



Programme

Friday, 25 April 2025

CONFERENCE ROOM

08:30–08:40

Welcome

prof. dr hab. n. med. Krzysztof Narkiewicz

08:40–10:00

Session 1. Current situation of medical inertia and adherence

08:40–09:00

Medical inertia: definition and current landscape in Europe

09:00–09:20

Management of adherence by healthcare professionals across Europe: insights from COST Action ENABLE

09:20–09:35

Medication adherence in hypertension: a Polish example

09:35–09:50

Are there common pathways explaining medical inertia and patient non-adherence?

09:50–10:00

Discussion

10:00–10:30

Coffee break

10:30–12:10

Session 2. Inertia and adherence: new perspectives

10:30–10:50

Emotional aspects

10:50-11:10	Training and medical education and adherence
11:10-11:30	To listen to and understand the patient
11:30-11:50	Transformative treatment paradigm shift for the adaptive adherence measures and patient-focused recovery
11:50-12:10	Discussion
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12:10-13:30	Lunch break
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13:30-15:00	Session 3. New treatments and medication adherence
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13:30-13:50	Antihypertensive drugs and persistence based on a national database
13:50-14:10	Does renal denervation improve medication adherence?
14:10-14:30	Very long-acting drugs and long-term persistence to medications
14:30-14:50	Adherence in patients with a high pill burden: the example of nephrology
14:50-15:00	Discussion
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15:00-15:30	Coffee break
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15:30-17:00	Session 4. Management of adherence in reference centers and clinical practice
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15:30-15:50	How to detect poor adherence in clinical practice
15:50-16:10	Measuring drug levels in blood or urine: advantages and limits

16:10-16:30 Can deprescription improve adherence?

16:30-16:50 Digital health and wearable technologies

16:50-17:00 Discussion

20:00 **Dinner**

Saturday, 26 April 2025

CONFERENCE ROOM

08:30-10:30 **Session 5. Medication adherence and clinical trials**

08:30-08:50 Physician adherence to the study protocol in hypertension outcome trials ("investigator inertia")

08:50-09:10 Managing uncertainty in drug exposure to minimize the risk of trial failure

09:10-09:30 EMERGE: Recommendations for adherence monitoring in trials

09:30-09:50 Can pharmacist collaboration be helpful to support adherence?

09:50-10:10 The role of nurses in the management of adherence

10:10-10:30 Discussion

10:30-11:00 **Coffee break**

11:00-12:40 **Session 6. New approaches to improve adherence and fight inertia**

11:00-11:20 Can assessment of vascular age improve adherence and medical inertia in hypertension?

11:20-11:40 Real world studies based on country-wide registry

11:40-12:00 Is it possible to perform a RCT on drug adherence?

12:00-12:20 Could “omics” contribute to improve adherence?

12:20-12:40 Can innovative solutions solve the problems of adherence?

12:40-13:00 **Discussion and closure of the meeting**

13:00 **Lunch**
