

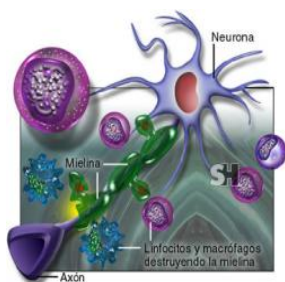
ADHERENCE TO DISEASE- MODIFYING THERAPIES IN PATIENTS WITH MULTIPLE SCLEROSIS

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BACKGROUND

The current treatment of multiple sclerosis is based on disease- modifying therapies (DMT), including intramuscular and subcutaneous interferon (IFN), but also subcutaneous glatiramer acetate.



Observational studies have shown that patient adherence to DMT is suboptimal and adherence is a key issue in chronic diseases to maximize therapy's benefits.

OBJETIVES

The goal of this study is to evaluate the level of adherence to DMT in multiple sclerosis in our patients during 2011.

METHODS

Study population

Study cohort: patients with multiple sclerosis attended at Galdakao- Usansolo Hospital Outpatient Pharmacy.

Inclusion criteria:

- Patient older than 18
- on treatment at least 6 month at the moment of analysis.

Design

We conducted a retrospective analysis of pharmacy claim data from January to September 2011

Adherence

We calculated "medication possession rate" using pharmacy refill records to assess adherence to treatment

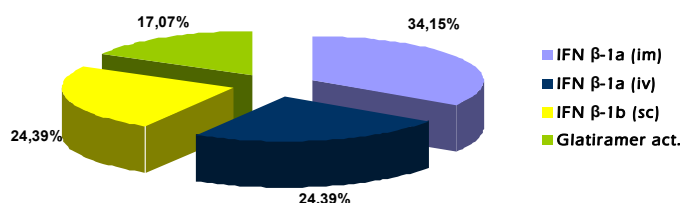
Percentage of patients with optimal adherence (more than 95%) was the primary outcome measured.

RESULTS

We selected 41 patients on treatment for analysis, 6 of whom initiated treatment during 2011.

- 61% female
- mean age: 40.5 ± 10.2 years

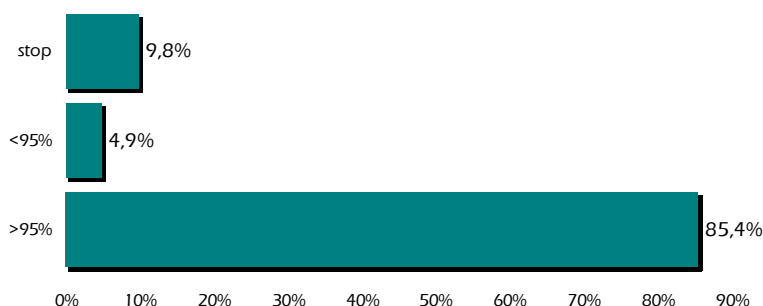
Disease- modifying therapies (DMT):



Level of adherence

9.8% discontinued the treatment during the follow- up, basically because they abandoned voluntarily the treatment and in one case the DMT was withdrew because of illness progression.

The mean adherence level in our cohort was 89.5% ± 29.9.



DISCUSSION

Our analysis indicate that the level of adherence in our multiple sclerosis patients during 2011 was high, however we had almost a ten percent of treatment discontinuation.

Conflict of interest: No conflict of interest.

References

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