

6ER-033: INTERVENTIONS TO IMPROVE ADHERENCE TO ORAL ANTINEOPLASTIC TREATMENT IN PATIENTS WITH HAEMATOLOGICAL NEOPLASMS: A SYSTEMATIC REVIEW

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BACKGROUND AND IMPORTANCE

Oral antineoplastic agents have transformed the management of haematological malignancies, increasing patient autonomy and convenience. However, adherence remains a major challenge. While there is some evidence on interventions to improve adherence, findings for haematological cancer populations are limited and heterogeneous.

AIM AND OBJETIVES

To analyse current scientific evidence on strategies to improve adherence to oral antineoplastic therapy in patients diagnosed with chronic lymphocytic leukaemia, chronic myeloid leukaemia, or multiple myeloma.

MATERIAL AND METHODS



- Systematic review (PRISMA criteria)
- June 2025
- PubMed
- Scopus
- Web of Science
- EMBASE.



- Studies included (last 10 years):
- Controlled clinical trials
 - Cohort studies
 - Case-control
 - Prospectively/retrospectively designed)



Adult patients with haematological malignancies receiving oral antineoplastic therapy: interventions to improve adherence

RESULTS

215 records identified
(98 published in the last 5 years)
6 studies met inclusion criteria



- Educational programmes
- Pharmacist-led follow-up
- Medication diaries
- Blister pack use
- Smart pill bottle technologies.



All interventions demonstrated improvements in adherence versus control.

Statistically significant results



- ✓ Pharmacist-managed follow-up among patients with medication possession rates below 90 (p<0.0446).
- ✓ Multidisciplinary interventions increased adherence by 1.5% (p=0.04).
- ✓ Combined use of smart dosing systems and pharmacist involvement achieved median adherence of 100% (p=0.001).
- ✓ Medication diaries enabled adherence rates exceeding 95% in intervention groups, with significant differences compared to control(p=0.001).
- ✓ Blister packaging and multidisciplinary programmes likewise enhanced adherence and proved cost-effective in some settings.

CONCLUSIONS

- ✓ Educational and technological strategies, especially pharmacist-led multidisciplinary programmes, appear effective in improving adherence to oral antineoplastic agents among haematological patients.
- ✓ Higher-quality randomized trials are needed to clarify effects on adherence and related clinical and economic outcomes.

