

QLP

Web-based patient-directed intervention to improve medication adherence among veterans with type 2 diabetes

Karin Nelson, MD MSHS

VA Puget Sound Health Care System, Seattle; Seattle, WA

March 2007- February 2010

BACKGROUND:

Medication adherence among veterans with type 2 diabetes has been noted to be low. We recently completed a QUERI-funded survey of individuals with diabetes who receive care at two VA clinics in Washington State and found that 45% of veterans with poor glycemic control report non-adherence to medications. (Nelson et al, *JGIM*, in press) Similar rates of non-adherence have been reported in other patient populations. Non-adherence to medications has several potentially negative consequences: patients receive a suboptimal dosing of prescribed medications and their provider may misinterpret their clinical response as a need to increase the dose, change medications or add an additional medication.

OBJECTIVES:

The goals of the proposed project are to assess the feasibility of a web-based patient-directed intervention to improve medication adherence among veterans with type 2 diabetes and suboptimal disease control.

METHODS:

Study Design and Intervention:

This is a 6-month pilot test to study of the feasibility of a web-based patient-centered "Diabetes Report Card for Veterans" using MyHealthVet among 15 veterans with type 2 diabetes. After approval from their primary care provider, participants will be given personalized web-based feedback about their current diabetes values (HbA1c, Blood pressure, LDL cholesterol) and the recommended goals for these parameters, in addition to information about their current medications that impact each health goal. Participants will receive web-based reminders about how and when to obtain prescription refills. Medication adherence aids to be sent to participants will include a visually based calendar with a digital picture of each medication and their dosing schedule along with a pill box. We will conduct semi-structured interviews with the 15 patients to assess their acceptance and satisfaction with the proposed intervention, in addition to self-report of medication adherence.

Potential Impact and Submission Plans:

The goal of this study is to develop and pilot test a web-based mechanism to motivate medication adherence among veterans with type 2 diabetes and suboptimal disease control. We will develop a visually based adherence aid that includes dosing schedule and digital photos of each medication. If feasible, we plan to submit an IIR to HSR&D for a randomized clinical trial testing this intervention. If effective, these diabetes report cards could be generated at the national level using information from the Diabetes data cube to provide a patient-centered tool to increase medication adherence.