

New study finds inhaler reminders dramatically improve asthma controller adherence

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Reminders prompting asthma patients to take their control inhalers if they miss a dose significantly improve medication adherence, according to a primary-care based study conducted by a research team in Australia. In this six-month investigation, patients receiving reminders took on average 73% of their prescribed doses compared to only 46% in patients who did not have reminders.

The results of the cluster randomized controlled trial were presented at the ATS 2014 International Conference. Given the fact that poor adherence is an important contributor to poor [asthma control](#) and that implementing strategies for improving medication-taking is sometimes impractical in primary-care settings, the study aimed to develop and test a set of adherence intervention tools that would be feasible for use by general practitioners (GPs).

"Adherence is often inhibited by patients' concerns about medication effectiveness and short- and long-term treatment safety," said lead author Juliet Foster, PhD, a research psychologist at the Woolcock Institute of Medical Research in Sydney. "Also to blame are the modern, busy lives that we all lead, which can make taking medication a challenge for people with asthma and other chronic conditions."

In total, the 43 GPs who volunteered for the study enrolled 143 patients between the ages of 14 and 65 who had been prescribed a twice-daily control inhaler for at least one month and scored sub-optimally (

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