

# “Medication Compliance Initiative” Addressing an Unseen Barrier Faced by Patients Experiencing Homelessness

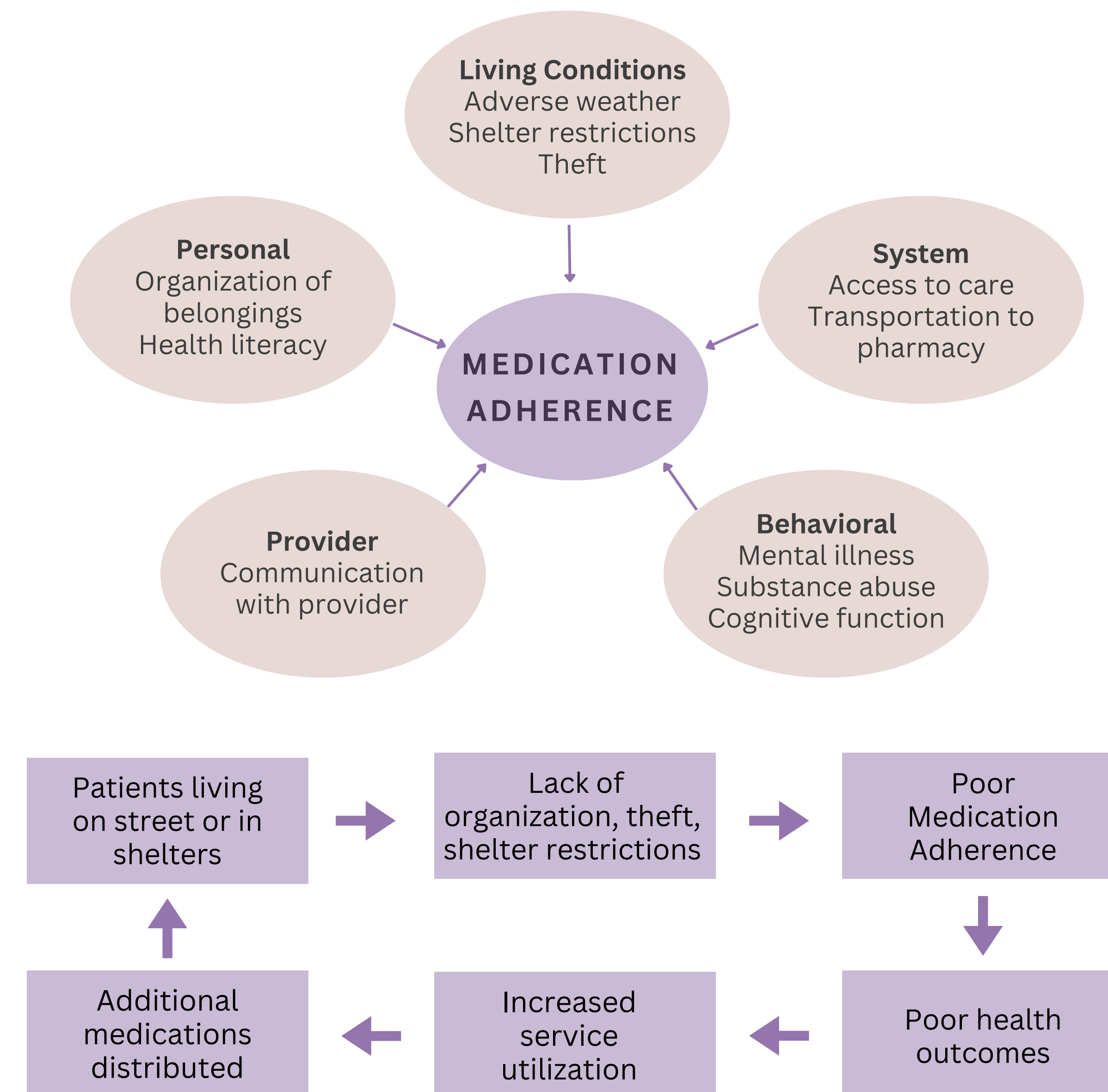
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## Abstract

The Beautiful Feet Ministries Clinic and the True Worth Clinic are two nonprofit clinics that provide free, comprehensive medical and dental care for the homeless and underserved communities in the Southside area of Fort Worth. The patients served by these clinics encounter unique challenges in their medical journeys, stemming from impoverished living conditions, financial instability, and restricted access to medications.

The goal of our “Medication Compliance Initiative” is to enhance patients’ ability to adhere to prescribed medication regimens. This initiative has introduced waterproof zip pouches and crossbody fanny packs into the clinics, offering patients a secure means to store and safeguard their medications from adverse weather conditions, potential theft, and additional unforeseen circumstances. These intentional carry solutions not only ensure physical integrity of medications, but also empower patients to seamlessly incorporate their treatment plans into their daily lives, promoting better health outcomes and overall well-being for patients.

## Identifying Barriers



## Gathering Perspectives

Conversed with patients regarding their specific needs

Conducted a survey in Beautiful Feet Clinic to better understand the barriers to medication adherence in this patient population

Shared our ideas and asked for feedback from volunteer physicians, nurses, medical students, and clinic staff

Met with Dr. Stacy Grau and developed a prototype with 80 bags

	True Worth Clinic	Beautiful Feet Clinic	Total
Waterproof Fanny Packs	243	162	405
Waterproof Zip Pouches	200	190	390



## The Med Pouches

- Clinics pack newly prescribed medications inside waterproof zip pouches
- Fanny packs allow patients to keep their medications close and secure to mitigate risk of theft
- Laminated resource cards in each bag detail each clinic’s location and hours



## Impact

- 795 total Med Pouches distributed
- Clinics have observed a significant reduction in recurrent theft among patients utilizing fanny packs for medication storage
- Med Pouches have helped patients consolidate and protect their medications



## Testimony

A female patient staying at a nearby shelter had all of her personal items stolen while sleeping. The only item not stolen was her Trazadone, which was stored in her crossbody fanny pack.

## Sustainability

- Med Pouches have been integrated into clinic operations to ensure their consistent use
- We created an orientation video for new clinic volunteers which includes a clinic tour, demonstration of student roles, and description of Med Pouches

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## Beautiful Feet Clinic

- Opened in 1985 by Dr. David Capper and volunteer nurses
- Anyone in need is welcome to be seen
- 500+ patients served each year



- Authors have collectively volunteered 360 hours at the Beautiful Feet Ministries Clinic