

ADHERENCE to MEDICATION



**On behalf of ADhEFAR
adherence group from
Spanish Hospital Pharmacist
Society**

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Disclosure of conflict of interest

- I am disclosing but will not be presenting on the product
- Dr. IBARRA BARRUETA reports grants and personal fees from ABBVIE, SANOFI and MERCK.

Questions?

1. Does the treatment complexity affect adherence?

- a) Yes
- b) No

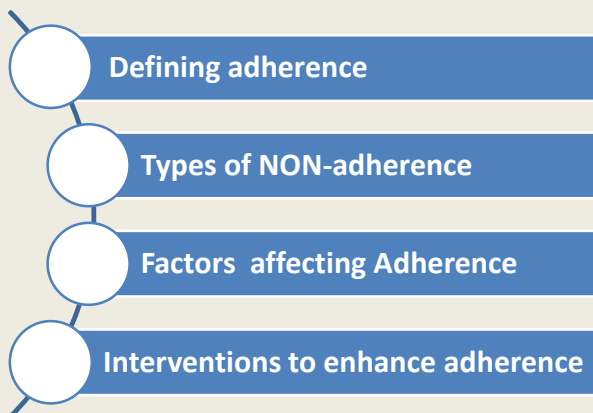
2. Is 80% a good threshold of adherence in chronic treatments?

- a) Yes
- b) No

3. Is the information given by the pharmacist sufficient to take drugs correctly?

- a) Yes
- b) No

ADHERENCE to MEDICATION

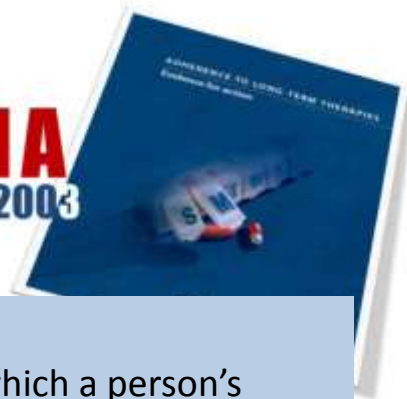


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ADHERENCIA

Definición según la OMS 2003



- WHO 2003 “the extent to which a person’s behaviour – taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider”

□ How much? **ADHERENCE/ COMPLIANCE**

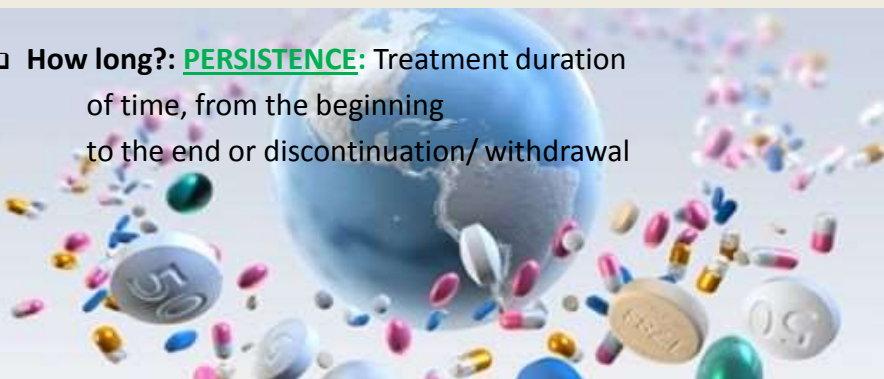
- Adherence. Patient’s attitude

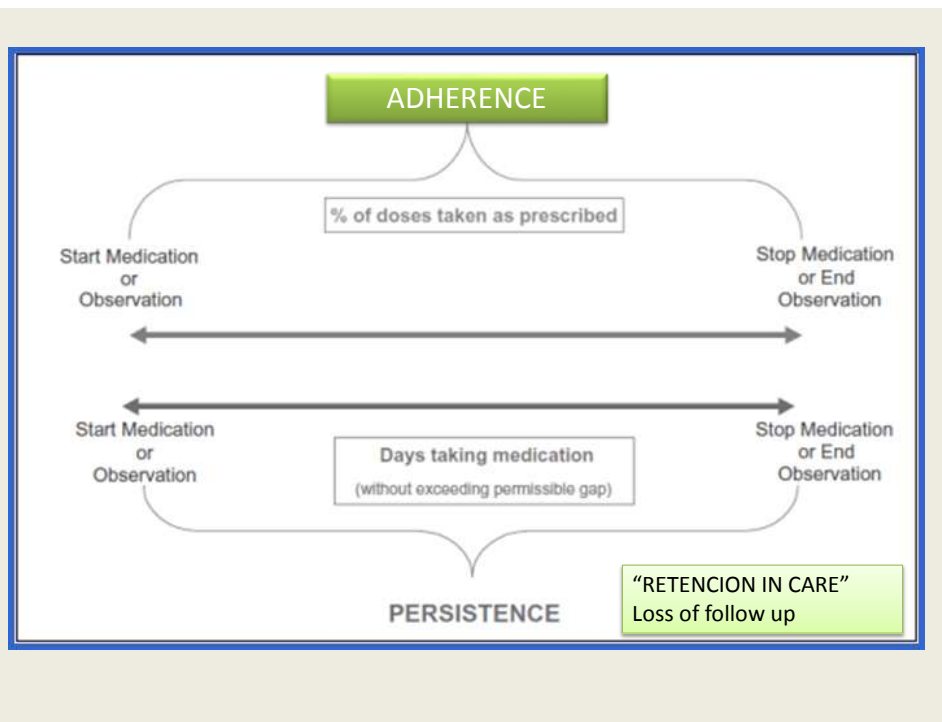
Source:
http://www.effectivehealthcare.ahrq.gov/ehc/products/296/1248/EvidenceReport_1208_CQMedAdherence_FinalReport_20120905.pdf

timing, dosage, and frequency of medication-taking during the prescribed length of time

- Compliance: How patient follows provider’s instruction

- ### □ How long?: **PERSISTENCE**: Treatment duration of time, from the beginning to the end or discontinuation/ withdrawal





How much Adherence is required?

“Adherence threshold”

HIV: 95% - 90%.

CML 90%.

MI FREEE trial: PDC>80%

In chronic conditions ... not well defined 80%?



What is the “REAL extent” of non adherence?

ROUTINE SCREENING FOR ADHERENCE IN CLINICAL PRACTICE



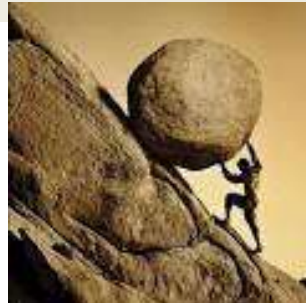
Types of NON- adherence

Intentional vs Unintentional:

FORGETFULNESS!!!!

Adherence in chronic conditions

- Long term Adherence
 - Adherence is dynamic
 - Discontinuation
- **Tolerance/ adverse effects:**
adherence & symptoms frequency and severity



QUANTITATIVE Adherence

How much?

- **% DOSES TAKEN.**
% of adherent patients



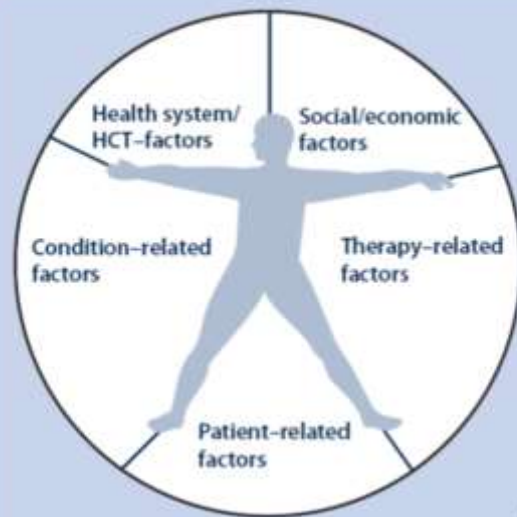
PATIENT INDIVIDUAL PROFILE

QUALITATIVE Adherence

How well?

- **MISSED DOSES/ taking adherence.**
Type of FORGETFULNESS
- **TIMING Adherence (dose- timing):+/-**
1h bid and 2h qd
- **CORRECT DOSING**
- **DIETARY RESTRICTION**

Factors/ Predictors



**WHY PATIENTS
DON'T TAKE THEIR
MEDICINES?**

1. Factors related to the PATIENT

- Medication **BELIEFS** and concerns
- Perceived barriers to medication taking



**A NON-ADHERENT PERSONALITY DOES
NOT EXIST!!!!**

- Perceived need for medication
- Depression
- Drug or alcohol abuse
- Lack of autonomy

2. Factors related to the TREATMENT

- Tolerance, adverse effects,...
- Treatment CompleXITY: pill burden, dosing frequency.
- Polypharmacy

Medication
can be
confusing!



3. Factors related to the illness or clinical conditions:

Social stigma, severity

4. Health system

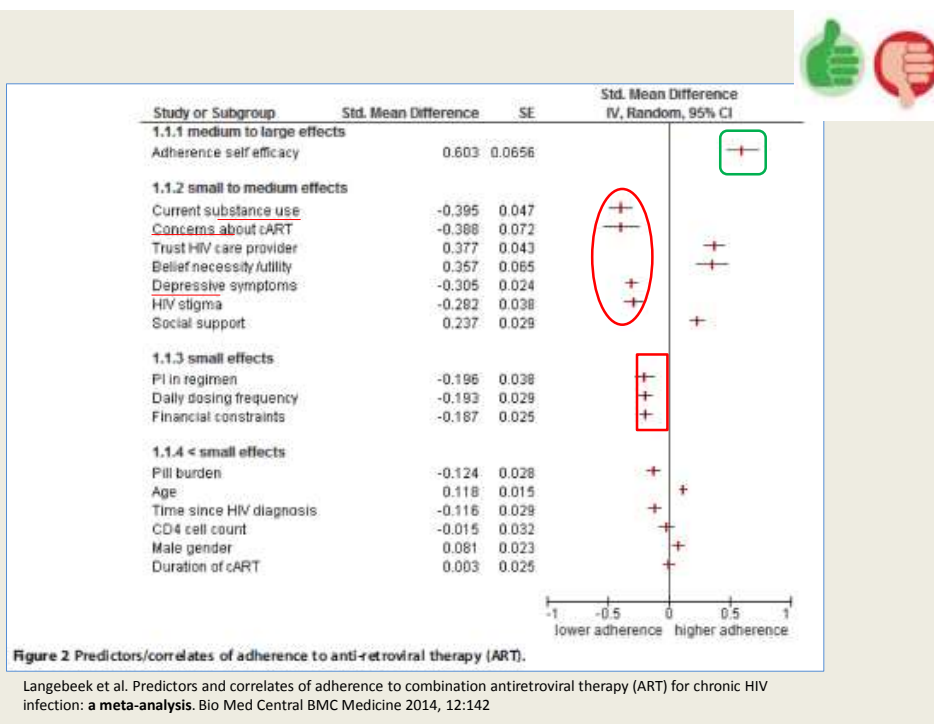
Health provider & patient relationship

Lack of information- training, education

5. Social and economic issues

co-payment





Interventions to enhance adherence

- Are they needed? Are they cost effective?

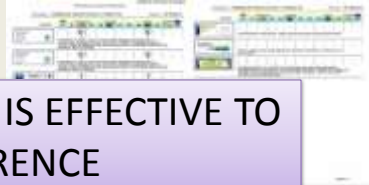
Increasing the effectiveness of adherence interventions might have a far greater impact on the health of the population than any improvement in specific medical treatments (65).

- Multidisciplinary and multifactorial approach

Adherence is a multidimensional issue where different health care actors' efforts meet.

INTERVENTIONS BASED ON....

1. **PRESCRIPTION strategies:** SIMPLIFICATION
Treatment **simplification** (Make it easy!)



NO SINGLE INTERVENTION IS EFFECTIVE TO IMPROVE ADHERENCE

Information and education in health
Self care management

Reminder systems- Forgetfulness

Rewards: feedback on clinical outcome,...



3. **Intervention strategies:** Psychosocial intervention
Skill building, empower patient

No single intervention is effective to improve adherence

Patient Empowerment

“patients takes own decisions everytime”



Information/ training/ education

PLANing ADHERENCE

- Intervention **before** the treatment: **READINESS**
- Intervention in the **BEGINNING**
Intensive + Educative
- Intervention – **FOLLOW UP**

Questions?

1. Does the treatment complexity affect adherence?

- a) Yes
- b) No

Answer: YES!

Questions?

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- a) Yes
- b) No

Answer: NO!

Questions?

3. Is the information given by the pharmacist sufficient to take drugs correctly?

- a) Yes
- b) No

Answer: NO!

Take away messages!

Thank you for your attention!!!!

And so sorry for my voice

Education Individualise
intervention