Patient-reported barriers to accepting a technological adherence package in the MAGNIFY trial.

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Introduction

COPD exacerbations lead to increased mortality and disease progression. Maintenance inhaled therapies can reduce exacerbation risk amongst COPD patients, but non-adherence reportedly ranges from 20-60% in this population. The ongoing cluster randomised trial MAGNIFY is investigating the use of technological adherence support as a solution to this problem, but there is little evidence regarding patients' willingness to accept such devices.

Aims and objectives

To explore patient-reported barriers to accepting a technological adherence package.

Methods

COPD patients were eligible for MAGNIFY if aged 40 years or above, with ≥2 moderate/severe exacerbations in the last two years and with ≤50% adherence to mono/dual therapy. Eligible patients received a phone call from a pharmacist who conducted a remote patient review and invited them to use the digital support package, comprising an Ultibro Breezhaler and adherence support technology. Patients declining the package were asked to provide reasons.

Results

Out of 331 patients clinically suitable for the adherence package, 113 (34.1%) declined the adherence package. Reasons for declining included: no smartphone/not compatible phone (n=89), unwilling to change inhaler (n=8), unwilling to use inhalers regularly (n=5), life events (n=2), another health condition (n=1), no reason (n=8).

Conclusions

Most patients declined the adherence package for practical reasons, such as lacking a compatible smartphone, rather than unwillingness to use technology. Though this is interim data from a single trial, it suggests that technophobia may not be an important barrier to patients accepting technological adherence support.