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The efficacy of tailored text messages to improve medication adherence and lifestyle changes for patients with Type 2 diabetes mellitus

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Type 2 [Diabetes Mellitus](#) (T2DM) is a chronic disease characterized by increased amounts of glucose in the blood. Despite evidence about the effectiveness of oral anti-diabetic (OAD) medications in combination with lifestyle changes to improve glucose control, many diabetics are non-adherent to their treatment regimen, leading to life-threatening health consequences. The purpose of the evidence-based practice project (EBP) is to identify the most effective intervention for improving medication adherence, lifestyle changes, and hemoglobin A1C (HbA1c). A literature review was conducted within five electronic databases, which generated eight moderate to high leveled evidence studies that support tailoring daily text messages to individuals to improve medication adherence and glucose control. Participants were recruited in a primary care practice in Northwest Indiana. Eligible participants included adults aged 18 to 70 years old, with a diagnosis of T2DM with HbA1c greater than 7, taking OAD medications. Participants will complete the Medication Adherence Report Scale (MARS-5) questionnaire to assess medication adherence before and after the twelve-week intervention. HbA1c will be collected prior to and after the intervention. Participants received daily text messages at medication dosing times and tailored text messages twice weekly for the first month, and once weekly for the second and third months focused on healthy eating habits and exercise. Key stakeholders involved will be the nurse practitioner, medical assistant, registered nurse, and T2DM participants. A paired t-test compared pre- and post-intervention MARS-5 scores. The proposed primary outcome is an improvement in medication adherence and lifestyle changes. The secondary outcome is a lower [HbA1c](#). Further research is needed to assess the longitudinal effects of tailoring text messages after 12 months to improve medication adherence. In the short term, providing tailored text message reminders to take medication and encourage lifestyle changes may be applicable to any chronic disease needing long-term medication therapy.

Biography

Vanessa Silverio is a Family Nurse Practitioner, currently working in a direct primary care practice in Merrillville, Indiana. She will be earning a Post-Master's DNP from Valparaiso University in May 2022.

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