

Smartphone app may up medication adherence in HTN

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(HealthDay)—Randomization to use of a smartphone app is associated

with a small improvement in medication adherence but no change in systolic blood pressure among individuals with poorly controlled hypertension, according to a study published online April 16 in *JAMA Internal Medicine*.

Kyle Morawski, M.D., M.P.H., from the Center for Healthcare Delivery Sciences in Boston, and colleagues recruited 412 participants with confirmed uncontrolled hypertension taking one to three antihypertensive medications; they were randomized to intervention or control in a 1-to-1 ratio. Participants in the [intervention group](#) were asked to download and use the Medisafe app, which includes reminder alerts, adherence reports, and optional peer support.

The researchers found that the mean score on the Morisky [medication adherence](#) scale improved by 0.4 among intervention participants and remained unchanged among controls (between-group difference, 0.4; 95 percent confidence interval, 0.1 to 0.7; $P = 0.01$) after 12 weeks. Among intervention and [control participants](#), the mean [systolic blood pressure](#) at baseline was 151.4 and 151.3 mm Hg; after 12 weeks, the mean systolic blood pressure decreased by 10.6 and 10.1 mm Hg among the intervention and control participants, respectively (between-group difference, -0.5 ; 95 percent confidence interval, -3.7 to 2.7 ; $P = 0.78$).

"We found significant improvement in medication adherence, but no difference in systolic blood pressure between the intervention and control groups," the authors write.

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