

Introduction

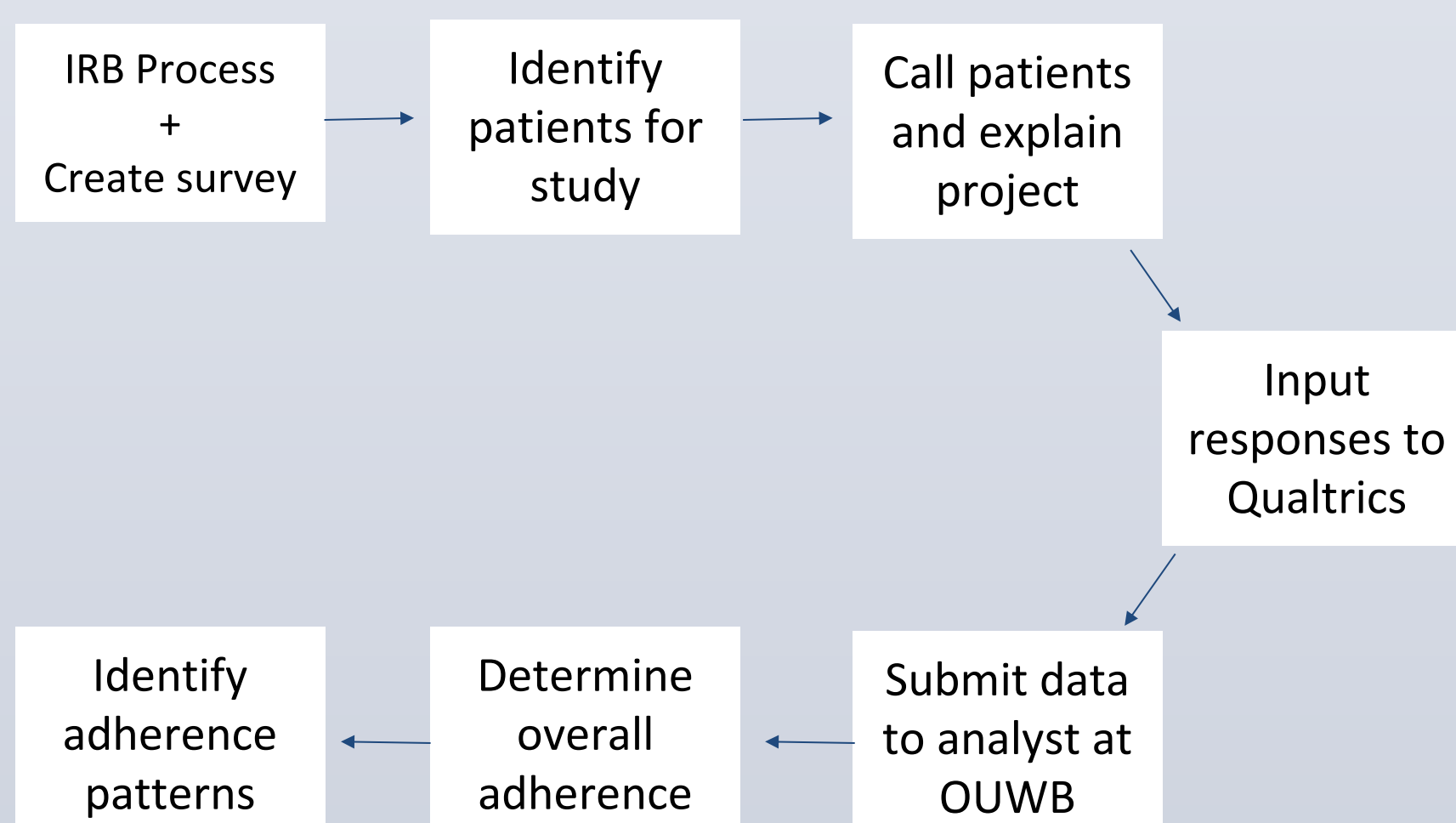
- Medication adherence is defined as the extent to which a patient follows their physician's instructions about the timing, dosage, and frequency of prescribed medicines.
- This study was conducted to establish a baseline to determine how to overcome obstacles contributing to medication adherence rates.
- The national average medication adherence rate in the United States is estimated to be around 40% adherence.^{1,2}
- Lack of transportation, increasing cost of medications, and not filling prescriptions on time are reasons for lack of adherence.^{1,2}
- Morisky Medication Adherence Scale was first used by Dr. Morisky in a study published in 2009.³

Aims and Objectives

- AIM:** Determine if patient medication adherence rates dropped during COVID pandemic using national averages as the baseline, and determine if demographic information factors into that.
- OBJECTIVE:** Call patients who go to the Gary Burnstein Community Health Clinic (GBCHC) that fit the inclusion criteria, ask them questions using the modified Morisky Medication Adherence scale, and input their answers into the online Qualtrics survey.

Methods

- INCLUSION CRITERIA:** Patients over 18 years old, speak fluent English, have been to the clinic within the past 1 year, and are on maintenance medications.
- Gain patient consent to take part in this research project.
- Patient who answer "yes" 3 or more times are considered non-adherent.



Results

	Adherent	Nonadherent	P-value
Age (median)	55.0 (46.5, 60.0)	49.0 (42.0, 57.0)	0.0429
Gender	Female: 33 Male: 32 Missing: 0	Female: 18 Male: 19 Missing: 1	0.8368
Race	Black or African American: 34 White or Caucasian: 21 Other: 10 Missing: 0	Black or African American: 14 White or Caucasian: 14 Other: 9 Missing: 1	0.3213
How many medications are you prescribed?	4.0 (2.0, 6.0)	4.0 (3.0, 5.0)	0.4241

Table 1. The data suggests that older patients are more likely to be adherent to their medications (average age 55 compared to 49). Gender, race, and number of medications do not significantly change adherence rates.

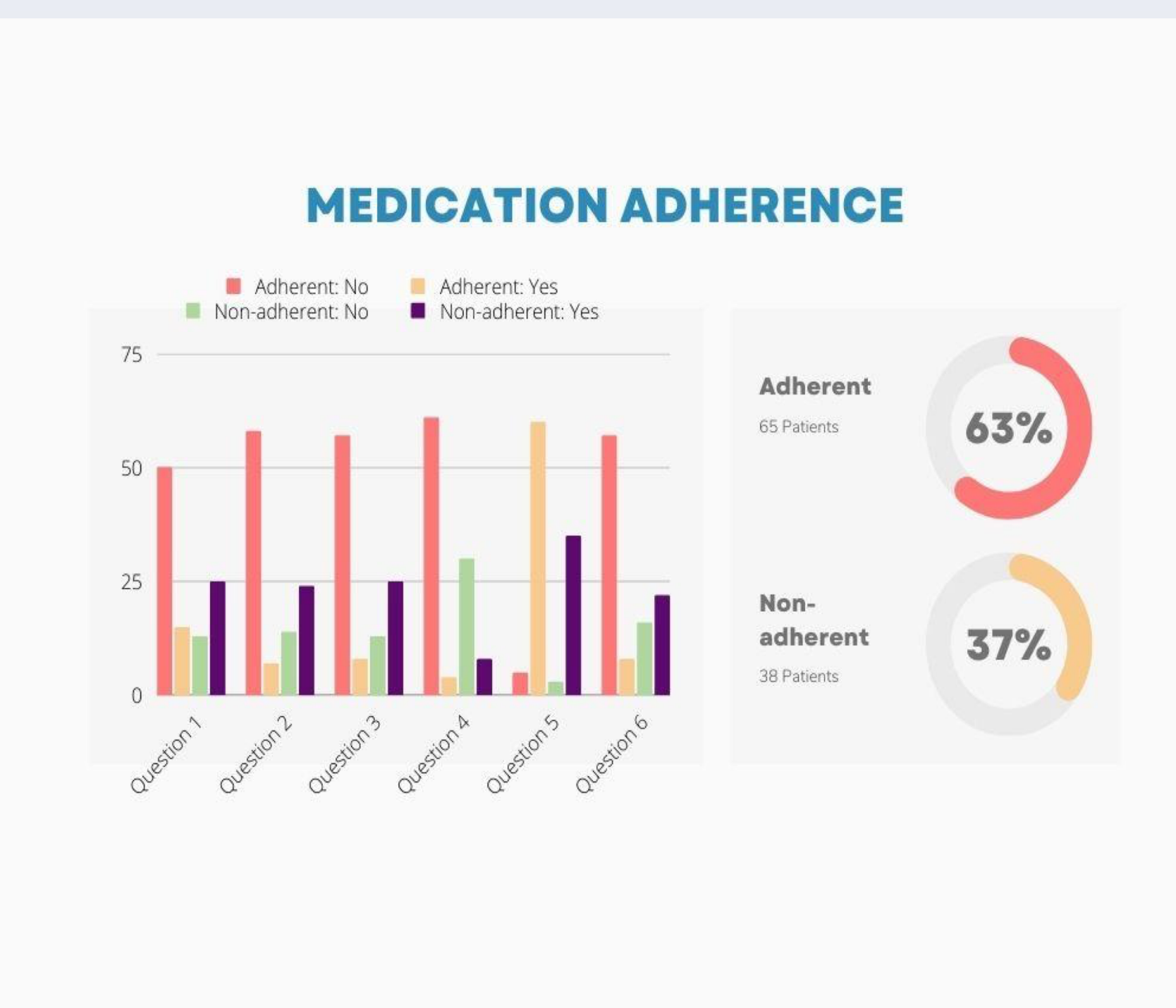


Figure 1. The first and second bar for each group shows a response of "no" and "yes" respectively for the 65 adherent patients. The third and fourth bar for each group shows a response of "no" and "yes" respectively for the 38 non-adherent patients.

Table 2. Modified Morisky Medication Adherence Scale

- Do you ever forget to take your medications?
- Do you sometimes not take your medications?
- When you feel worse, do you sometimes stop taking your medication?
- When you feel better, do you sometimes stop taking your medication?
- Do you know the long-term benefits of taking your medicine as told to you by your physician or pharmacist?
- Do you sometimes not refill your prescription medicine on time?

Table 2. The original Morisky Medication Adherence scale was 8 questions long, but was modified to 6 questions for this study to better match the patient population at the clinic.

Conclusions

- Patients at the Gary Burnstein Community Health Clinic were 63% adherent to their medications.
- Results of this study suggest, but do not confirm, that the older the patient is, the greater likelihood they are to be adherent to their medications.
- Results of this study suggest, but do not confirm, that race and gender are not good indicators for how adherent a patient will be to their medications.
- In summary, the data generated from this study supports that patients at this free health clinic were more adherent to their medications during the COVID-19 pandemic than the national averages are.
- Future projects can use this baseline to focus on reasons why patients are non-adherent to their medications and how to improve adherence rates.

Acknowledgements

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In Collaboration With:



References

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