

Impact of a Medicines Information App on Medication Knowledge and Worry in Post Myocardial Infarction Patients

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Background and importance

- Non-adherence to medications post-myocardial infarction (MI) is well documented.
- Identifying effective interventions to support patients with the management of medications is therefore crucial.

Aim and objectives

- MedTap[®] is a medicines information app developed by clinicians for patients and carers.
- The objective of this study was to evaluate whether utilising MedTap[®] had any impact on patient knowledge and worry.

Methods

- Patients admitted to a cardiology ward with an MI, completed a baseline questionnaire to assess medication knowledge and worry.
- They were given access to medicine information via MedTap[®].
- A post-use questionnaire was completed via telephone two weeks later.
- Questions were grouped into "knowledge" (n=5) and "worry" (n=3) for analysis.
- A score of one was assigned to yes responses and zero for no and change over time was assessed with a paired Wilcoxon.

Example screen shots from the Android version of MedTap[®]. An identical version is also available for iOS.



Results

- 54 patients were recruited (mean age 63, 4 female), with 10 (18.5%) lost to follow up.
- Of the 44 patients interviewed, 22 (50%) used the app.

App Users

- Knowledge
 - The median pre score = 3 (range:1-5) with a median change of 1 (range:-1-4).
 - There was a significant increase in knowledge (p=0.003) at two weeks follow up.
- Worry
 - The median pre-worry score = 0 (range:0-2) with a median change of 0 (range:-2-0).
 - However, this still translated into a net reduction in worry (p =0.011).

Results cont

Non- users

- Knowledge
 - Median pre-knowledge score = 3 (range: 0-5) with a median change of 1.5 (range:-4 - 4).
 - There was an increase in knowledge (p=0.009) at follow up.
- Worry
 - The median pre-worry score was 0 (range:0-2) with a median change of 0 (range:-1-2).
 - There was no significant change in worry (p=0.739).

Conclusion

- Digital apps can be used as a tool to deliver
 - medicines information
 - improve patient knowledge
 - decrease patient medication worry

A reduction in worry is significant as this is known to significantly influence adherence behaviour

Further work will assess adherence and determine whether using MedTap has an impact on clinical outcomes.



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