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# PHARMACY



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Thank you for entrusting in the compounding services at Madison Medical Compounding Pharmacy to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to working with you. Please don't hesitate to let us know how we can assist you and your practice.

*LeAnn Chambers, Pharm.D. and Matthew Chambers, Pharm.D.*

## Overcoming Barriers to Adherence in Dermatological Care

Nonadherence to dermatological therapies is a significant concern, impacting treatment success, clinical results, and patient quality of life. This review synthesizes current research on adherence within dermatology, focusing on adherence measurement methods, nonadherence causes, adherence enhancement strategies, and the consequent effects on patient outcomes. A comprehensive MEDLINE search was performed from 2006 to 2023 to identify relevant studies, including clinical studies, trials, observational studies, and randomized controlled trials, resulting in 323 articles, with 52 meeting the criteria for review. The analysis was enriched by additional references cited within these articles.



The review highlights that adherence can be assessed through both subjective and objective approaches, emphasizing the multifaceted nature of adherence influenced by patient-specific, treatment-related, and disease-specific factors. Key strategies for improving adherence involve minimizing adverse treatment effects, streamlining therapy regimens, and leveraging eHealth technologies, alongside educational, communicational, and psychological interventions. These measures have shown potential in enhancing adherence rates and, consequently, improving patient health outcomes.

Understanding and addressing adherence in dermatology is paramount, given its implications

for healthcare costs, treatment effectiveness, and overall patient well-being. This review calls for a tailored approach to prescribing and managing dermatological treatments, considering the complex interplay of factors affecting adherence to optimize patient care outcomes. This is where compounding can help to meet the customized needs of dermatology patients.

Our compounding pharmacy can customize ointments, gels, and oral suspensions to meet individual patient requirements. We can modify the composition of skin medications to avoid allergens, adjust dosages, or incorporate specific ingredients upon request. This customization is especially beneficial for patients with unique health concerns, allergies, or sensitivities, ensuring they receive medications that suit their specific needs. Combinations of active ingredients can be incorporated into one prescription

Common dermatologic medications include:

- Antibiotics - to kill bacteria and inhibit bacterial growth.
- Topical Steroids - to reduce inflammation
- Antifungals - stop fungal growth
- Retinoids - regulate cell growth and inflammation
- Moisturizers - keep irritated skin hydrated
- Immunomodulators - help reduce inflammation
- And more!

Moreover, compounding pharmacies can produce medications in alternative formats, making it easier for patients to take their prescribed treatments. This adaptability enhances patient adherence to medication schedules and positively impacts health outcomes.

***Talk to our pharmacist to see how we can help solve medication challenges and improve adherence with your patients.***

<https://onlinelibrary.wiley.com/doi/10.1002/jvc2.379>

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## Oral vs. Transdermal Hormone Therapy: Effects on Sleep and Vasomotor Symptoms

Poor sleep quality is common in recently menopausal women. To determine whether two different formulations of hormone therapy (oral conjugated equine estrogens– CEE- or transdermal 17 $\beta$ -estradiol plus cyclic progesterone, or placebo) affected sleep, physicians and researchers from prestigious hospitals and universities including the Mayo Clinic, Brigham and Women's Hospital, Harvard Medical School, the Department of Obstetrics and Gynecology at University of Washington, Yale University School of Medicine, and Emory University, analyzed findings from the Kronos Early Estrogen Prevention Study (KEEPS).

Participants completed the Pittsburgh Sleep Quality Index at baseline and during the intervention at 6, 18, 36, and 48 months. Global sleep quality and individual sleep domain scores were compared between treatments and correlated with vasomotor symptom scores. Scores for sleep satisfaction and latency improved with both types of hormone therapy. The score for sleep disturbances improved more with transdermal estradiol than CEE or placebo. Global sleep scores significantly correlated with vasomotor symptom severity.

If your menopausal patient is experiencing sleep disturbances, talk to our pharmacist about steps we can take to help balance hormones and improve sleep.

[Menopause. 2018 Feb; 25\(2\): 145–153.](#)



