THE ADHERENCE CHALLENGE IN SCHIZOPHRENIA: CAN MEDICAL EDUCATION IMPROVE PHYSICIANS’ MANAGEMENT OF OPTIONs?

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INTRODUCTION

Schizophrenia (SCZ) is a severe, chronic disease that affects about 1% of the world's population.1 Treatment requires careful tailoring of therapy and incorporation of multimodal strategies to promote adherence. As many as 50% of patients, however, are nonadherent to medications, which can contribute to poorer outcomes.2 This study assessed whether online continuing medical education (CME) in the form of an interactive video discussion in which 2 experts discuss patient adherence could improve clinical knowledge/competence of psychiatrists and primary care physicians (PCPs) managing SCZ.

STUDY OBJECTIVES

1. To determine whether a video-based CME activity featuring 2 experts discussing novel management options in SCZ and the roles of current and emerging therapies was developed.

2. The CME activity was made available online through a website dedicated to lifelong learning and continuous professional development.

3. The CME program was launched online on September 23, 2015, and data were collected through November 10, 2015.

METHODS

A video-based CME activity featuring 2 experts discussing novel management options in SCZ and the roles of current and emerging therapies was developed. The CME activity was made available online through a website dedicated to lifelong learning and continuous professional development. The CME program was launched online on September 23, 2015, and data were collected through November 10, 2015.

ASSESSMENT METHOD

Linked participants (ie, the learners), who served as nonadherent to medications, which can contribute to poorer outcomes.2 This study assessed whether online continuing medical education (CME) in the form of an interactive video discussion in which 2 experts discuss patient adherence could improve clinical knowledge/competence of psychiatrists and primary care physicians (PCPs) managing SCZ.

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RESULTS

Data were collected for the 305 psychiatrists and 85 PCPs, a subset of total learners, who participated in the CME activity and answered at pre- and post-assessment questions.

Psychiatrists demonstrated statistically significant improvements in knowledge/competence (P = .01; V = 22.7, medium educational effect). While only 19% answered all 4 questions correctly on pre-assessment, 47% answered them all correctly on post-CME assessment (Figure 1).

PCPs demonstrated statistically significant improvements in knowledge/competence (P = .05; V = 0.23; medium educational effect). While only 4% answered all 4 questions correctly on pre-assessment, 33% answered them all correctly on post-CME assessment (Figure 1).

Both psychiatrists and PCPs improved their understanding of strategies to increase medication adherence, including:

Available and emerging long-acting injectable antipsychotics’ mechanisms of action.

Tailing these agents in patients with SCZ.

Strategies for communicating with patients regarding long-acting medications.

FIGURE 1. CME Evaluation Questions Answered Pre- and Post-CME

ASSESSMENT QUESTION 1. Which of the following long-acting injectable medications is a prodrug?

A. Aripiprazole monohydrate

B. Paliperidone palmitate

C. Olanzapine palmitate

D. Quetiapine fumarate

ASSESSMENT QUESTION 2. Which of the following LAI antipsychotics requires oral antipsychotic supplementation?

A. Aripiprazole monohydrate (Abilify Maintena®)

B. Paliperidone palmitate (Invega Trinza™)

C. Olanzapine palmitate

D. Quetiapine fumarate

ASSESSMENT QUESTION 3. Which of the following long-acting injectables have a dose that can be titrated up or down?

A. Aripiprazole monohydrate (Abilify Maintena®)

B. Paliperidone palmitate (Invega® Sustenna®)

C. Olanzapine palmitate

D. Quetiapine fumarate

ASSESSMENT QUESTION 4. Which of the following LAIs have a dose that can be titrated up or down?

A. Aripiprazole monohydrate (Abilify Maintena®)

B. Paliperidone palmitate (Invega® Sustenna®)

C. Olanzapine palmitate

D. Quetiapine fumarate

ASSESSMENT QUESTION 5. Which of the following LAIs have a dose that can be titrated up or down?

A. Aripiprazole monohydrate (Abilify Maintena®)

B. Paliperidone palmitate (Invega® Sustenna®)

C. Olanzapine palmitate

D. Quetiapine fumarate

CONCLUSION

Online, CME presented as a video-based discussion between 2 experts in SCZ was successful in improving physicians’ knowledge/competence on pharmacologic and nonpharmacologic strategies for increasing medication adherence in SCZ. Psychiatrists and PCPs would benefit from additional education on tailoring treatment options for SCZ patients, including the roles of long-acting and oral antipsychotics in improving adherence, in order to achieve better outcomes in patients with SCZ.

FIGURE 2. Scoring Distribution of Psychiatrists’ Responses to 4 Questions From Pre- to Post-CME (n=285)

FIGURE 3. Scoring Distribution of PCPs’ Responses to 4 Questions From Pre- to Post-CME (n=85)

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REFERENCES

