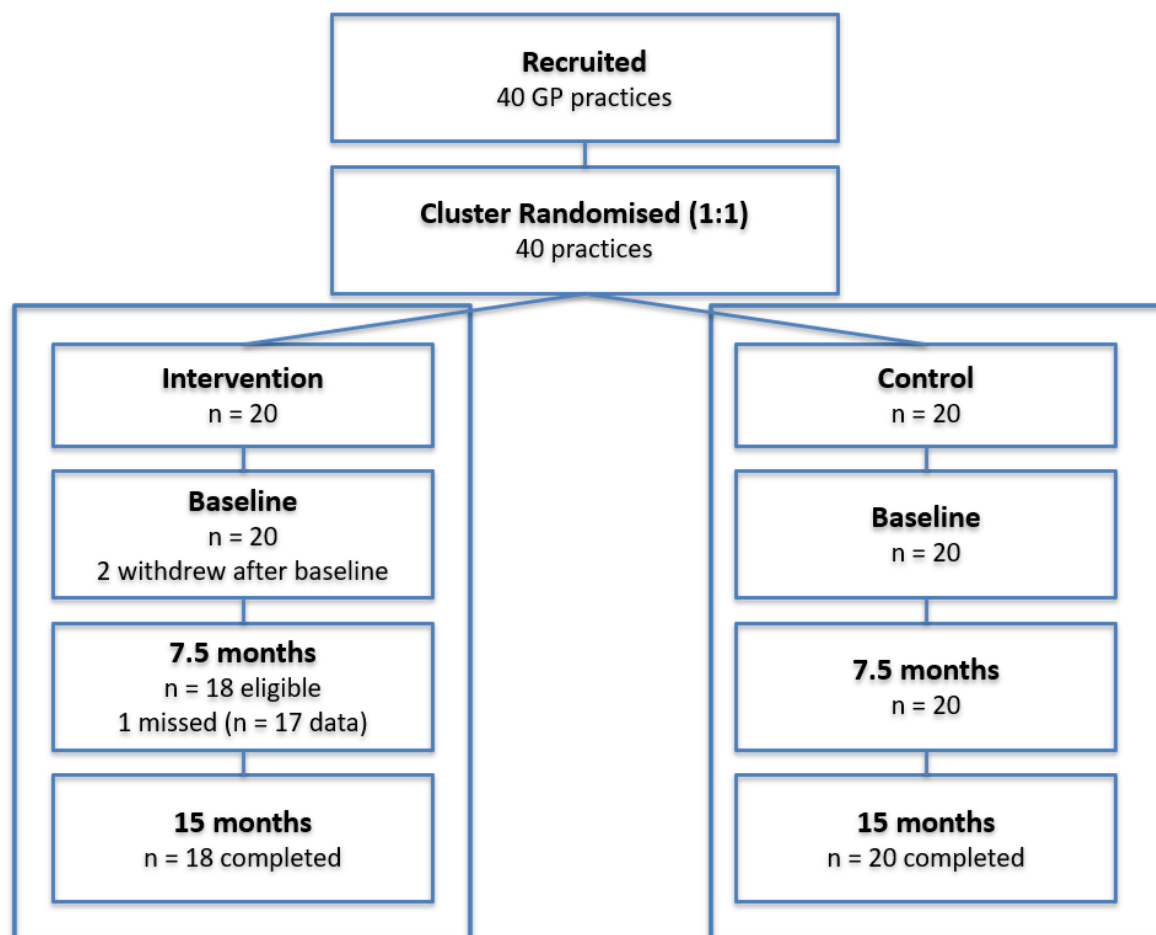


MED-HELP: Complex intervention comprising text **M**essaging and **D**Healthcare professional **L** training for im**P**roving statin adherence in primary care: a pragmatic cluster-randomised controlled trial
ISRCTN Results Summary

Results

1.1. Participant flow



1.2. Baseline characteristics

Table 1: Baseline characteristics of practices randomized for the MED-HELP study

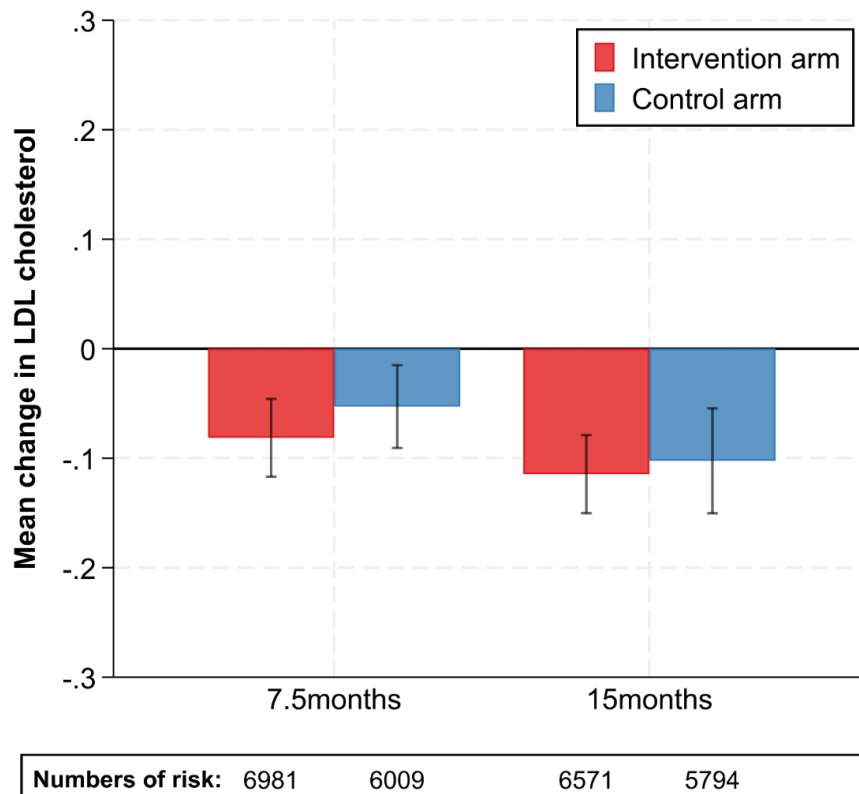
	Intervention practices	Control practices	Total	Test
Total	8,838 (100.0%)	6,447 (100.0%)	15,285 (100.0%)	
Sociodemographics				
Age	63.0 (8.4)	63.5 (8.3)	63.2 (8.4)	0.001
<u>Sex</u>				
Female	3,672 (41.5%)	2,593 (40.2%)	6,265 (41.0%)	0.099
Male	5,166 (58.5%)	3,854 (59.8%)	9,020 (59.0%)	
<u>Ethnicity</u>				
White British/Irish/European	4,716 (53.4%)	4,739 (73.5%)	9,455 (61.9%)	<0.001
South Asian	3,510 (39.7%)	680 (10.5%)	4,190 (27.4%)	
Black African/Caribbean	273 (3.1%)	278 (4.3%)	551 (3.6%)	
Other Asian/Chinese	118 (1.3%)	170 (2.6%)	288 (1.9%)	
Other ethnic group	93 (1.1%)	194 (3.0%)	287 (1.9%)	
Not recorded	128 (1.4%)	386 (6.0%)	514 (3.4%)	
Measurements				
BMI: kg/m ²	29.9 (7.1)	30.6 (7.8)	30.2 (7.4)	<0.001
LDL cholesterol	2.0 (0.8)	2.2 (0.9)	2.1 (0.8)	<0.001
HDL cholesterol	1.2 (0.4)	1.3 (0.4)	1.3 (0.4)	<0.001
Total cholesterol	4.0 (1.0)	4.4 (1.0)	4.2 (1.0)	<0.001
Triglycerides	1.8 (1.3)	2.0 (1.3)	1.9 (1.3)	<0.001
HbA1c	50.6 (16.3)	49.1 (16.8)	50.0 (16.5)	<0.001
Systolic BP	132.2 (14.3)	131.8 (13.9)	132.0 (14.1)	0.125
Diastolic BP	78.5 (9.5)	77.2 (9.9)	77.9 (9.7)	<0.001
eGFR	82.3 (15.3)	80.2 (15.4)	81.4 (15.4)	<0.001
Albumin creatinine ratio	5.6 (30.3)	6.6 (33.0)	6.0 (31.4)	0.108
Comorbidities				
Dyslipidemia/hypercholesterolaemia	2,992 (33.9%)	1,662 (25.8%)	4,654 (30.4%)	<0.001
Hypertension	6,375 (72.1%)	4,604 (71.4%)	10,979 (71.8%)	0.329
IHD	1,657 (18.7%)	1,299 (20.1%)	2,956 (19.3%)	0.030
Coronary artery bypass/stenting	731 (8.3%)	594 (9.2%)	1,325 (8.7%)	0.041
Heart failure	514 (5.8%)	370 (5.7%)	884 (5.8%)	0.841
Stroke/TIA	797 (9.0%)	675 (10.5%)	1,472 (9.6%)	0.003
Diabetes	4,990 (56.5%)	3,174 (49.2%)	8,164 (53.4%)	<0.001
CKD	1,059 (12.0%)	751 (11.6%)	1,810 (11.8%)	0.529
Depression	2,375 (26.9%)	2,018 (31.3%)	4,393 (28.7%)	<0.001

BMI: body mass index; CKD: chronic kidney disease; eGFR: estimated glomerular filtration rate; HDL: high-density lipoprotein; IHD: ischaemic heart disease; LDL: low-density lipoprotein; TIA: transient ischaemic attack

1.3. Primary outcome results

Change in LDL cholesterol levels at 7.5 and 15-months post-baseline assessment is shown in **Figure 1**. A statistically significant reduction in LDL cholesterol was observed for both intervention and control GP practices.

Figure 1: Mean change in LDL cholesterol from baseline at 7.5 and 15-months follow-up



* Mean change in LDL cholesterol and cluster-robust confidence intervals
 LDL: low-density lipoprotein

Missing data excluded

7.5months: n=2,295 (intervention: n=1,857; control: n=438) with missing data on LDL cholesterol at baseline or follow-up
 15months: n=2,902 (intervention: n=2,267; control: n=635) with missing data on LDL cholesterol at baseline or follow-up

1.4. Adverse events

Information regarding adverse events were not collected or reported in this trial.