



Improving Adherence using Combination Therapy

A clinical trial evaluating if polypill-based care improves adherence, blood pressure & cholesterol in people at high cardiovascular risk

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RATIONALE

Cardiovascular disease (CVD) is NZ's biggest killer and leading cause of loss of healthy life years. Maori are disproportionately affected and cardiovascular disease is the main reason for the difference in life expectancy between Maori and non Maori. Reducing CVD and removing these inequalities will require extensive public health strategies. One approach, which could achieve substantial benefits within a few years, is fixed-dose combination medication (a "polypill"). The polypill has the potential to address the current treatment gap for individuals at high risk of CVD, and to improve the utilisation of long-term preventive therapies consistent with guideline recommendations.

DESIGN

This is an open label, randomised, controlled trial. 600 participants (including 300 Maori) who have had a previous CVD event or are at high risk of CVD will be recruited through primary care. Participants will be randomised to the polypill (containing low dose aspirin, a statin and two blood pressure lowering medicines) or to usual care, with medications (including the polypill) prescribed by their general practitioner and dispensed through local community pharmacies. The primary outcomes are adherence, and change in blood pressure and cholesterol levels at one year.

PUBLICATIONS

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