HealthBeacon: Smart Reminders Improve Adherence
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INTRODUCTION
HealthBeacon’s Injection Care Management System (ICMS) includes a Smart Sharps Bin and SMS reminders to support patient adherence to self-administered injections. By monitoring injections dropped into the bin (drops), the ICMS can detect if a patient is likely to miss their injection and provide dose reminders. The bin’s blue light illuminates when a dose is due and patients may opt to receive smart SMS reminders, including a late SMS after 24 hours, if they have not dropped their scheduled dose.

AIM AND METHODS
Aim: To investigate the impact of the smart Late SMS on medication adherence.

Methods: HealthBeacon monitored 30,129 eligible for a Late SMS from 2,514 patients using the ICMS between January 2018 and March 2022. These patients were on therapy for Gastroenterological, Dermatological and Rheumatological conditions. The Late SMS was designed to prompt patients to drop their dose in the 24-hour period following its scheduled time. To investigate the impact of the smart Late SMS on medication adherence, patient data was organized into two groups. Eligible drops were those not disposed of 24 hours following their scheduled time. Patients in Group 1 received a smart Late SMS for these drops, whereas those in Group 2 did not (Figure 3).

RESULTS
Patients in Group 1 dropped 26% of their late doses whereas in Group 2 dropped 11% (Table 1). This difference was significant (χ^2=20.18, p<0.001), highlighting the impact of the Late SMS on patient’s drop behaviour; those who receive the smart reminder appear to take more doses of medication than those who do not.

With an odds ratio of 8.3 however, patients who received the Late SMS reminder were 8 times more likely to make a drop (Table 2). This analysis indicates that smart late SMS reminders can have a significant impact on adherence to late doses of medication, which may otherwise be missed. Although additional factors may contribute, this smart intervention should be considered when offering adherence support to patients on injectable medication.

CONCLUSION AND DISCUSSION
This analysis indicates that smart late SMS reminders can have a significant impact on adherence to late doses of medication, which may otherwise be missed. Although additional factors may contribute, this smart intervention should be considered when offering adherence support to patients on injectable medication.

Key Findings:
- Adherence to eligible drops was higher for patients who received a Late SMS reminder.
- Patients who received a Late SMS reminder were 8 times more likely to make a drop than those without the reminder.
- Patients benefit from adherence reminders.