

MedTap®

The clinicians consultation at the patients' fingertips

Gayle Campbell: Heart Failure Pharmacist
Guy's and St Thomas' NHS Foundation Trust



The problem

Adherence to medicines is the extent to which the patient's action matches the agreed recommendations.

However:

- In the UK, ten days after starting a medicine, almost a third of patients are already non-adherent
- Of these, 55% don't realise they are not taking their medicines correctly
- Whilst 45% are intentionally non-adherent.

Non-adherence is a powerful confounder of evidence-based practice and can affect daily patient management, resulting in inappropriate therapeutic escalation with greater costs and potential for harm.

Barriers to adherence

Patients have much greater access to information from lay sources. This information can be more persuasive than that of healthcare professionals.

Pre-existing health beliefs are hard to change this can impact how patients perceive necessity of medicines and concerns they have about long-term use.

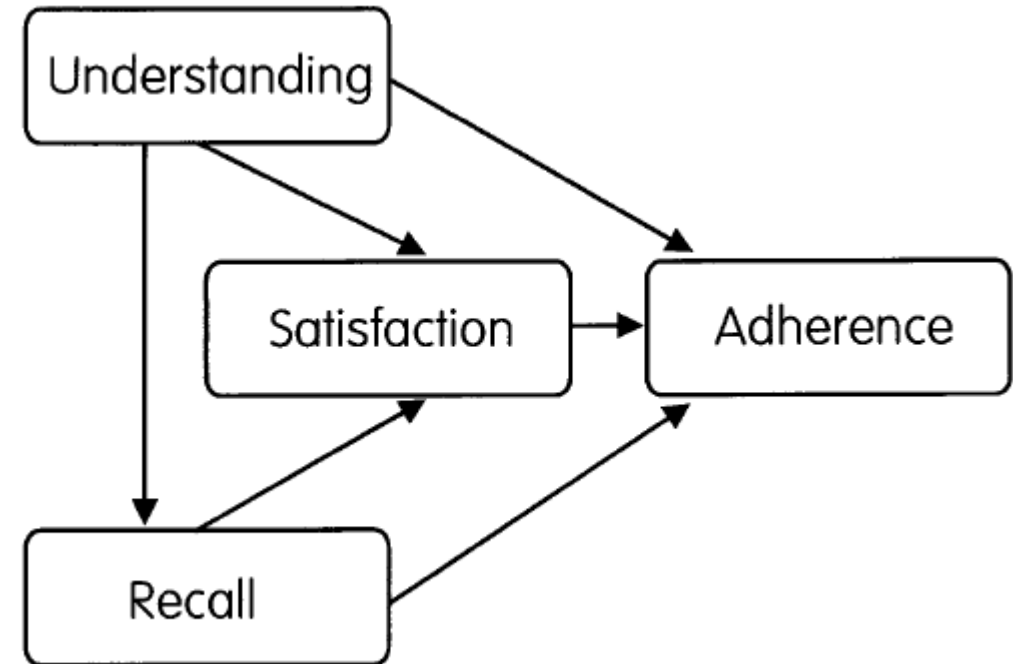
Healthcare professionals tend to instruct and often don't cover the information patients want to know.

The idea....

Empowering patients to take a more active role in their health management by supporting them to:

- Better understand their condition and medicines
- Improve their satisfaction with information provided

We need to ensure patients have quick and easy access to this information using digital technology



Ley P. Communicating with Patients: Improving Communication, Satisfaction and Compliance. New York: Croom Helm, 1988

Conditions

Medicine Common Questions

My Favourites

My Medications and Alarm

My Notes

My Allergies

Useful Links

About Us

Contact Us

MedTap

MedTap provides:

- Patient-centred information that is easily accessible but scientifically rigorous.
- From a recognisably trusted source.
- Videos replicating the healthcare professional consultation.

- Medicine Common Questions
- Why you need to take medicines
- Side effects of medicines
- Remembering to take your medicines
- Emergency supply of medicines
- Cost of medications
- How to order repeat medicines
- Storage and disposal of medicines

MedTap

MedTap provides:

- Generic information on medicines and how to take these
- Practical advice on managing prescriptions





Heart failure

What is heart failure with reduced ejection fraction (HFrEF)

What is heart failure with preserved ejection fraction (HFpEF)

How to monitor your symptoms in heart failure

Why angiotensin converting enzyme inhibitors in HFrEF

Side effects and how to take angiotensin converting enzyme inhibitor

Why beta-blockers in HFrEF

Side effects and how to take beta-blockers

Why sacubitril/valsartan in HFrEF

MedTap



Guy's and St Thomas'
NHS Foundation Trust

MedTap provides:

- Information on key medicines within conditions
 - Why the medicines need to be taken
 - How they work
- Side effects of the medicines and what to do should they suffer one
- Practical advice on how to take



Heart failure

What is heart failure with reduced ejection fraction (HFrEF)

What is heart failure with preserved ejection fraction (HFpEF)

How to monitor your symptoms in heart failure

Why angiotensin converting enzyme inhibitors in HFrEF

Side effects and how to take angiotensin converting enzyme inhibitor

Why beta-blockers in HFrEF

Side effects and how to take beta-blockers

Why sacubitril/valsartan in HFrEF

MedTap



Guy's and St Thomas'
NHS Foundation Trust

How to monitor your symptoms in heart failure:



How to monitor your
symptoms in heart failure

← MED TAP M T ⓘ

Medications Reminders

Bisoprolol Fumar_Tab 10mg
10mg at 08:00 Everyday
Use to treat: heart failure
Updated: 09/09/2020

Entresto_Tab 49mg/51mg
49/51mg at 08:00 Everyday
49/51 at 20:00 Everyday
Use to treat: heart failure
Updated: 24/09/2020

Eplerenone_Tab 50mg
25mg at 08:00 Everyday
Use to treat: heart failure
Updated: 09/09/2020

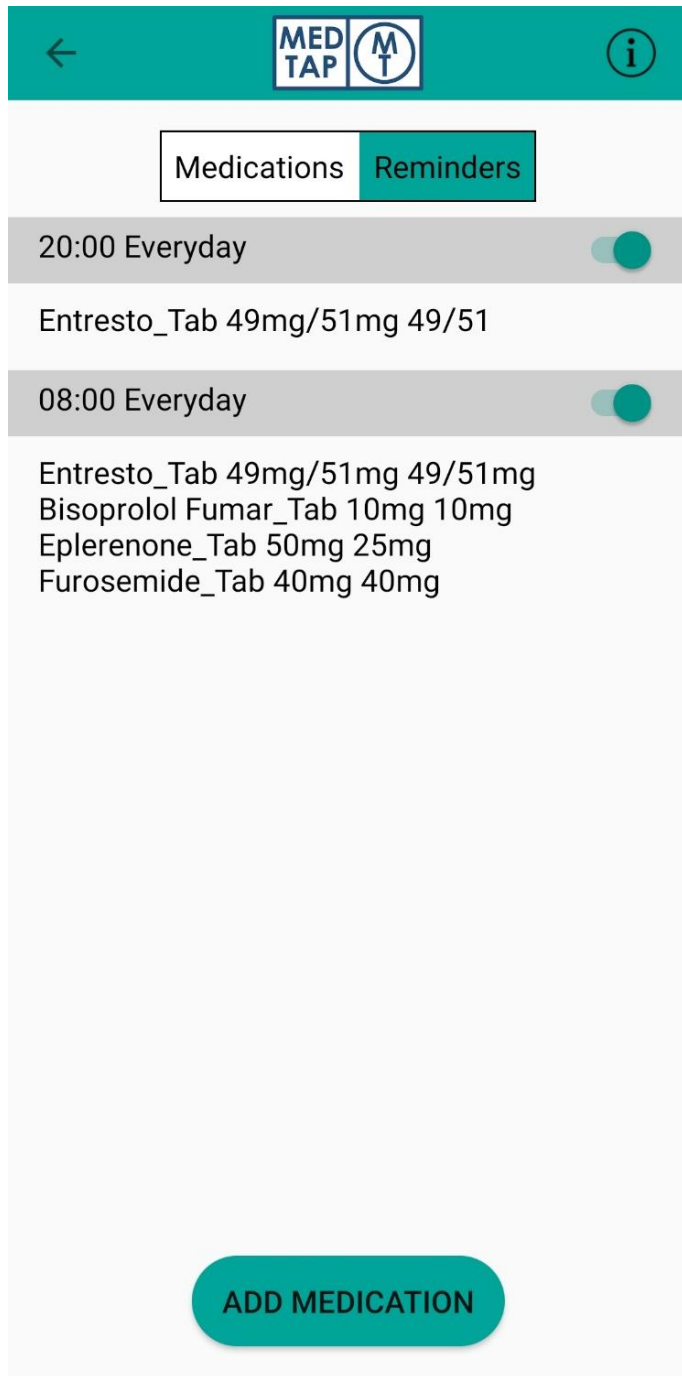
Furosemide_Tab 40mg
40mg at 08:00 Everyday
Use to treat: heart failure
Updated: 24/09/2020

ADD MEDICATION

MedTap®

MedTap provides:

- Patients the ability to add their medicines
- To support clear identification and accurate documentation of medicines by healthcare providers



MedTap®

MedTap provides:

- The ability for patients to set medication alarms for the doses they require
- To ensure patients never unintentionally miss a dose

MedTap®

Information videos available

- Heart failure
- Medicines post myocardial infarction
- DOACs in atrial fibrillation
- Dermatology
- Medicine common questions

Patient information leaflets

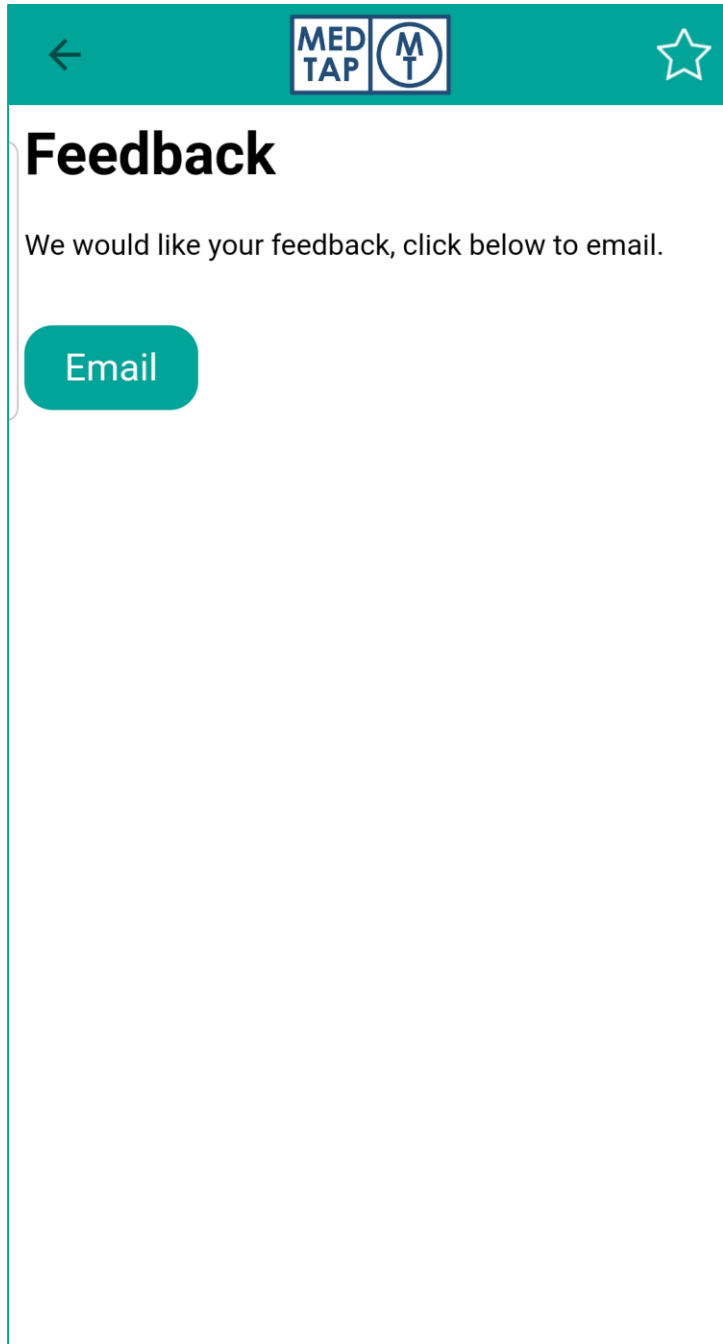
- Sleep conditions

Easy access to information

- Asthma/COPD
- How to use inhalers
- Smoking cessation

In development

- Inherited cardiac conditions
- Cardiac devices
- SGLT2s in HF



Feedback

Arrhythmia Alliance Patient services team – 2019

*The medicine list is really helpful and I now use to show HCP my med lists.
HF patient in clinic:*

*The app is very useful and its our request to include dilated cardiomyopathy.
Via app feedback:*

Quick and easy, as well as being free to download

The functions are easy to use and gives you comprehensive information on the go

It is good that an HCP has developed it, so you know the information is accurate

The short video's are brilliant, the doctor is calm and reassuring

MedTap

Free to download



iOS: bit.ly/medtapios

Android: bit.ly/medtapandroid

For feedback or further information please
contact the team on

MedTap@gstt.nhs.uk

Acknowledgements:

Dr Tevfik Ismail: Cardiology consultant

Dr Vivian Auyeung: Health psychologist,
King's College London