

Improving Medication Adherence in HIV-Positive Young Adults:

A Quality Improvement Project

Angela Y. Felton-Coleman, MSN, RN, APRN, FNP-BC

Johns Hopkins University School of Nursing

On my honor, I pledge that I have neither given nor received unauthorized assistance on this paper. – 04/25/2020, Angela Felton-Coleman

### Abstract

**Background and Purpose:** Medication adherence is an important aspect of any disease process which requires daily therapy, and this is especially true for those diagnosed with human immunodeficiency virus (HIV). HIV-positive patients face many barriers to medication adherence, including forgetfulness, side effects of medication, feelings of depression, and fear that someone will find out what they are taking and why. The purpose of this quality improvement project was to implement a cellular telephone app to improve medication adherence in HIV-positive young adults.

**Methods:** This project utilized a 1-group pre- and post-survey design comparing medication adherence at baseline and after the intervention. The intervention was a cellular telephone medication adherence app. Pre- and post-intervention surveys were administered to assess participant self-reported adherence. The survey was a validated assessment tool used to measure medication adherence and identify patient-reported barriers.

**Results:** A total of 6 participants who met inclusion criteria were recruited from a local HIV clinic. All 6 participants completed the pre- and post-intervention survey. Pre-intervention lab was collected from all participants, but no post-intervention lab was collected. There was no significant improvement in medication adherence.

**Conclusion:** Findings suggest an intervention to increase medication adherence other than education provided at regularly scheduled visits may have a clinically significant impact on HIV-positive young adults and should be further developed.

*Keywords:* HIV, medication adherence, intervention, cellular app, barriers