

Research Notes (Paris):

Logistics:

- When to add a paper to Zotero? Only the ones we discussed?

Compliance vs Persistence

- When we establish the concept of medication compliance, it might be helpful to distinguish between Medication compliance vs Medication persistence:
[https://www.valueinhealthjournal.com/article/S1098-3015\(10\)60495-0/pdf?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1098301510604950%3Fshowall%3Dtrue](https://www.valueinhealthjournal.com/article/S1098-3015(10)60495-0/pdf?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1098301510604950%3Fshowall%3Dtrue)
 - **Medication Compliance** (*synonym: adherence*) refers to the act of conforming to the recommendations made by the provider with respect to timing, dosage, and frequency of medication taking. Therefore medication compliance may be defined as “the extent to which a patient acts in accordance with the prescribed interval and dose of a dosing regimen.” Compliance is measured over a period of time and reported as a percentage
 - **Medication Persistence:** Medication persistence refers to the act of conforming to a recommendation of continuing treatment for the prescribed length of time. Therefore, medication persistence may be defined as “the duration of time from initiation to discontinuation of therapy” (Fig. 1). Continuing to take any amount of the medication is consistent with the definition of persistence.

	Medication Compliance (Adherence)	Medication Persistence
Definition	The extent to which a patient follows the prescribed timing, dosage, and frequency of medication.	The duration of time from initiation to discontinuation of therapy.
Focus	Day-to-day medication-taking behavior.	Long-term continuation of therapy.
Measurement	Measured as a percentage (e.g., % of doses taken as prescribed).	Measured as time (days/months) until discontinuation.
Metrics	<ul style="list-style-type: none">- % of doses taken correctly- Medication Possession Ratio (MPR)- Proportion of days covered (PDC)	<ul style="list-style-type: none">- Time to discontinuation- Allowable gap between refills- Proportion of patients still on therapy after a set period (e.g., 12 months).

Example	A patient takes 80% of their prescribed doses correctly over 3 months.	A patient remains on medication for 12 months before stopping.
Clinical Impact	Affects treatment effectiveness if doses are skipped or mistimed.	Affects overall treatment success if therapy is stopped early.
Relationship	A patient can be persistent but not compliant (continuing medication but not following the prescribed regimen exactly).	A patient can be compliant but not persistent (taking medication correctly but stopping early).

- **Question:** When we talk about intervention methods, such as digital intervention, we might actually be referring to **both** medication compliance & persistence -> do we need to establish the concept of both in this literature review?

Divya:

- Went through UofT and used Gen AI for articles
- Three issues:
 - Polypharmacy: taking multiple pills
 - Sex differences in older adults/mental disorders leading to differences in medication adherence
 - Medication cost leading to purposeful noncompliance

Next Steps:

- Add all relevant papers to GDrive
- Then we can select and add relevant papers to Zotero
- Write a short Ann. Bib. on Gerontology and Med Interventions for the Friday Meeting
- Use the completed Ann Bib to generate responses from Gen AI
- Create a Slide Deck for Friday
 - Keep track of search queries, databases, journals
- Things to show in the slide deck:
 - Databases > Journals > Search Queries
 - Relevant Papers: SS/Link to Gdrive, and Ann Bib
 - Work with GenAI
 - Next Steps