Table D-23. Continuous medication adherence: SMBP plus additional support versus usual care

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg** | **Timepoint**  **(Longest)** | **Outcome Definition** | **Intervention** | **No. Analyzed** | **Baseline (SD)** | **Change (Final)** | **Net Diff**  **(Diff of final)** | **95% CI** | **P Btw** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Friedman 199657  8722429 | 167/84 | 6 mo (6 mo) | Medication adherence % (medication dispensed divided by medication taken) | SMBP + tele + counsel | 133 | 93 | 2.4 | 2.8 | -2.4, 8.0[[2]](#endnote-2) | NS | A |
| Usual care | 134 | 94 | -0.4 |  |  |  |
| Adjusted medication adherence % (medication dispensed divided by medication taken)[[3]](#endnote-3) | SMBP + tele + counsel | 133 | 93 | 17.7 | 6 | 0.6, 2.8 | 0.03 |
| Usual care | 134 | 94 | 11.7 |  |  |  |
| Haynes 197663  73694 | nd/98 | 6 mo (6 mo) | Medication compliance (% of pills taken) | SMBP + encouragement | 20 | 44.5 (5.6) | 21.3 | 22.8 | 2.9, 42.7 | 0.025 | C |
| Usual care | 18 | 44.7 (7.1) | -1.5 |  |  |  |
| Rinfret 200978  20031834 | 162/90 | 1 yr | Continuous medication availability (proportion of time medication available) | SMBP + alert + Rx monitor | 111 | - | (0.95)[[4]](#endnote-4) | (0.04) |  | 0.07[[5]](#endnote-5) | C |
| Usual care | 112 | - | (0.91) |  |  |  |
| Continuous medication gaps (proportion of time medication not available) | SMBP + alert + Rx monitor | 111 | - | (0.04)d | (-0.05) |  | NSe |
| Usual care | 112 | - | (0.09) |  |  |  |
| Rudd 200480  15485755 | 155/88 | 6 mo (6 mo) | Percentage of days patients took prescribed number of doses | SMBP + Counsel | 69 | - | (80.5%) | (11.3%) |  | 0.03 | B |
| Usual care | 68 | - | (69.2%) |  |  |  |

BP = blood pressure; CI = confidence Interval; nd = no data; NS = not significant; P Btw = P-value between groups; SD = standard deviation; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure control arm, unless otherwise indicated. [↑](#endnote-ref-1)
2. Calculated from reported P-value. [↑](#endnote-ref-2)
3. Adjusted for age, sex, baseline adherence. [↑](#endnote-ref-3)
4. Median. [↑](#endnote-ref-4)
5. Adjusted for newly diagnosed, pharmacologically untreated versus uncontrolled pharmacologically treated hypertension, and also for pharmacologically treated concomitant

   disease(s) or not. [↑](#endnote-ref-5)