
Mobile phone reminders for onychomycosis medication adherence



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CLINICAL CHALLENGE

Onychomycosis is the most common nail disorder and is caused by dermatophytes, nondermatophytes, and yeasts. The Food and Drug Administration (FDA) approved systemic medications for onychomycosis are oral terbinafine and itraconazole. The dosage for terbinafine is 250 mg daily (6 weeks for fingernails and 12 weeks for toenails),¹ and the dosage for itraconazole is 200 mg twice daily 1 week per month for 2 months for fingernails and 200 mg daily for 12 weeks for toenails.¹ Oral fluconazole is approved for the treatment of onychomycosis in Europe and is used commonly off-label in the United States, Canada, and Australia. This drug is often used for treatment failures with FDA-approved systemics and is advantageous for its antifungal activity against *Candida* species. The dosage for this drug is 150 mg/wk until the whole nail grows out (6-9 months for fingernails and 12-18 months for toenails).¹ Due to the longer treatment duration and weekly rather than daily dosing compared with other systemic antifungals, successful treatment with fluconazole is challenging and highly dependent on patient compliance.

SOLUTION

Patients might have difficulty remembering to take oral fluconazole on a weekly rather than daily basis. Previous studies have shown that mobile phone text messages result in improved medication adherence.² Therefore, we educate patients on setting up a reminder system on their mobile phones, either in alarm or text notification form. An alarm is set through the clock icon to ring at a specified time (Fig 1) or a reminder notification is activated through the reminder icon to send notifications in text form at a designated time (Fig 2).

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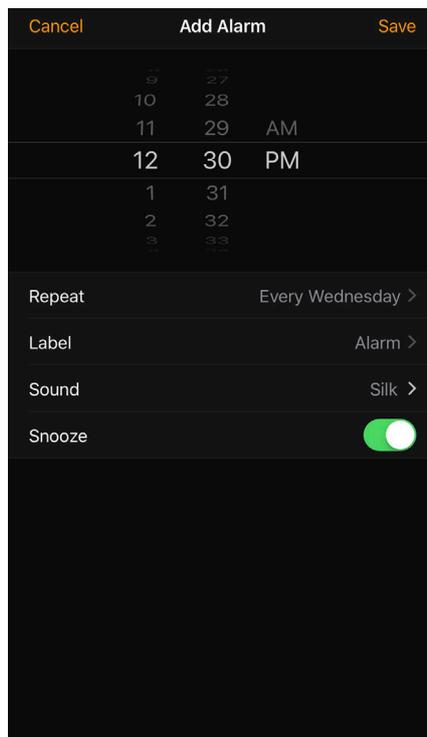


Fig 1. Alarm reminder screen. An alarm is set up through the clock icon to ring at a specific time on a weekly schedule.

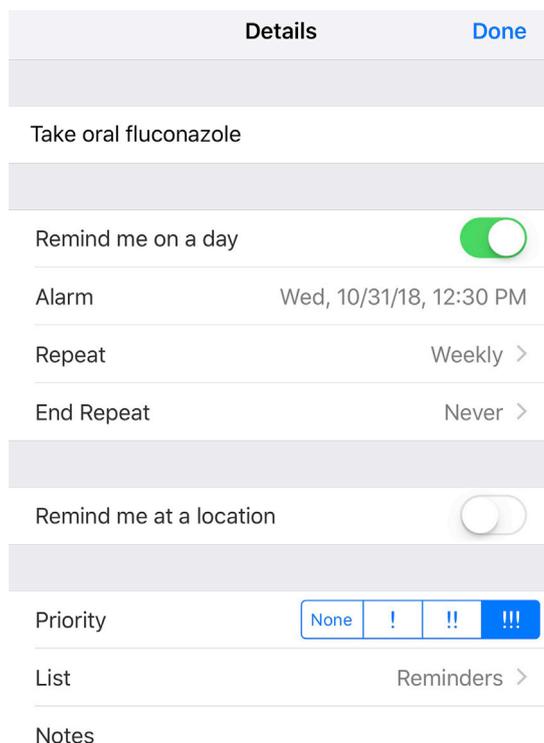


Fig 2. Text reminder screen. A reminder notification is set up through the reminder icon to send weekly notifications in text form at a designated time.

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