



# ABC Project

## Ascertaining Barriers for Compliance: policies for safe, effective and cost- effective use of medicines in Europe

### Final Report - Executive Summary

#### Overview

Policy formulation and implementation for medication adherence:

- derives benefit from a system-based approach, which recognises the role of all medication adherence stakeholders: the patient, their family & carers, healthcare providers and payers, healthcare professionals, educators and researchers and the pharmaceutical industry
- should consider the drug and disease characteristics, patients' overall health status, and the relative importance of the drug in the patient's overall care
- should include interventions that target the three components of medication adherence: initiation, implementation, and persistence with medication taking
- should take behavioural theories into account, to further our understanding of factors that influence medication adherence and actions that can best improve adherence
- should be sensitive to patient 's beliefs and preferences
- should include interventions that are supported by evidence on clinical effectiveness and which result in clinically- and cost-effective medications when taken according to the label instructions.

#### Interventions

Interventions to manage adherence to medications should include, as a minimum, education and information for patients to increase their knowledge about the disease and treatment. When appropriate, motivation and performance-based feedback of medication taking should also be provided.

Interventions to manage medication adherence should be prioritised when:

- a medication is newly prescribed
- a change in treatment or dosing regimen is considered
- several medications are prescribed
- agreed treatment goals are not achieved
- adverse drug reactions are anticipated or experienced
- when the patient requests assistance with medication

Regarding medicines, it is advisable to:

- simplify the patients' medication regimen as appropriate (e.g., less frequent, modified formulation and/or dosage, tailored to individual need)
- stop medication(s) that the patient no longer needs or wants

#### Healthcare professional education

Healthcare professional education should include theoretical and practical training in managing medication adherence, as described in the ABC Project A framework for the education and training of health professionals in Europe.

Healthcare professionals should receive education and training in order to implement patient-centred care, identify non-adherence, and optimise medication adherence, so that they can:

- adopt a non-judgmental approach
- provide patients with ongoing feedback and support with medication-taking
- support patients with concerns about, or experience of, side effects of medication
- make sufficient time for the patient, for instance through more frequent, timely contact

### Patients

Patients benefit when provided with support, education, and information

- when a medication is newly prescribed
- focused on the patients' treatment
- about the benefits of adherence to their particular medication(s)
- about potential side effects or adverse effects and how to manage them
- to assist the patient to weigh up the benefit and harm of medication
- tailored to the individual preferences or needs of the patient

### Healthcare professional-patient interaction

A collaborative approach between patients and healthcare professionals should be adopted to facilitate optimal medicines use and patient-centred care.

Together, healthcare professionals and patients should:

- discuss the patients' preferences for treatment
- ensure a partnership approach in decision making and treatment
- discuss the patients' health and medication-related beliefs
- build the patients' trust in the healthcare professional.

### Healthcare providers

Healthcare providers should:

- promote a team approach, sharing information to deliver consistent adherence support
- prioritise medication adherence support in service, organisation, and systems design.

### Governments/healthcare

Governments/healthcare payers should

- increase public awareness of medication adherence for all citizens
- recognise the importance of cost to patients as a barrier to adherence
- develop and implement evidence-based interventions for medication adherence
- provide undergraduate and postgraduate training and guidance for all healthcare providers so they can deliver effective adherence interventions
- invest in research to identify effective interventions demonstrating value for money, such that:
  - more quality evidence accumulates on the cost-effectiveness of adherence-enhancing interventions
  - the theoretical basis of adherence behaviour informs the development of adherence enhancing interventions
  - improved approaches are developed to achieve sustainable adherence management

### ABC Project datasheet

Title: Ascertaining Barriers for Compliance: policies for safe, effective and cost-effective use of medicines in Europe

Acronym: ABC

#### Project partners:

- 1) Medical University of Lodz, Poland (coordinator)
- 2) Bangor University
- 3) AARDEX Group
- 4) Keele University
- 5) Katholieke Universiteit Leuven

for full Final Report, please visit

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