

Supplementary Table 1: Medication regimen complexity index calculation ¹¹

MRCI component A: form/route			MRCI component B: dosing frequency			MRCI component C: special instructions	
Dosage Form	Route	Weight	Frequency 1	Frequency 2	Weight	Direction	Weight
Tablet	Oral	1.0	Once a day	As needed	0.5	Take/use at specific times	1.0
Powders/Granules	Oral	2.0	Once a day		1.0	Take/use in relation to food	1.0
Mouthwashes	Oral	2.0	At bedtime		1.0	Multiple units at one time	1.0
Spray	Topical	1.0	Every other day		2.0	Break or crush tablet	1.0
Gel	Topical	2.0	Twice times a day		2.0	Tapering/increasing dose	2.0
Patches	Topical	2.0	Twice times a day	As needed	1.0	Alternating dose (ex: 1 in the morning and 2 in the evening/1 day out of 2 alternately)	2.0
Spray	Nasal	2.0	Three times a day		3.0		
Drop	Oral	2.0	Three times a day	As needed	1.5		
Drop	Ophthalmic	3.0	Four times a day		4.0	Dissolve tablet/powder	1.0
Accuhaler	Inhalation	3.0	Four times a day	As needed	2.0	Take with specific fluid	1.0
Ampoule pen	Subcutaneous	3.0	Every 12 h		2.5		
Ampoule	Subcutaneous	4.0	Every 12 h	As needed	1.5		
Suppositories	Others	2.0	Every 8 h		3.5		
Vaginal creams	Others	2.0	Every 8 h	As needed	2.0		
			Every 6 h		4.5		
EHR application			Every 6 h	As needed	2.5		
Liquid	Intravenous	3.0	Every 4 h		6.5		
Implant	Subcutaneous	1.0	Every 4 h	As needed	3.5		
Dialysate		5.0					
			For EHR application				
			Every 8 h	& as needed	4.0		
			Every 6 h	& as needed	5.0		

Supplementary Table 2: Medication regimen complexity index examples. A) Patient with the highest MRCI at M12 – B) Patient with the lowest MRCI at M12

A) Patient with the highest MRCI at M12

Prescription	Administration route	Frequency	Instructions	MRCI A	MRCI B	MRCI C
Acetylsalicylate de lysine – 75 mg at midday	Powders/Granules	Once a day	Dissolve tablet/powders	2	1	1
Bisoprolol 10 mg – each morning	Tablet oral	Once a day	Take/use in relation to food	1	1	1
Chlorure de potassium – 3 times daily	Tablet oral	Three times a day		1	3	0
Cholecalciferol – 1 vial per month	Drop oral	Every other day		2	2	0
Ciclosporine – 75 mg each morning, 50 mg each evening	Tablet oral	Twice a day	Multiple units at one time	1	2	1
Colchimax - ½ tablet daily	Tablet oral	Once a day	Take/use in relation to food	1	1	1
Darbepoetine alfa – 100 µg every 15 days	Ampoule pen /Subcutaneous	Every other day		3	2	0
Enalapril - 2,5 mg each morning	Tablet oral	Once a day	Take/use in relation to food	1	1	1
Esomeprazole 40 mg – 1 day out of 2 alternately	Tablet oral	Every other day	Alternating dose	1	2	2
Ezetimibe – 10 mg each evening	Tablet oral	Once a day		1	1	0
Febuxostat – 80 mg daily	Tablet oral	Once a day		1	1	0
Furosemide – 80 mg each morning and 40 mg at midday	Tablet oral	Twice a day	Multiple units at one time	1	2	1
Insuline asparte - 14UI each morning, 12UI at midday and 12UI each evening	Ampoule pen /Subcutaneous	Three times a day	Take/use in relation to food Alternating dose	3	3	3
Insuline glargine - 24 UI each evening	Ampoule pen /Subcutaneous	Once a day		3	1	0
Lercanidipine - 20 mg each evening	Tablet oral	Once a day	Take/use in relation to food Take/use at specific times	1	1	2
Molsidomine 1 tablet – 3 times daily	Tablet oral	Three times a day		1	3	0
Prednisone - 10 mg each morning	Tablet oral	Once a day	Take/use in relation to food Take/use at specific times Break or crush tablet	1	1	3
Rilmenidine - 1 mg each morning and each evening	Tablet oral	Twice a day	Take/use in relation to food	1	2	1
Sulfate ferreux/Acide folique – 1 tablet daily	Tablet oral	Once a day	Take/use in relation to food	1	1	1
Ticagrelor – 90 mg twice daily	Tablet oral	Twice a day		1	2	0
Zolpidem - ½ tablet each night	Tablet oral	Once a day - At bedtime	Break or crush tablet	1	2	1
TOTAL				29	35	19
				83		

B) Patient with the lowest MRCI at M12

	Administration route	Frequency	Instructions	MRCI A	MRCI B	MRCI C
Acide folique – 5 mg daily – each morning	Tablet oral	Once a day		1	1	0
Azathioprine – 75 mg daily	Tablet oral	Once a day	Take/use in relation to food Multiple units at one time	1	1	2
Tacrolimus – 13 mg daily	Tablet oral	Twice a day	Take/use in relation to food Multiple units at one time	1	2	2
TOTAL				3	4	4
				11		