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INTERVENTIONS TO IMPROVE MEDICATION ADHERENCE IN PATIENTS WITH MULTIPLE CHRONIC CONDITIONS: AN OVERVIEW OF SYSTEMATIC REVIEWS

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Background

Non-adherence in patients with multiple chronic conditions (PMCC) is associated with poor control of disease, reduced quality of life and increased risk of morbi-mortality.

Objective

To assess the available scientific evidence regarding the efficacy of interventions aimed to enhance medication adherence that are applicable to PMCC.

Material and Methods

❖**Study design:** Overview of systematic reviews(SR).

❖**Databases consulted (September 2013)**: Pubmed, EMBASE, the Cochrane Library, CRD and WoS.

❖ **PICO Question:**

Population: PMCC, or otherwise, patients with chronic diseases common in the PMCC, or polypharmacy.

Intervention: any intervention aimed to improve compliance to medications

Comparator: clinical practice.

Results: for every SR and type of intervention (behavioural, educational and combined) the percentage of clinical trials in which adherence improved was estimated.

❖**Statistical analysis:** Rates were combined between SR by means and ranges. Meta-analysis could not be conducted because of the heterogeneity of the data. This analysis was also applied for the components from those interventions reported in ≥1SR.

Results

566 articles retrieved → 9 SR

None was specifically focused on PMCC but considered patients with chronic diseases common in the PMCC, patients with more than one chronic disease and polypharmacy.

	Behavioural intervention	Educational intervention	Combined intervention
Number of SR	7	3	6
Mean efficacy rates	49%[0-100]	51%[0-100%]	53%[44-75]

Interventions with higher efficacy

- Counseling about the patients´ target disease, the importance of therapy and compliance (5SR, 79% [47-100])
- Reminders (4SR, 70%[50-100])
- Simplified dosing (3SR, 90%[75-100])
- Special pill packaging (2SR, 83%[66-100])

Conclusion

There is a large heterogeneity in the efficacy of interventions aimed to improve medication adherence that are applicable to PMCC. Nevertheless, they seem to have a modest impact on adherence. Some components of the interventions appear to have greater efficacy.