

AdherenciaMED

Adherence management service

In collaboration with:



With the scientific collaboration of:



With the participation of:



AdherenciaMED

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Report results SUMMARY

January 2019

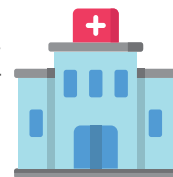
INTRODUCTION



Lack of adherence to treatments is one of the main **challenges** that **healthcare professionals and the health care systems** faces. The evidence and data shows that that approximately 50% of patients with chronic diseases are non-adherent which has important clinical, social and economic repercussions. Non adherence is estimated to generate an annual expenditure of EUR 11,250 million in Spain.

With the objective of improving adherence, the General Pharmaceutical Council of Spain and the University of Granada developed the project AdherenciaMED.

AdherenciaMED is a research project, developed in phases, that evaluated the improvement, maintenance and reinforcement of therapeutic **adherence** in patients undergoing pharmacological treatment for High-Blood Pressure (**HBP**), **Asthma** or Chronic Obstructive Pulmonary Disease (**COPD**).



PROJECT DESIGN

Impact Phase: October 2017- April 2018

- The objective of this phase was to **design and evaluate the economic, clinical and humanistic impact** of a medication adherence management service (intervention group) compared with usual care (control group).
- 138 participating pharmacists** working in **98 Community Pharmacies** from the Provincial Pharmacists Chamber of six Spanish provinces (**A Coruña, Albacete, Ciudad Real, Guadalajara, Santa Cruz de Tenerife and Soria**).
- 1,186 patients** (633 intervention group and 553 control group), of whom 42.3% were patients with HBP, 32.5% with asthma and 25.2% with COPD were recruited.
- Fieldwork lasted **6 months** and was facilitated by the Practice change Facilitators (FoCo).

Implementation Phase: May - October 2018

- The objective of this second phase was, using the previously evaluated medication adherence management service from the Impact phase, **to develop and evaluate an implementation programme**.
- 127 pharmacists** working in **90 Community Pharmacies** participated. Pharmacists were from the same Provincial Pharmacists Chamber of **A Coruña, Albacete, Ciudad Real, Guadalajara, Santa Cruz de Tenerife and Soria**.
- 850 patients** were included, of which 51% patients had HBP, 27% with asthma and 22% with COPD.
- Fieldwork lasted **6 months** and was facilitated by Practice change Facilitator (FoCo).



OUTCOMES

The medication adherence management service has been shown to be effective with the following results:

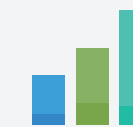
CLINIC AND HUMANISTIC IMPACT



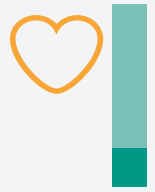
50% increase of adherent patients in the intervention group versus **20%** increase of adherent patients in the control group.



Significant increase in the percentage of patients with **correct inhalation technique** in both asthma and COPD in the intervention group.



Positive impact on the clinical control of diseases in the intervention group (**30% increase in asthma control, 22% COPD and 13% HBP**).



Almost **5 points of improvement in the patient perceived quality of life** (greater difference in patients with asthma).

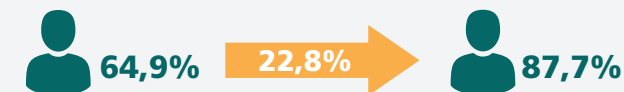
ECONOMIC IMPACT

- Cost-effectiveness:** the Service is cost-effective, with an incremental cost-utility ratio (ICUR) of €753/QALY.
- Cost associated with the Service:** of €4.25 per patient per month in the intervention group.
- Cost-benefit:** the net benefit of the Service was €500. For every €1 invested, a benefit of €38 per patient is obtained within 6 months.



IMPACT PHASE

CLINIC AND HUMANISTIC IMPACT



At the beginning of this phase, 64.9% of the patients included were adherent (the most adherent patients came from the intervention group of the previous phase who has been followed the previous 6 months).

After six months of follow-up in this phase, the number of adherent patients **increased by 22.8%** (particularly the newly included patients in this phase).



The clinical and humanistic results of the Impact phase were confirmed, showing similar trends for all study variables.

IMPLEMENTATION AND FACILITATION OF THE SERVICE



75% of the pharmacies were able to fully implement the programme at 6 months (≥ 7 patients in the service).

Scope of the service provision to a large number of patients during the 6 months.



High fidelity by the pharmacists to the protocol and successful integration into the community pharmacy daily practice and routine.

Practice change Facilitators were key for the implementation of the service:

- Practice Change Facilitators successfully resolved **74.9% of the barriers** that arose during the implementation of the service.
- They successfully used **87.2% of the facilitators** found.

The employment of Practice change Facilitators should therefore be encouraged by the Provincial Pharmacists Chambers for effective implementation of Professional Pharmacy Services.

IMPLEMENTATION PHASE