

Medication Compliance After Implementation of the 21st Century Cures Act

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Introduction

In December 2016, the 21st Century Cures Act was passed in the United States, mandating free and readily available patient access to their own electronic medical records. This study aims to determine the impact of physician note access on patient adherence to treatment regimens for chronic rhinosinusitis (CRS).

Design/Sample

All patients with a CRS diagnosis between November 2020 and June 2022 were eligible for study participation. Patients were divided into two cohorts, those with and without an activated patient portal to their electronic medical record (EMR). Patients without an active patient portal were recruited during clinic visits and patients with an active portal were contacted via the EMR. In total 174 patients with chart access and 44 patients without chart access responded. Both cohorts were then sent a Qualtrics survey assessing demographics and medication adherence. Medication adherence was assessed by using the Morisky Medication Adherence Scale (MMAS).

Results

Both cohorts had similar age, race, ethnicity, and gender composition. Over 94% of respondents in both cohorts spoke English as a primary language.

Fig 1a. Education

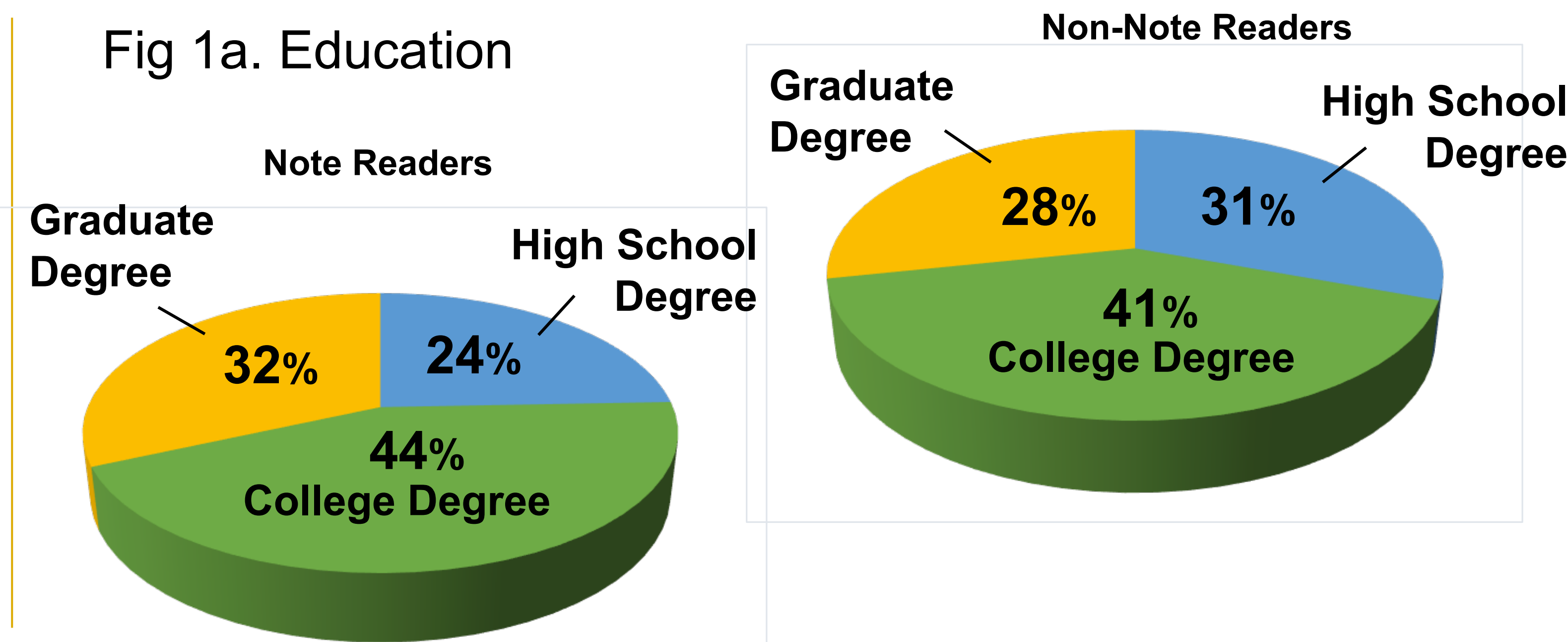
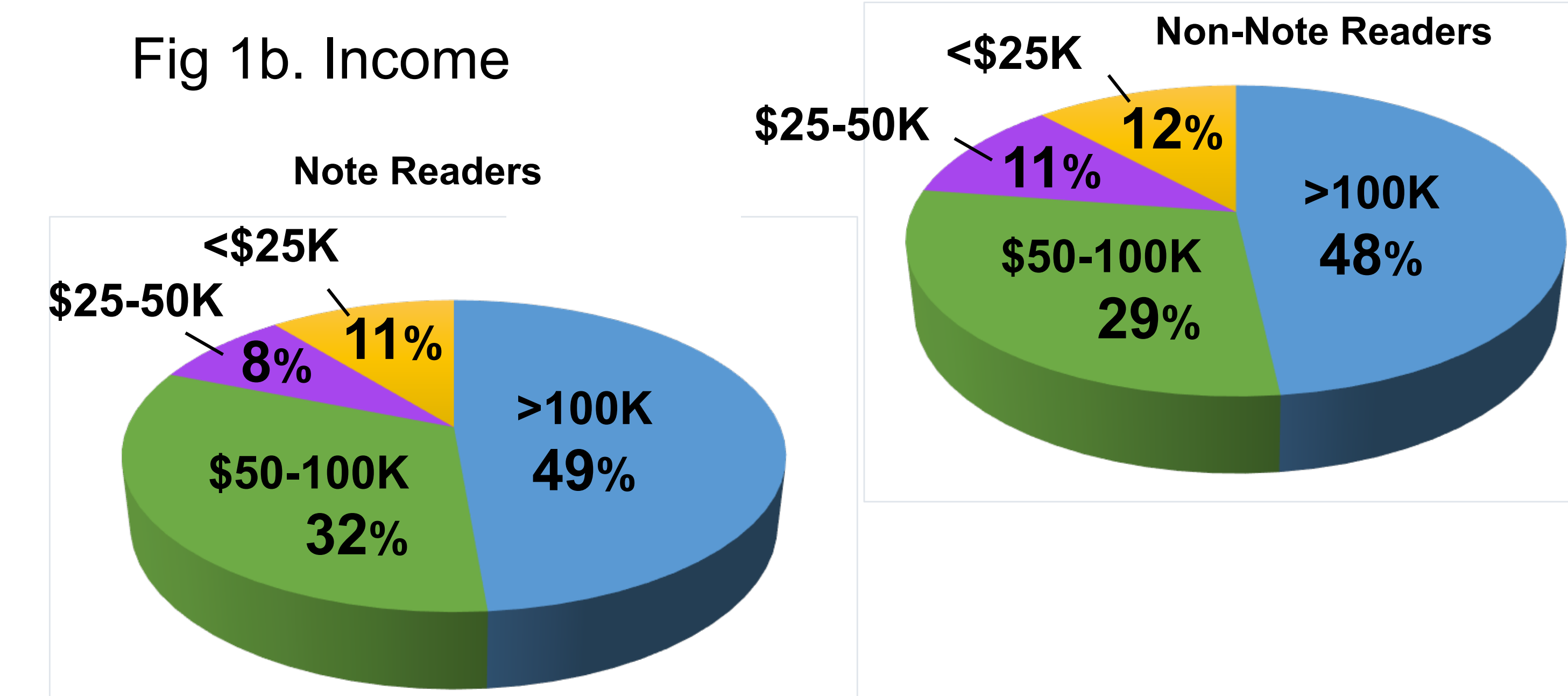


Fig 1b. Income



		Do Not Read Notes	Read Notes	p value
(1)	Do you sometimes forget to take your medications?			
	Yes	7	66	0.064
	No	22	109	
(2)	People sometimes miss taking their medications for reasons other than forgetting. Thinking over the past two weeks, were there any days when you did not take your medications?			
	Yes	6	45	0.16
	No	23	129	
(3)	Have you ever cut back or stopped taking your medications without telling your doctor, because you felt worse when you took it?			
	Yes	4	46	0.068
	No	25	128	
(4)	When you travel or leave home, do you sometimes forget to bring along your medications?			
	Yes	3	20	0.25
	No	26	153	
(5)	Did you take your medications yesterday?			
	Yes	23	160	0.061
	No	5	13	
(6)	When you feel like your health condition is under control, do you sometimes stop taking you medications?			
	Yes	9	21	0.0063
	No	18	152	
(7)	Taking medications every day is a real inconvenience for some people. Do you ever feel hassled about sticking to your treatment plan?			
	Yes	6	37	0.20
	No	21	135	
(8)	How often do you have difficulty remembering to take all your medications?			
	Never/rarely (1)	22	104	0.40
	Once in a while (2)	4	55	
	Sometimes (3)	2	14	
	Usually (4)	1	1	
	All the time (5)	0	0	

Analysis

Statistical analyses were performed with SAS software (SAS Institute Inc, Version 9 2020) and Excel (Microsoft Inc, Version 16.76). Questions 1-7 were analyzed using Fisher's exact test and question 8 was analyzed using two sided t-test in Excel.

Summary

Patients with access to their medical notes are more likely to continue taking medications for CRS even after they feel better. However, there is not a significant difference in other aspects of medication adherence between those who view their notes and those who do not.



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