

Rx adherence lower for patients new to diabetes therapy

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(HealthDay)—Factors associated with adherence to medications for treatment of diabetes include experience with diabetes therapy and related costs, thus efforts to reduce out-of-pocket costs may result in higher adherence, according to research findings published online Jan. 8 in *Diabetes Care*.

M. Sue Kirkman, M.D., from the University of North Carolina School of Medicine in Chapel Hill, and colleagues conducted a retrospective analysis of a pharmacy claims database to examine patient, medication, and prescriber factors associated with antidiabetic [medication adherence](#). Data were included for more than 200,000 patients treated with noninsulin medications. A modified adherence measure was used that accounted for changing therapies.

The researchers found that adherence, defined as a medication possession ratio ≥ 0.8 , was 69 percent. Independent correlations were seen for adherence with older age, male gender, [higher education](#), higher income, use of mail order versus retail pharmacies, primary care versus nonendocrinology specialist prescribers, higher daily pill burden, and lower out-of-pocket costs. The likelihood of adherence was significantly lower for patients who were new to diabetes therapy.

"For all patients, efforts to reduce out-of-pocket costs and encourage use of mail order pharmacies may result in higher adherence," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry; the study was partially funded by Amylin Pharmaceuticals, Novo Nordisk, and Sanofi.

More information: [Abstract](#)
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