



CREATOR(S):

TITLE:

YEAR:

Original citation:

OpenAIR citation:

Copyright statement:

This work was distributed in the first instance by _____ and was originally presented at _____.

OpenAIR takedown statement:

Section 6 of the "Repository policy for OpenAIR @ RGU" (available from <http://www.rgu.ac.uk/staff-and-current-students/library/library-policies/repository-policies>) provides guidance on the criteria under which RGU will consider withdrawing material from OpenAIR. If you believe that this item is subject to any of these criteria, or for any other reason should not be held on OpenAIR, then please contact openair-help@rgu.ac.uk with the details of the item and the nature of your complaint.

This _____ is distributed under a CC _____ license.



PHARMACY PRE-REGISTRATION TRAINEES
SAAME STUDY
Scottish Adherence to Antihypertensive Medication in the Elderly

SCOTTISH ADHERENCE to ANTIHYPERTENSIVE MEDICATION in the ELDERLY

K MacLure^a G Craig^b A Power^b S Peddie^b A Osprey^c A Boyter^d G Cousins^e A MacLure^a D Stewart^a

^aRobert Gordon University ^bNHS Education for Scotland ^cCommunity Pharmacy Scotland ^dUniversity of Strathclyde ^eRoyal College of Surgeons of Ireland ~ email: k.m.maclure@rgu.ac.uk

PROMOTING EVIDENCE-BASED COMMUNITY PHARMACY SERVICES

INTRODUCTION

SAAME study aims

- to assess adherence to antihypertensive medication
- to examine patient-specific factors associated with antihypertensive medication adherence among Scottish adults aged 65 years and over

Detection and treatment of hypertension continues to be a major public health challenge

Affects between 30-45% of the general population; increasing steeply with age

Studies have shown the benefit of antihypertensive agents in improving clinical outcomes¹

In Scotland, prevention and treatment of hypertension and related cardiovascular disease has been a priority for over 15 years²

Most patients with hypertension attend a community pharmacy every one to two months

Opportunity to examine patient-specific factors

METHODS



Pre-registration pharmacist trainees (pre-regs) undertaking postgraduate training in community pharmacies across Scotland were invited to take part. The structured interview focused on patient's beliefs about medicines and medication adherence. Quantitative data were analysed using descriptive statistics (IBM SPSS version 21©). The study had NHS ethical and R&D approval.

Step 1: Eligibility and consent

- invite consecutive patients as per inclusion criteria
- record the number of refusals
- continue until consent obtained from 15 patients

Step 2: Pharmacy database

- access each patient's pharmacy PMR
- gather data on antihypertensives and co-prescriptions over the previous 12 months

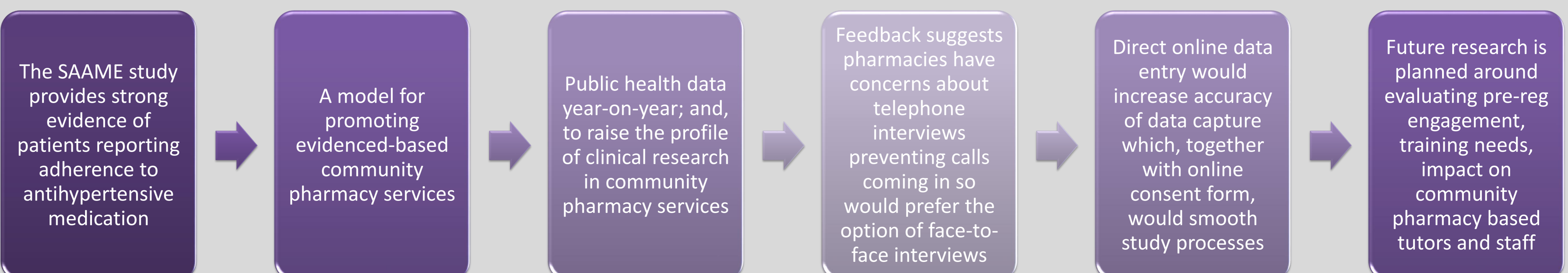
Step 3: Patient telephone interview

- interview patient by telephone following structured interview schedule
- upload data to SAAME database

RESULTS

- Of the 130 pre-regs training in community pharmacy in Scotland 92% (n=119) took part with a patient-participant response rate of 75% (n=1332)
- 94% of respondents **always-or-often** strive to follow doctor's instructions and have a **strict routine** for use of their regular medicines
- 87% **rarely-or-never get confused** about their medicines
- 78% of respondents believed their medication **prevented them becoming ill**
- 8% reported **unpleasant side effects**
- 93% said taking medication **did not disrupt** their life
- Respondents had on average visited a **medical practice twice** in previous six months
- 69% reported **normal blood pressure**
- 49% of respondents had **previously smoked** daily; 13% **currently smoke**

CONCLUSIONS



References

- O'Donnell MJ, Xavier D, Liu L, Zhang H, Chin SL, Rao-Melacini P, et al. Risk factors for ischaemic and intracerebral haemorrhagic stroke in 22 countries (the INTERSTROKE study): a case-control study. *Lancet* 2010;376(9735):112-23.
- Scottish Government (2015) The Scottish Health Survey 2015: Volume 1: Main Report. Available from: <http://www.gov.scot/Publications/2016/09/2764>

Acknowledgements

The authors gratefully acknowledge the pre-registration pharmacists and their work-based tutors and pharmacy colleagues. Also the NES Practice Education Coordinators who supported and encouraged them, so thank you to Lesley Pacitti, Fiona Woodley, Frances Notman and Peter Hamilton. We would also acknowledge and thank the NES administrators who photocopied, collated and posted out materials.