

HIPS/18/39 - Increasing medication adherence among adults with atrial fibrillation: A Medical Research Council complex intervention framework development and feasibility study

Atrial fibrillation (AF) is a common abnormal heart rhythm affecting more than 1 million people in Scotland. People with AF are five-times more likely to have a stroke and twice as likely to die, compared to those without AF. Strokes caused by AF are more likely to be severely disabling than strokes of other causes, a devastating event for individuals and their families. A medication that prevents blood clots from forming (an oral anticoagulant), reduces this risk by two-thirds. 75% of people with AF do not take their medication as recommended either because they do not understand or believe in their medications, or forget. We aim to develop and evaluate a digital intervention that will help people take their recommended medications. We will involve people with AF at every stage of development and focus on how this intervention could reach the broadest range of people. We are working with policy makers, third sector representatives and clinicians which will help to make the intervention suitable for usual care. Successful delivery of this intervention could help more people take their medications as recommended This would help reduce risk of stroke, thereby preventing disability and death in people with AF.