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A:CARE CONGRESS 2024

# The silent epidemic: Unmasking the global impact of non-adherence

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# Financial disclosure

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The opinions and arguments presented in this presentation are solely my own and do not represent the views or positions of my current or any previous employers. Any conclusions drawn or statements made are based on my independent analysis and should not be interpreted as being endorsed by any organization with which I am or have been affiliated.

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# Key takeaways

**01**

Medication non-adherence is an overlooked challenge impacting millions

**02**

Medication adherence is the key to better health outcomes and cost savings

**03**

In an era of mistrust, medication adherence is more critical than ever

A group of people are sitting around a table in what appears to be a meeting or discussion. A man in the center is smiling and looking towards a woman on the right. The background is slightly blurred, showing a whiteboard and other people.

“

The good physician treats  
the disease, the great  
physician treats the patient  
who has the disease

—*William Osler*



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THE SILENT EPIDEMIC

Non-adherence is an overlooked  
challenge impacting millions



The WHO estimates that adherence to long-term therapies in the population is around

**50%**

# Very few patients with chronic diseases take their medicines as prescribed

In a group of newly diagnosed patients with either diabetes, hypertension or high blood cholesterol



**4-31%** of patients will not fill their first prescription



A further **18-34%** of patients will not fill their second prescription



**59-67%** of patients will self discontinue their medication within 2 years



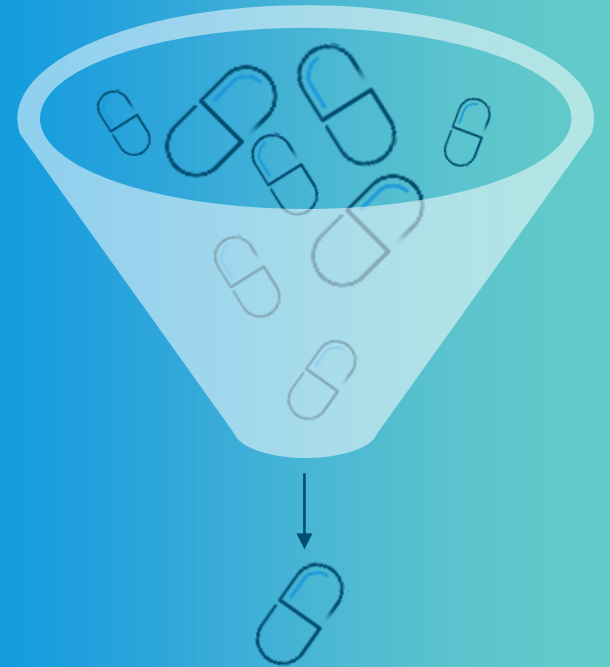
**30-50%** of patients will fill their prescriptions but won't take them regularly



# What is happening after prescription

**For every 100 prescriptions written:**

- 50-70 are filled at the pharmacy
- 48-66 are picked up from the pharmacy
- 25-30 are taken properly
- 15-20 are refilled as prescribed





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THE SILENT EPIDEMIC

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# Medication adherence: An opportunity to improve health outcomes



**50%** of the 3.2 billion annual prescriptions dispensed in US are not taken as prescribed

Approximately

**125,000 deaths per year** in the US are linked to medication non-adherence<sup>2</sup>



**30-50%** of patients are not adherent to their medicines in France<sup>1</sup>

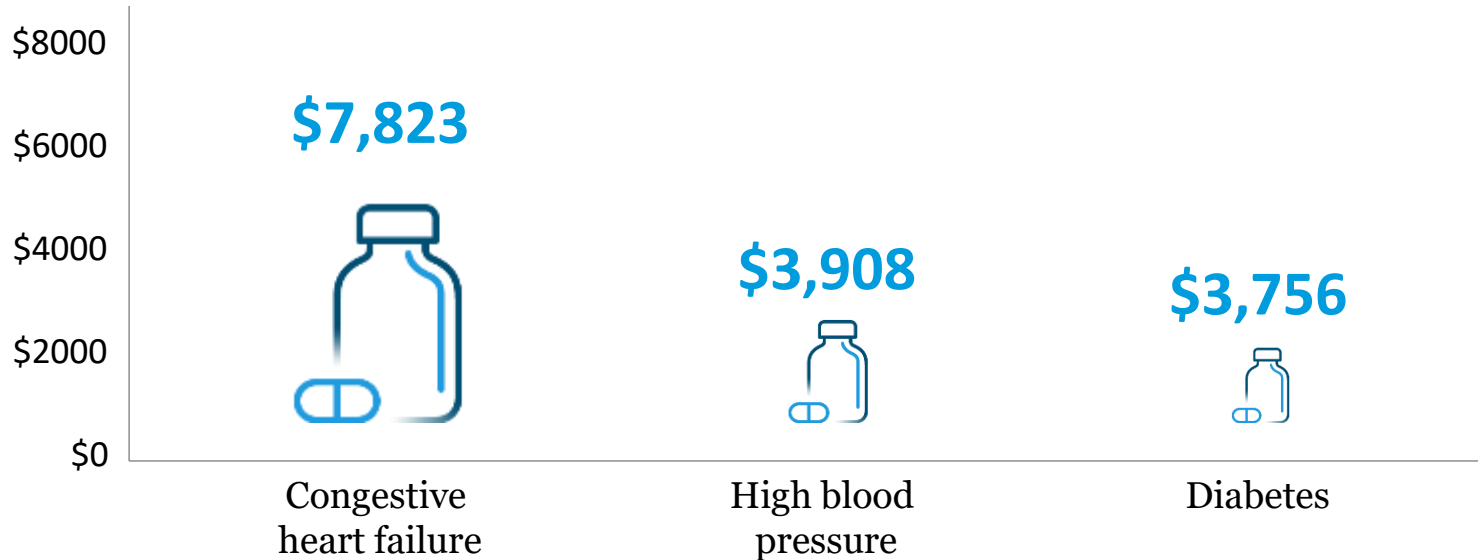
Approximately

**8,000 deaths and \$ 1.1 million hospital days per year** in France are linked to medication non-adherence<sup>3</sup>

1. Duhamel G, et al. Encadrement des programmes d'accompagnement des patients associés à un traitement médicamenteux, financés par les entreprises pharmaceutiques. 2007. 2. Bosworth H, et al. Medication Adherence: A Call for Action. Am Heart J. 2011;162(3):412-24 ; 3. Wolters Kluwer. Medication nonadherence: Medicine's Weakest Link? Infographic available at: <https://www.wolterskluwer.com/-/media/project/wolterskluwer/oneweb/www/health/division/insights/2020/medication-nonadherence-infographic.pdf>

# The cost of poor medication adherence is high

Additional annual cost of treatment for a non-adherent vs an adherent patient



# Investing in adherence is about securing better health outcomes, saving lives, and ensuring the health system's sustainability



## Improve medication adherence

Adherence to diabetes medications varies between 39% to 93%<sup>1</sup>



## Improve health outcomes

10% increase in adherence is associated with a decrease of 0.1-0.1% in HbA1c<sup>2</sup>



## Decrease health service use

Patients with diabetes with low adherence were more than double likely to be hospitalized than those with high adherence<sup>1</sup>



## Decrease health care costs

Patients with diabetes with low adherence have twice the total annual health care costs than those with high adherence<sup>1</sup>



## Improve system performance

1. Khan R and Socha-Ditrich K. investing in medication adherence improves health outcomes and health system efficiency. Adherence to medicines for diabetes, hypertension, and hyperlipidaemia. OECD health working paper no. 105, OECD publishing Paris. 2018 ; 2. Gor D, et al. Adherence and Persistence with DPP-4 Inhibitors Versus Pioglitazone in Type 2 Diabetes Patients with Chronic Kidney Disease: A Retrospective Claims Database Analysis. Journal of Managed Care & Specialty Pharmacy. 2020;26(1): 67-75



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THE SILENT EPIDEMIC

In an era of mistrust, adherence is more critical than ever

# There is a strong correlation between trust in health care providers and improved medication adherence

Medical Prescription Form

Patient Information  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

**R<sub>x</sub>**

Directions:

**Patient trust in health care provider significantly shaped attitudes toward treatment adherence, directly influencing both the intention and actual adherence behavior<sup>1</sup>**

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Medical Prescription Form

Patient Information  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

**R<sub>x</sub>**

Directions:

**Trust in physician & medication beliefs were significantly associated with medication adherence among stroke survivors<sup>2</sup>**

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Medical Prescription Form

Patient Information  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

**R<sub>x</sub>**

Directions:

**Medication adherence was associated with trust in physician, beliefs about medication and self-efficacy in asthma patients<sup>3</sup>**

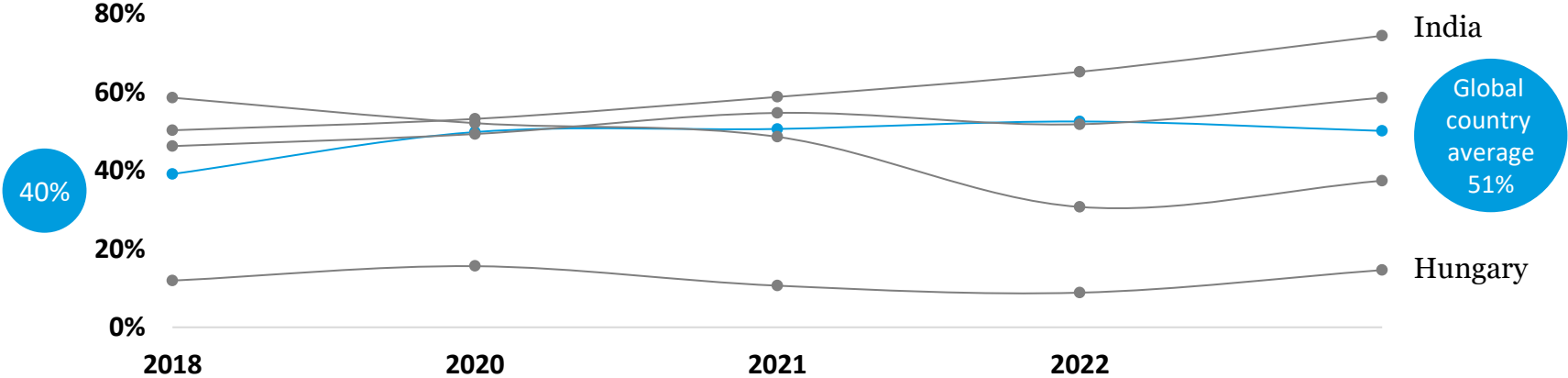
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

1. Wu D, et al. patient trust in physicians matters-understanding the role of a mobile patient education system and patient-physician communication in improving patient adherence behavior. field study. j med internet res. 2022;24(12). 2. Fan Q, et al. impact of beliefs about medication on the relationship between trust in physician with medication adherence after stroke. patient educ couns. 2022;105(4):1025-1029. 3. Fan Q, et al. The mediating role of trust in physician and self-efficacy in understanding medication adherence in severe asthma. Respiratory Medicine. 2021; 190: 106673

# Half of the global population trusts the healthcare system in their own country

## Percentage who responded agree to the statement

I trust the healthcare system in my country to provide me with the best treatment



IPSOS global health service monitor 2023: A 31 country global survey. Available at: <https://www.ipsos.com/sites/default/files/ct/news/documents/2023-09/ipsos-global-health-service-monitor-2023-web.pdf>.



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Medication  
adherence  
a collective  
responsibility



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