Abstract
Deterioration of the medication adherence for elderly could result in wasteful medical expenditure in a long-term span as well as aggravating the patient's medical condition. Objective: This study surveyed the effect of one-dose package medication made up by a pharmacist on the patient's behavior towards medication, what is expected to be one of the measures to improve the medication adherence for elderly. Methods: With support activity of the Pharmacist Association in Ueda-city in Nagano Prefecture, Japan, the survey form of one-dose package was sent to 86 pharmacy directors located in Ueda-city. Results: The most frequent reasons of one dose packaging was "Patient's request" though, "Large number of doses", "Prevent the improper drug use" and "Improved medication adherence" which is considered that the pharmacists are willing to utilize one dose package for patient's care in order to improve the medication adherence were chosen as well. The influences of one dose package for patient's medication adherence were very positive, and most answers indicated that medication adherence was improved. Conclusion: It is noticed that the pharmacists were willing to dispense one dose packaging by own decision, not physician's order, in order to improve the medication adherence, prevent improper drug use and optimize the medication therapy. It is also noticed that there are great improvement of patient's compliance by one dose package, and patients felt advantage to reduce the improper drug use as well.

Keywords
Drug packaging, community pharmacy services, medication adherence, Japan.