Impact of guidance and reminders from pharmacists on compliance to hypertension, dyslipidemia and chronic venous circulation disorders medication in Greece – The CONCORD study

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ESPACOMP
International society for patient medication adherence

HPI

Introduction

Pharmacist-led interventions impact on compliance to medication in chronic conditions

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Study Objective

To assess the impact of pharmacist guidance and reminders on self-reported compliance to hypertension, dyslipidemia, and chronic venous circulation disorders (CVCD) medication.

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Study population

1,146 patients diagnosed with hypertension, dyslipidemia and/or CVCD, regular (at least once per month) customers of a PEIFASYN* pharmacy in Attica and rest of southern Greece.

*One of the 3 largest cooperative pharmaceuticals wholesalers in Greece

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Study sample characteristics

- 48% of participants were men and 60% were aged 55 – 74.
- 47% were diagnosed with hypertension, 43% with dyslipidemia and 10% with CVCD.

Methods

- In month 0, pharmacists from 120 different pharmacies recorded consent of patients to participate in the survey and filled in the section of the questionnaire that captured patient demographics, diagnosis, and treatment.
- All data were completely anonymized at the pharmacy level.
- Patients were then given a questionnaire to self-complete regarding their compliance to medication, using a scale of 1 (never) to 5 (always).
- Pharmacists were trained to provide reminders to survey participants over 4 months.
- Impact was evaluated in month 4 using the same questionnaire as month 0.
- Responses were collected from pharmacies in anonymized, identical folders in end of month 0 and 4 and were uploaded on a dedicated database for analysis using IBM®SPSS® Statistics V. 26.0 and The R Foundation's R Project software Version 3.6.3.

Results

Patients who received reminders/advice from their pharmacists over a period of 4 months reported increased adherence to medication versus patients who received no reminders.

Figure 1. Frequency by which patients forgot to take their medication

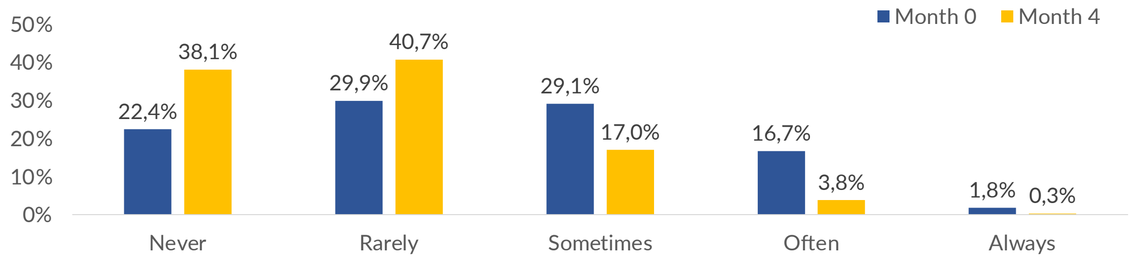


Figure 2. Frequency by which patients forgot to take their medication, last 30 days

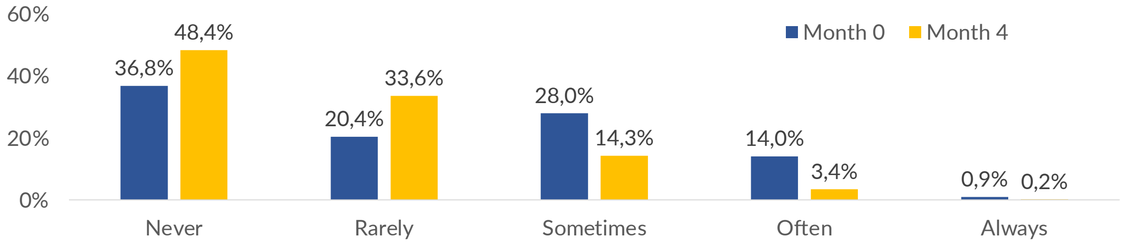
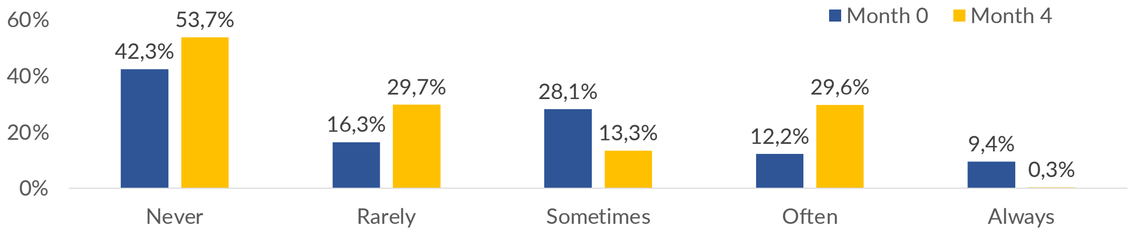


Figure 3. Frequency by which patients stopped taking their medication without doctor's advice



In month 4, patients were less likely to:

- forget to take their medication (month 4: M = 1.86 versus month 0: M = 2.45, p <.001) (Figure 1)
- forget to take their medication during the last 30 days (month 4: M = 1.72 versus month 0: M = 2.22, p<.001) (Figure 2), and
- stop taking their medication without their doctor's advice (month 4: M = 1.65, versus month 0: M = 2.13, p <.001) (Figure 3).

Conclusion

Our study confirms the importance of pharmacist reminders on medication adherence particularly in patients on treatment for chronic conditions.

In our study, the pharmacists' intervention, which included targeted training on how to provide medication adherence reminders to chronic patients, had a **positive impact** on medication adherence across most of the dependent variables.

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