PROVIDER

A Digital Health Intervention For Glaucoma Patients

· A randomized Clinical Trial developed to increase adherence to daily Glaucoma regimens

THE PROGRAM OVERVIEW

ENROLLMENT

Recruited by clinical coordinators using Microsoft HealthVault

what happened next?

INTERVENTION

Study Participants were sent automated dosing reminders using SMS (Text Message) and IVR (Phone Message)

did it work?

31.4%
increase in adherence vs. control

PROVIDER: JOHNS HOPKINS UNIVERSITY

THE OBJECTIVE:

Ensuring patients with glaucoma adhere to their TRAVATAN® / XALATAN® medication regimen. This clinical study aimed to determine whether telecommunication-based intervention linked to a personal health record could improve adherence to glaucoma medications.

THE INTERVENTION

Subjects taking once daily eye drops were recruited from a university-based glaucoma practice. Those that agreed to participate underwent a 3 month period during which their use of eye drops was recorded electronically (MEMS, AARDEX Group).

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STUDY DESIGN

Subjects found to have taken less than 75% of doses correctly were randomized either to no intervention or to receiving a daily MEMOTEXT intervention. The messages were scheduled and associated with a particular medication using a Personal Health Record (PHR) established for each subject (HealthVault, Microsoft Inc.)

THE RESULTS:

The baseline adherence rates for these two groups were similar (49% and 51%respectively, p=0.7) Using an intention to treat analysis, the adherence rate in the control group did not change from baseline (p=0.8) while the intervention group improved to 67% (p=0.002).

THE CONCLUSION:

The combination of a PHR and telecommunication-based reminders successfully increased adherence to glaucoma medications in a group of poorly adhering patients. This patient-centric solution was well received by the majority of patients, provided significant improvements in adherence and was cost effective to run.