

Press release

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Basic information

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Department of: Clinical Medicine

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Title of dissertation: Adherence to recommended preventive medication treatment among men aged 65-74 with cardiovascular disease in a screening trial

Date for defence: 16. maj 2019 at (time of day): 13:00 Place: Mødelokale 2, Indgang M, Plan 4 - Regionshospitalet Silkeborg, Falkevej 1M, 8600 Silkeborg.

Press release (Danish)

Ny viden om mænds indtag af medicin mod hjertekarsygdom

Tager mænd med hjertekarsygdom den forebyggende medicin, som de får anbefalet? Ikke altid. Men hvorfor ikke? Det har et nyt forskningsprojekt fra Aarhus Universitet og Regionshospitalet Silkeborg undersøgt. Projektet er gennemført af Ina Qvist, der forsvarende den 16. maj 2019.

18.748 mænd mellem 65 og 74 år har i forbindelse med et forskningsprojekt fået tilbudt en screening for hjertekarsygdom. Den andel af mændene, der har fået diagnosen hjertekarsygdom, har fået anbefalet behandling med medicin.

- Vi ved, at op til 30-50 % af mænd med hjertekarsygdom ikke tager den anbefalede medicin. Men det er aldrig blevet undersøgt i et screeningsprojekt, hvorfor de ikke gør det. Derfor har jeg nu undersøgt det nærmere i et ph.d.-projekt, og resultaterne er overraskende. Det viser sig, at det ikke er nok at give patienterne diagnosen og information om sygdomme. Der skal tilsyneladende mere til for at få flere i medicinsk behandling, siger sygeplejerske og ph.d.-studerende Ina Qvist, der står bag forskningsprojektet.

Ina Qvist har blandt andet undersøgt, om mænd, der har udposning på hovedpulsåren og forkalkninger i benene, indløser recepten til den anbefalede medicin, når de har fået konstateret, at de har hjertekarsygdom. Hun har også undersøgt mændenes opfattelse af sygdommen og den anbefalede medicinske behandling, og om telefonrådgivning kan øge chancerne for, at de tager den anbefalede medicin.

Resultaterne fra undersøgelsen viser, at de mænd, der også før screeningen tog den form for medicin, er mere tilbøjelige til at tage imod den medicinske behandling for hjertekarsygdom end dem, der ikke på forhånd tog medicinen. Det viser sig også, at mændene ikke er modtagelige for information om deres hjertekarsygdom og den anbefalede behandling med medicin, hvis de på forhånd har negative holdninger til medicin. Resultaterne viser desuden, at telefonrådgivning efter screeningen ikke øger chancerne for, at mændene tager den anbefalede medicin.

- Mine undersøgelser viser, at mændenes holdning til medicin har en afgørende betydning i forhold til, om de vælger at tage imod tilbuddet om medicinsk behandling for hjertekarsygdom eller ej. Desuden flytter et konkret tilbud som telefonrådgivning ikke på deres beslutning. Hvis man vil have flere i behandling med medicin, skal man således ty til andre metoder, der skal mere til, specielt hos de mænd, der er tøvende omkring medicin, viser mit projekt.

Forsvaret af ph.d.-projektet er offentlig og finder sted den 16. maj 2019 kl. 13.00 på Regionshospitalet Silkeborg, Mødelokale 2, Indgang M, Plan 4, Falkevej 1M, 8600 Silkeborg. Titlen på projektet er:

"Adherence to recommended preventive medication treatment among men aged 65-74 with cardiovascular disease in a screening trial". Yderligere oplysninger: Ph.d.-studerende Ina Qvist, e-mail: inaqvist@rm.dk, tlf. +45 29924363.

Bedømmelsesudvalg:

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Press release (English)

New knowledge about men's intake of medication for cardiovascular disease

A new PhD project from Aarhus University, Faculty of Health and the Regional Hospital Silkeborg has investigated:

Do men with cardiovascular disease take the preventive medication they are recommended for? Not always. But why not? The project was completed by Ina Qvist, who defends May 16, 2019.

18,748 men between the ages of 65 and 74 have been offered a screening for cardiovascular disease in a research project. The men who have been diagnosed with cardiovascular disease were recommended treatment with medication.

- We know that up to 30-50% of men with cardiovascular disease do not take the recommended medication. But it has never been investigated in a screening project, why they do not. Therefore, I have examined it in a PhD project, and the results are surprising. The project showed that it is not enough to give patients the diagnosis and information about diseases. It seems we have to do more if we want to increase the number of men, who adhere to medical treatment, says nurse and PhD student Ina Qvist, who is behind the research project.

Ina Qvist has investigated whether men, who have been found with enlargement of the abdominal aorta and calcifications in the legs had redeemed the prescriptions for the recommended medication. She has also examined men's perception of the disease and the recommended medication treatment, and whether a telephone counseling can increase the chances of them to take the recommended medication.

The results of the study shows that the men who took the recommended medication before the screening are more likely to adhere to the medication than those who did not take the medication beforehand. It also appears that the men are not susceptible to information about their cardiovascular disease and the recommended treatment with medication if they have pre-existing negative attitudes to medication. The results also shows that telephone counseling after screening does not increase the chances of men taking the recommended medication.

My studies show that men's attitudes toward medication are crucial to whether or not they accept the offer of medical treatment for cardiovascular disease. Moreover, a specific offer such as telephone advice does not change their decision. If we want to increase adherence to recommended preventive medication among screening participants, we need to resort to other methods, especially among men who are hesitating to the medications.

The defense of the PhD project is public and takes place on May 16th 2019 at 13:00 at the Regional Hospital Silkeborg, Meeting room 2, Entrance M, Plan 4, Falkevej 1M, 8600 Silkeborg.

The title of the project is: "Adherence to recommended preventive medication treatment among men aged 65-74 with cardiovascular disease in a screening trial". For more information, please contact PhD student Ina Qvist, email: inaqvist@rm.dk, Phone +45 29294363.

Assessment committee:

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