

## Supplementary Online Content

Persaud N, Bedard M, Boozary AS, et al; Carefully Selected and Easily Accessible at No Charge Medicines (CLEAN Meds) Study Team. Effect on treatment adherence of distributing essential medicines at no charge: the CLEAN Meds randomized clinical trial. *JAMA Intern Med*. Published online October 7, 2019.  
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**eAppendix 1.** Essential Medicines Provided to Patients With Free Distribution

**eAppendix 2.** Criteria for Potentially Inappropriate Prescriptions

**eTable 1.** Alternative Definitions of Primary Outcome Results Table

**eTable 2.** Patient Oriented Outcome Results Table

This supplementary material has been provided by the authors to give readers additional information about their work.

## **eAppendix 1.** Essential Medicines Provided to Patients With Free Distribution

- acetaminophen
- acetylsalicylic acid
- adalimumab
- alendronate
- allopurinol
- amiodarone
- amlodipine
- amoxicillin
- amoxicillin/clavulanic acid
- atomoxetine
- atorvastatin
- azathioprine
- azithromycin
- baclofen
- beclomethasone
- benzoyl peroxide
- benztropine
- betamethasone
- bevacizumab
- bisoprolol
- budesonide
- candesartan
- carbamazepine
- cephalexin
- cetirizine
- chlorthalidone
- ciprofloxacin
- clarithromycin
- clindamycin
- clopidogrel
- clotrimazole
- cloxacillin
- clozapine
- conjugated estrogens
- copper (intrauterine device)

- dabigatran
- dexamethasone
- diltiazem
- dolutegravir
- domperidone
- donepezil
- doxycycline
- efavirenz
- eletriptan
- emtricitabine
- epinephrine
- estradiol
- ethinyl estradiol/levonorgestrel
- ferrous fumarate
- finasteride
- fluconazole
- fluoxetine
- fluticasone
- folic acid
- furosemide
- fusidic acid
- gabapentin
- gliclazide
- haloperidol
- hydrocortisone
- hydroxychloroquine
- ibuprofen
- insulin, long acting
- insulin, short acting
- ipratropium
- labetalol
- lamivudine
- latanoprost
- levodopa/carbidopa
- levofloxacin
- levonorgestrel
- levothyroxine
- lithium

- loperamide
- medroxyprogesterone
- metformin
- methimazole
- methotrexate
- methylprednisolone
- metoclopramide
- metronidazole
- mupirocin
- naltrexone
- naproxen
- nicotine replacement therapy
- nitrofurantoin
- nitroglycerin
- nortriptyline
- nystatin
- olopatadine
- pantoprazole
- permethrin
- phenytoin
- pilocarpine
- polyethylene glycol 3350
- polymyxin B
- potassium
- pravastatin
- prednisone
- propylthiouracil
- ramipril
- ranitidine
- risperidone
- rivaroxaban
- salbutamol
- salicylic acid
- salmeterol
- senna
- sertraline
- spironolactone
- sulfamethoxazole/trimethoprim

- sulfasalazine
- tadalafil
- tamsulosin
- tenofovir disoproxil fumarate
- thiamine
- tiotropium
- tranexamic acid
- tretinoin
- trimethoprim
- urea
- vaginal ring eluting etonogestrel and ethinyl estradiol
- valacyclovir
- valproic acid
- varenicline
- vitamin B12
- vitamin D
- warfarin

### **eReference**

Taglione MS, Ahmad H, Slater M, Aliarzadeh B, Glazier RH, Laupacis A, Persaud N. Development of a preliminary essential medicines list for Canada. *CMAJ Open*. 2017 Feb 16;5(1):E137-E143.

## **eAppendix 2. Criteria for Potentially Inappropriate Prescriptions**

The following criteria was applied to medicine lists for each patient.

- beta-blocker and cardioselective calcium channel blocker
- warfarin and non-steroidal anti-inflammatory
- direct-acting anticoagulant and non-steroidal anti-inflammatory
- warfarin and acetylsalicylic acid
- nitrate and phosphodiesterase inhibitor
- acetylsalicylic acid at doses greater than 160 mg per day
- glyburide at any dose (alternatives exist)
- duplicate class prescription (e.g. two thiazide diuretics simultaneously or two calcium channel blockers simultaneously)

### **eReference**

O'Mahony D, O'Sullivan D, Byrne S, O'Connor MN, Ryan C, Gallagher P. STOPP/START criteria for potentially inappropriate prescribing in older people: version 2. *Age Ageing*. 2014;44(2):213-8.

**eTable 1.** Alternative Definitions of Primary Outcome Results Table

|  | Free distribution<br>(N=395) | Usual access<br>(N=391) | Difference                      | <i>P</i> value |
|--|------------------------------|-------------------------|---------------------------------|----------------|
| Participants adherent to all appropriately prescribed medicines (exclude any inappropriate prescriptions)                                  | 152/395 (38.5 %)             | 106/391 (27.1 %)        | 11.4 %; 95 % CI 4.6 % to 18.1 % | 0.00091        |
| Participants appropriately adherent to all medicines, excluding those with no regular medicines (those taking only as needed medicines)    | 151/349 (43.3 %)             | 104/322 (32.3 %)        | 11.0 %; 95 % CI 3.4 % to 18.6 % | 0.0044         |
| Participants appropriately adherent to all medicines, excluding those who withdrew   | 151/387 (39.0 %)             | 104/376 (27.7 %)        | 11.4 %; 95 % CI 4.5 % to 18.3 % | 0.0012         |
| Participants appropriately adherent to all medicines, using only patient report data   | 183/216 (84.7 %)             | 135/179 (75.4 %)        | 9.3 %; 95 % CI 8.7 % to 17.7 %  | 0.028          |
| Participants appropriately adherent to all medicines, using only chart review data   | 154/315 (48.9 %)             | 109/281 (38.8 %)        | 10.1 %; 95 % CI 1.8 % to 18.4 % | 0.016          |
| Participants appropriately adherent to all medicines, using electronic bottle cap data in addition to patient report and chart review data | 150/395 (38.0 %)             | 104/391 (26.6 %)        | 11.4 %; 95 % CI 4.6 % to 18.1 % | 0.00086        |

**eTable 2. Patient Oriented Outcome Results Table**

|   | Free<br>distribution, N<br>(%)<br>(N=395) | Usual access,<br>N (%)<br>(N=391) | difference                           | <i>P</i> value |
|---|---|-----------------------------------|--------------------------------------|----------------|
| Did you feel your care was better than before the study started?                    | 123/266 (46.2)                            | 47/251 (18.7)                     | 27.5 %; 95 % CI<br>19.4 % to 35.6 %  | <0.0001        |
| Did you feel your questions or concerns were addressed by health care provider?     | 252/267 (94.4)                            | 220/248 (88.7)                    | 5.7 %; 95 % CI 0.5<br>% to 10.9 %    | 0.030          |
| Was your interaction with specialists different from before the study started?      | 51/267 (19.1)                             | 28/252 (11.1)                     | 8.0 %; 95 % CI 1.5<br>% to 14.5 %    | 0.016          |
| Did the information about medications given by the pharmacist and the doctor match? | 256/268 (95.5)                            | 218/240 (90.8)                    | 4.7 %; 95 % CI -<br>0.12 % to 9.5 %  | 0.053          |
| Was it easy to obtain information about the medications?                            | 265/269 (98.5)                            | 235/248 (94.8)                    | 3.8 %; 95 % CI<br>0.24 % to 7.3 %    | 0.032          |
| Did the information change the way you took medications?                            | 83/267 (31.1)                             | 63/245 (25.7)                     | 5.4 %; 95 % CI -<br>2.8 % to 13.6 %  | 0.212          |
| Did you have unanswered questions about your medications?                           | 12/267 (4.5)                              | 20/248 (8.1)                      | -3.4 %; 95 % CI -<br>8.2 % to 1.0 %  | 0.135          |
| Was the medication in good condition when you received it?                          | 265/268 (98.9)                            | 231/242 (95.5)                    | 3.4 %; 95 % CI<br>0.12 % to 6.7 %    | 0.036          |
| Did you receive new medications quickly?  | 239/260 (91.9)                            | 207/239 (86.6)                    | 5.3 %; 95 % CI -<br>0.53 % to 11.2 % | 0.075          |
| Did you receive the medication before the previous prescription ran out?            | 217/261 (83.1)                            | 157/237 (66.2)                    | 16.9 %; 95 % CI<br>9.0 % to 24.8 %   | <0.0001        |



|  |                |                |                                       |         |
|--|----------------|----------------|---------------------------------------|---------|
| Was it easier to make ends meet at the end of the month? | 230/266 (86.5) | 79/238 (33.2)  | 53.3 %; 95 % CI<br>45.6 % to 60.9 %   | <0.0001 |
| Do you feel your health improved?                        | 207/266 (77.8) | 122/239 (51.0) | 26.8 %; 95 % CI<br>18.3 % to 35.2 %   | <0.0001 |
| Did you have any medication side effects?                | 72/267 (27.0)  | 86/244 (35.2)  | -8.3 %; 95 % CI -<br>16.7 % to 0.13 % | 0.054   |
| Did you have fewer healthcare visits?                    | 128/264 (48.5) | 81/242 (33.5)  | 15.0 %; 95 % CI<br>6.2 % to 23.9 %    | 0.00085 |