



Clinical Update: February 2021

Expansion of Urine Behavioral Health Drug Testing, AcuRise ID™

Aegis Sciences Corporation, a leading healthcare company that provides innovative medication adherence testing, is pleased to announce the expansion of behavioral health testing, AcuRise ID™, to Aegis clients. Given client requests to expand the menu of analytes offered for AcuRise ID™, enhancing our current urine test offerings will provide greater value to our current and future clients. The enhancement includes additional antipsychotics, antidepressants, anticonvulsants, stimulants, and other medications used to treat behavioral health conditions. Designed for mental health and recovery care providers' unique needs, AcuRise ID™ is now offered for over 100 medications and illicit drugs.

Pharmacotherapy plays a vital role in mental illness treatment; however, adherence to medication regimens is estimated to be less than 50 percent, with some behavioral health medications thought to be even less.¹ Research has reported patients with schizophrenia are adherent to their medications 10-76% of the time, patients with depression 28-52% of the time, patients with bipolar disorder 20-66% of the time, patients with anxiety disorders 57% of the time, and patients with attention deficit hyperactivity disorder (ADHD) 13-85% of the time.^{1,2} Patients with mental illness who are not adherent to their medications have a 77% chance of symptom recurrence after one year and a 90% chance after two years.³ Studies have shown that non-adherence increases the risk of relapse, hospitalization, suicide, incarceration, and overall costs.^{4,5} These statistics raise questions regarding ways to assess patients and improve adherence.

Individuals with preexisting mental health conditions and substance use disorders are more vulnerable and susceptible in an emergency not only to COVID-19 but also to its behavioral health consequences.⁶ According to the CDC, there has been a 40% increase in Americans who reported struggling with mental health or substance abuse. Severe shortages of resources intended for behavioral health patients have become a reality that providers and health departments are struggling to provide needed clinical support. During this time, maintaining the continuum of care for behavioral health patients is essential to support adherence and keep relapse rates from increasing.⁷

It is critical to ensure this vulnerable population is cared for in this challenging time by utilizing clinical support using tools to improve medication adherence. Gacia *et al.* state the importance of objective measures when nonadherence denied by the patient and not supported by the family. This study also emphasizes that when patients are adherent to behavioral health medication regimens, it improves their symptoms and quality of life. AcuRiseID™ is an objective medication monitoring tool for measuring treatment adherence and potential substance use. It is imperative to keep this essential tool available for clinicians to assist with care decisions during the COVID-19 pandemic. To learn more about the comprehensive and flexible medication monitoring testing options, including the Substance Use Disorder Profile and Mental Health Profile of AcuRiseID™, [click here](#).

NOTICE: The information above is intended as a resource for health care providers. Providers should use their independent medical judgment based on the clinical needs of the patient when making determinations of who to test, what medications to test, testing frequency, and the type of testing to conduct



References:

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