



Adverse Drug Events Newsletter Vol. 6

Welcome back to our email series focused on adverse drug events (ADEs).

"The least utilized resource in medicine is the patient." Warner Slack, MD



What is patient empowerment? According to the World Health Organization, patient empowerment is defined as "a process through which people gain greater control over decisions and actions affecting their health."

In this final edition of the campaign, we will offer resources to support patient empowerment and discuss the benefits of shared decision-making in health care, with a focus on better medication management and thus decreasing potential for ADEs.

Welcome

Patient empowerment has been associated with positive health and clinical outcomes, including improved disease management, effective use of health services, improved health status and medication adherence. Through shared decision making, we ensure what matters to patients is the foundation of their health care. This concept mirrors the Age-Friendly Health Systems model from the Institute for Healthcare Improvement. Working together, patients and providers design care plans and treatments that align with the patients' goals and values.

Disease-specific programs such as Million Hearts promote patient empowerment and education, thereby improving outcomes and the management of cardiovascular disease. Similar programs exist for diabetes management and cancer care.

Implementing shared decision-making in your practice places the patient at the center of their own health care and has demonstrated benefits for the patient, appropriate utilization of the health care system and increased job satisfaction for health care professionals.



General Resources

Medication management resources and more all in one easy location.

Medication Management - Completing an accurate medication list with patients is the foundation for empowering patients to be knowledgeable and vested in this component of their care.

- [Medication Management Strategy: Intervention](#)

Medication Adherence - With an empowered patient comes better adherence to medication regimens, improved management of chronic disease and an overall more effective and safe delivery of care.

- [Million Hearts](#)
- [Medication Adherence Tools](#)

Shared Decision Making Tools

- [The SHARE Approach Fact Sheet](#)
- [SHARE Approach Curriculum Tools](#)
- [CardioSmart Decision Aids](#)
- [Your Input Matters](#)



Resources for Patients

Here are tools, videos and more you can share with patients and families.

- [Medication Review Preparation - Patient Handout](#)
- [Medication Education Toolkit for Patients](#)
- [Pharmacy Questions and Tips](#)



Articles and Studies

- [Relationship between Patient Empowerment and Medication Adherence](#)
- [Personalized Strategies to Activate and Empower Patients in Health Care and Reduce Health Disparities](#)
- [Shared Decision-Making: A Model for Clinical Practice](#)

**More
Tools**

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