score for TEST 1 was 6.10/16 (38%). After the podcast, the overall mean score for TEST 2 for the standard and health literacy podcasts were 12.03/16 (75%) and 12.80/16 (80%), respectively. Both podcasts performed better than standard pharmacy care ($p < 0.001$). Participants with low health literacy had lower test scores than others after standard care ($p < 0.001$), but there was no difference after the podcasts. The AudibleRx audio podcast is a feasible tool for supporting patients in understanding their medication therapy.