



Non-adherence to prescribed medications can be common and be related to multiple factors. Your CAPTIVA study team can help to identify and correct issues to improve adherence by evaluating adherence at each visit, particularly for patients not achieving risk factor targets despite effective medication choices. Periodic review of medication bottles to discover if the date of Rx corresponds with the number of pills can be an indicator of adherence.

SOME POTENTIAL CAUSES OF NON-ADHERENCE and SOLUTIONS:

Too many medications: Prescribe the smallest number of medications possible (consider combo meds when possible).

Too frequent dosing: Select medications that are longer acting and requiring single dosing vs. multiple doses.

Forgetfulness: Encourage use of pill boxes (weekly, monthly), involve the caregiver or close family member, use medication reminder cell phone apps, or set up daily alerts on the patient's and/or caregiver mobile devices. **Need some suggested cellphone apps to try?**



- The **Apple Health app** can be a free solution if you have an iPhone that runs iOS 16+ or Apple Watch that runs watchOS 9+. There is a medication tracking and reminder feature and to learn more visit: <https://www.myhealthyapple.com/set-up-medication-reminders-on-your-apple-watch-and-iphone-with-the-health-app/>
- **Medisafe** is a very popular app that is free (with adds) but has the potential to add caregiver notifications if you're willing to pay extra. Info at: <https://medisafeapp.com/>
- **MyTherapyApp** is rated the best app that's free without advertisements but read the fine print about data sharing. More info can be found at: <https://www.mytherapyapp.com/>

Too Costly: Some standard risk factor meds (atorvastatin and most generic BP meds) can be obtained for free through Walgreens (using the approved CAPTIVA formulary meds*). For meds not on the CAPTIVA Walgreens list, you can find inexpensive options or lower cost medication alternatives using websites like GoodRx <https://www.goodrx.com/> or SingleCare <https://www.singlecare.com/>.

Too many side-effects: Some patients may find some side-effects embarrassing (e.g., impotence, gynecomastia, etc.) and won't discuss them unless you ask. Knowing the *potential* side-effects of the medications the patient is taking can help start the discussion. By saying things like, "Sometimes people taking a diuretic might stop taking it due to side-effects, like impotence. "Has that been a concern for you?", your patient might reveal that's the reason and that opens the door to explore other medications with a more favorable side effect profile.

General strategies to improve adherence:

- Communication with your patients is key. Non-judgmental questions about barriers to medication adherence are the best way to uncover potentially addressable problems. Understanding cultural, ethnic and/or social background helps determine the reason for non-compliance.
- Educate patients about potential complications if not adhering to meds prescribed and empower them to take control of their risk factors.
- Allow the patients to express their concerns or questions regarding the medications taken, reinforcing the benefits and the positive impact they can have in their health.

In the end, improving medication adherence can make your job easier (with fewer unnecessary medication adjustments), improves your site's risk factor performance, and is better for your patient's overall health! It's a win-win!!!!

*visit WebDCU/toolbox/Project Documents/Risk Factor Management/Medications provided by Walgreens for a list of medications and instructions.