The Adherence and Knowledge Exchange Heart Disease Medicines
(The TAKEmeds Pilot Study)

**Background**

Coronary heart disease (CHD) is one of the leading causes of death in China. Promoting evidence-based medicine uses and lifestyle modification (including smoking cessation, healthy diet, physical activities) are key strategies for the secondary prevention of CHD.

**Aims**

1. Develop a provider-facing mobile application that facilitates prescription of evidence-based medications for patients with established CHD;
2. Develop and contextualize patient-directed text messages/voice calls related to medication adherence for CHD and lifestyle modification;
3. Test the usability of the provider- and patient-facing interventions for increasing adherence to secondary prevention medications for CHD.

**Study Focus**

Coronary heart disease, access to healthcare, medication adherence, lifestyle modification & m-Health

**Locations**

Shanghai & Hainan, China

**Duration**


**Study Design**

We recruited 190 CHD patients from Longhua Community Healthcare Center, Xuhui District, Shanghai and Hainan Nongken General Hospital in Haikou, Hainan province, China to participate a 12-week intervention. The intervention provides physicians with mobile app-based decision support system to increase the evidence-based medication prescription and deliver evidence-based text messages/voice calls to patients to promote medication adherence and lifestyle modification.

**Principal Investigator**

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**Main Collaborators**

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**Funders (Key)**

- World Heart Federation (Hamilton Health Sciences Corporation)
- Duke Kunshan University (support Hainan site)

**Impact**

- If proven effective, the model has the potential to be scaled up to improve the secondary prevention of CHD patients in resource-limited settings and thereby to improve patients’ health.
- The model could also be scaled up to other chronic diseases.
- The study also has a significant potential to guide policy-making and advance translational research in the field of CHD control and management.