



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

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Funding line: 7 Framework Program, Funding Scheme: Collaborative Project
Contract/Grant agreement number: 223477EC contribution: 2.235.023 €
Project duration: 01/01/2009 – 30/06/2012

Disclaimer: The research leading to these results has received funding from the European Community Seventh Framework Program (FP7 Theme Health, 2007-3.1-5, grant agreement n°223477). Sole responsibility lies with the authors and the European Commission is not responsible for any use that may be made of the information contained therein.