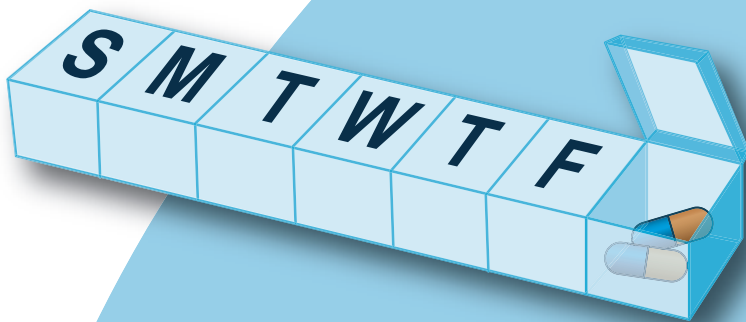


Medication Adherence Technology for Mental Healthcare:

Potential Benefits and Guidelines

Medication adherence technology

- Medication adherence technology involves tools that can monitor and encourage patients to take their medications¹
- These tools can include pill containers that detect when they are opened, as well as automated reminders and supportive messages sent to a patient's phone¹



Potential benefits

- May be used to manage adherence for multiple psychiatric conditions¹
- If connected to a health system network, these tools can send automatic assessments of adherence to HCPs²
- Could increase the accuracy of adherence assessment compared with manual or in-person questioning methods²



Guidelines

- The 2018 NCBH guidance on medication adherence states that more evidence would be needed to recommend the use of digital tools³

References

1. Steinkamp JM et al. *JMIR Ment Health*. 2019;6:e12493.
2. Aldeer M et al. *Appl Syst Innov*. 2018;1:14.
3. National Council Medical Director Institute. Medication matters: Causes and solutions to medication non-adherence. <https://www.nationalcouncildocs.net/wp-content/uploads/2018/09/medication-non-adherence-082918.pdf>. 2018. Accessed October 28, 2019.

Disclaimer

These resources are intended for informational purposes only and are intended for healthcare professionals who may choose to share them with their patients. They are not intended as, nor are they a substitute for, medical care, advice, or professional diagnosis. Healthcare professionals should use their independent medical judgement when considering these educational resources. Those seeking medical advice should consult with a healthcare professional. These resources are not intended as reimbursement or legal advice. Please seek independent advice from a qualified professional to ensure that your organization complies with the complex legal and regulatory requirements governing healthcare services, and that treatment decisions are consistent with the current applicable standards of care.

Abbreviations

HCP, healthcare provider;
NCBH, National Council on Behavioral Health.