

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

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In this issue: ABC-coordinated  
*European Forum on Patient  
Adherence to Medication*  
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**The ABC Project** is the EU-funded research initiative to improve patient adherence to medication in Europe. The strategic goal of the project is to produce evidence-based policy recommendations for improving patient adherence, and thus raising the effectiveness of medications use by Europeans. The project's findings are expected to help health policymakers take right decisions to minimize the negative impact of non-adherence. ABC Project was launched on January 1, 2009 and will run until December 31, 2011. [www.ABCproject.eu](http://www.ABCproject.eu)



### ABC Project Meeting, Bangor, UK

The fifth ABC Project Consortium Meeting was held on the 13<sup>th</sup> and 14<sup>th</sup> December in Bangor, UK. The representatives of all ABC Project partners were present. The main scientific issues discussed during the meeting included the preliminary results of Work Package 2 which deals with identifying determinants of non-adherence among patients. The next survey stages were discussed, including preparation of the Survey in different languages and the launch of the Survey in participating nations. A preliminary report from the survey will be ready by December 2011.

Work Package 4 leader Katholieke Universiteit Leuven presented the list of additional countries where the survey on practices of compliance management by the healthcare workers will be conducted. Apart from the Consortium countries (Poland, United Kingdom, Switzerland and Belgium) also Portugal, Spain, Italy, Czech Republic, Hungary, Germany, and possibly the Netherlands and France will take part in this survey. The data from doctors, nurses and pharmacists are expected to be collected by the end of September 2011.

During the meeting, it was also agreed that the two reports based on Work Package 1 findings, dealing with methodology of the literature review and adherence taxonomy, will be submitted to two of the leading medical journals. A review of adherence enhancing interventions (Work Package 5) is in preparation. A total number of 14 ABC Project publications is planned.

Experts' opinions to the policy recommendations will be collected for Work Package 7 with the Delphi method. The meeting of relevant stakeholders dedicated to presentation of the findings of this experiment was planned to take place at the Royal Society of London on 23rd of June 2011.

## ESPACOMP 2011 18-19th November, Utrecht, the Netherlands

This year's Symposium of the European Society for Patient Adherence, COMpliance, and Persistence ESPACOMP2011 will take place in Utrecht on 18<sup>th</sup> and 19<sup>th</sup> of November.

Main session topics will be:

- Adherence measurement methodology
- Adherence in clinical trials
- Predictors of (poor) adherence
- Clinical and other consequences of poor adherence
- Interventions to improve adherence

For the first time ESPACOMP will grant the following prizes:

1. Best young researcher award: A candidate is eligible for the best young researcher award no later than one year after his/her PhD thesis defense. The winner of this price will be selected by the scientific committee. (S)he will receive a certificate and a free attendance for the next ESPACOMP meeting.
2. Best poster award: A poster walk will be organized and the best poster will be awarded. Best poster will be selected during the meeting. The winner will get a certificate and a free attendance for the next ESPACOMP meeting.
3. Jean-Michel Metry memorial lecture: The invited speaker for the JMM memorial lecture will get a 1000EUR award. The speaker selection for the memorial lecture is defined by the president.

[www.espacomp.eu](http://www.espacomp.eu)



### ABC at ESPACOMP 2011

ABC Project partners submitted three papers based on the project findings to ESPACOMP 2011. Aardex Group, Project Partner 4, submitted the paper based on WP5 findings: Identification and assessment of adherence-enhancing interventions: a systematic literature review. NPC Plus, Keele University, Partner 5, submitted two papers on ABC WP4 – Building consensus on medicines adherence policy for Europe: the ABC Project Delphi Study and Management of patient medication adherence: a survey of doctors, nurses and pharmacists in Europe. Medical University of Lodz submitted a paper entitled: There is no correlation between adherence to long-term and short-term treatments.

Please find us at [www.ABCproject.eu](http://www.ABCproject.eu)

### ABC at IAPAC, May 2011, Miami

Dr Bernard Vrijens representing Aardex Group, ABC Project Partner, delivered a presentation on WP1 and WP5 findings at International Association of Physicians in AIDS Care, IAPAC, in Miami in May 22-24 2011. The title of the presentation was Medication adherence: a consensus on taxonomy identification and assessment of adherence-enhancing interventions: results of a literature review. More information about the conference is available at <http://www.iapac.org/>

### ABC at Pharma IQ, September 2011, Amsterdam

Dr Wendy Clyne from NPC Plus, Keele University, will represent the ABC Project at Pharma IQ: Patient Adherence and Compliance Conference 20-21st September in Amsterdam. Dr Clyne's paper is entitled: Developing a Consensus on Addressing Medicines Adherence: the ABC Project Delphi Study. Dr Przemyslaw Kardas from the Medical

University of Lodz, ABC Project's scientific manager, has been invited to deliver the conference's opening address. More information about the event can be found at <http://www.pharma-iq.com/>

## Lunch debate on Adherence at European Parliament 21 September 2011

On 21 September 2011, the Pharmaceutical Group of the European Union (PGEU), the European Patients' Forum (EPF), the Standing Committee of European Doctors (CPME) and the European Federation of Pharmaceutical Industries and Associations (EFPIA) will jointly organise a lunch seminar in the European Parliament entitled "Improving the sustainability of healthcare systems through a better adherence to therapies – a multi-stakeholder approach".

Dr Przemyslaw Kardas from Medical University of Lodz, Poland, ABC scientific coordinator, was invited to give a presentation during the seminar on "Facts and figures of non-adherence", presenting the size and scale of the problems caused by poor adherence.

Participants at the meeting will be Members of the European Parliament, European Commission and Member States representatives, representatives of pharmacists, doctors, patients, industry and other health NGOs.



## WP2 news

The Work Package 2 survey has been started in several countries. The aim of this survey is to find determinants of adherence. A questionnaire prepared specifically for the ABC project, and including Direct Choice Experiment was uploaded to Survey Monkey server. Participants – patients suffering from hypertension - will be recruited via posters, patients' portals and ABC Project web site. A link leading to the survey is available at ABC's site welcome screens for each participating country. Patients with hypertension willing to fill in the survey may access it from ABC home page by selecting their country of residence and preferred language. <http://abcproject.eu/>

Chart1: WP2 plot of participant recruitment rates by May 2011

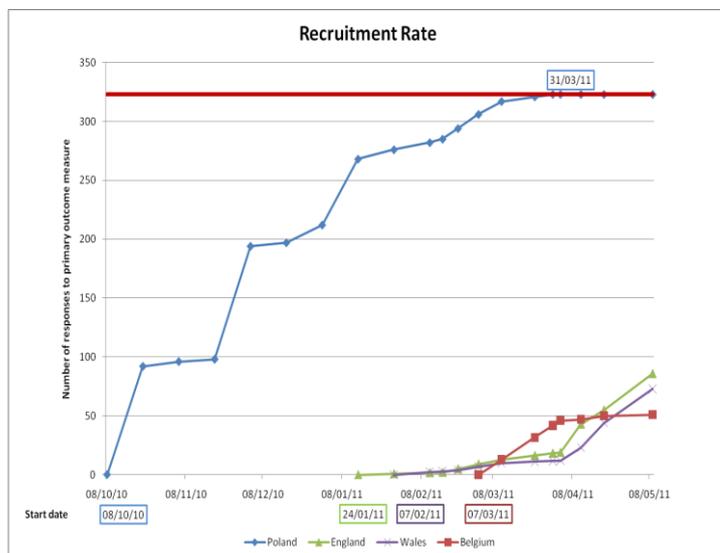
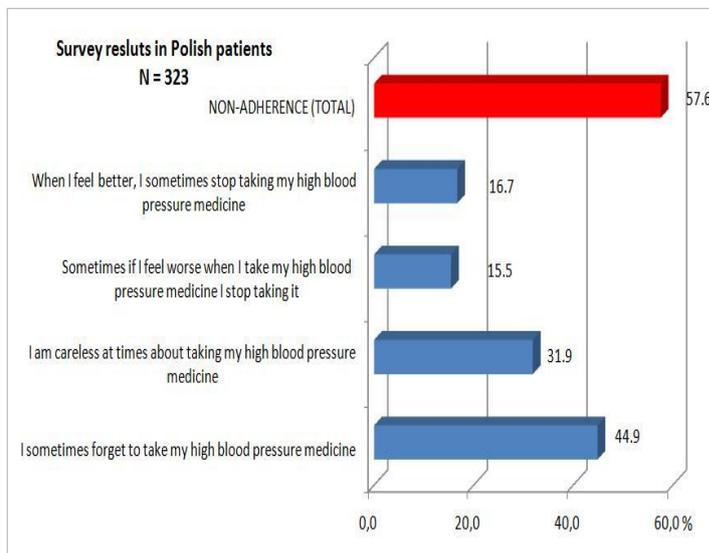


Chart2: Non-adherence to antihypertensives according to 4-item Morisky Medication Adherence Scale – preliminary results of WP2 survey for Poland





## WP4 news

As part of WP4, the survey on management of patient medication adherence aims to examine if health care professionals are aware of the extent of patient non-adherence and what, if anything, health care professionals do to support patients in order to improve adherence. The survey will also investigate the barriers faced by health care professionals in managing patient non-adherence. This survey of doctors, pharmacists and nurses is currently open in England, The Netherlands and Poland with more countries including Austria, Belgium, Czech Republic, France, Italy, Germany, Portugal, Hungary, Greece, Switzerland and Spain commencing recruitment in the coming weeks.

## ABC Expert Meeting, London, 23<sup>rd</sup> June 2011

The ABC Project is organising an Expert Meeting due to take place on 23<sup>rd</sup> June 2011. The meeting will be held at the Royal Society, London, and will involve stakeholders from patient and carers organisations, healthcare professionals, healthcare commissioners and policymakers and the pharmaceutical industry.

The major goal of the meeting is to reach consensus on the range of policy solutions that could be implemented to support patients with medication taking. The results of the meeting will be used to help formulate the ABC final recommendations for health policy makers in Europe. Partner 5, NPC Plus, Keele University, is hosting the meeting. If you have any enquiries about the meeting please contact Katie Edwards, NPC Plus administrator: [k.l.edwards@mema.keele.ac.uk](mailto:k.l.edwards@mema.keele.ac.uk).

## Presentation of ABC final results at the European Forum on Patient Adherence to Medication, Brussels, 8<sup>th</sup> December 2011

With a view to promotion and practical implementation of the ABC final results, the ABC Project Consortium is organising a meeting on the 8<sup>th</sup> of December 2011 in Brussels, called the **European Forum on Patient Adherence to Medication**. As many as 100 addressees are expected to participate: Members of the European Parliament, health policy makers of national and European level, health professionals, pharmaceutical industry and other public health stakeholders.

The results of the ABC Project, including the strategy for enhancing effectiveness and cost-effectiveness of health systems in Europe due to improving patient adherence to medication, will be presented and discussed during the Forum.

For details please see [www.ABCproject.eu](http://www.ABCproject.eu)



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