

# OPTIMIZING HEMOPHILIA MANAGEMENT: ENHANCING TREATMENT ADHERENCE AND QUALITY OF LIFE WITH INNOVATIVE THERAPIES



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## Background and importance

Hemophilia is a chronic bleeding disorder that profoundly impacts patients' physical health and overall quality of life. Managing this condition not only addresses treatment bleeding episodes but also supports long-term health and functioning.

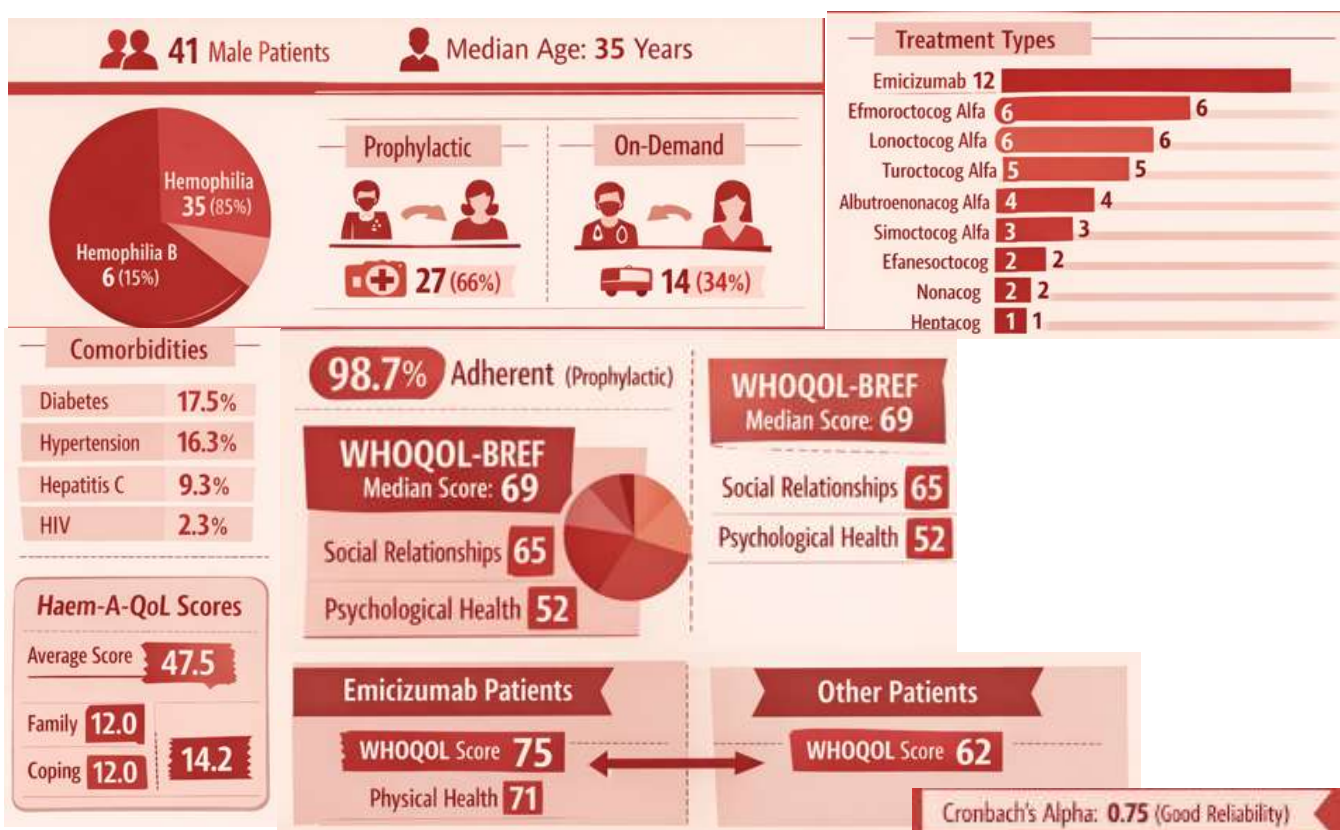
## Aim and objectives

To evaluate treatment adherence and quality of life in patients receiving clotting factors. To describe patient characteristics, assess treatment effectiveness, adverse effects and determine adherence levels and satisfaction.

## Material and methods

- Multicenter cross-sectional study that included all patients treated with clotting factors.
- Data collected: sex, age, comorbidities, bleeding episodes, adherence and adverse effects. Quality of life was evaluated using the WHOQOL-bref questionnaire (26 items) and the Haem-A-Qol (46 items divided into 10 domains).
- Statistical analysis was performed using R software.

## Results



## Conclusion and relevance

Subcutaneous coagulation factor treatment, including emicizumab, improved adherence and quality of life in hemophilia patients, particularly in social and coping domains. Strong family support and effective coping strategies contributed to better well-being. The study supports the continued use of subcutaneous therapies for optimized patient