



## PHARMACOTHERAPEUTIC MONITORING IN GROWTH-HORMONE TREATMENT ADHERENCE

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### Background

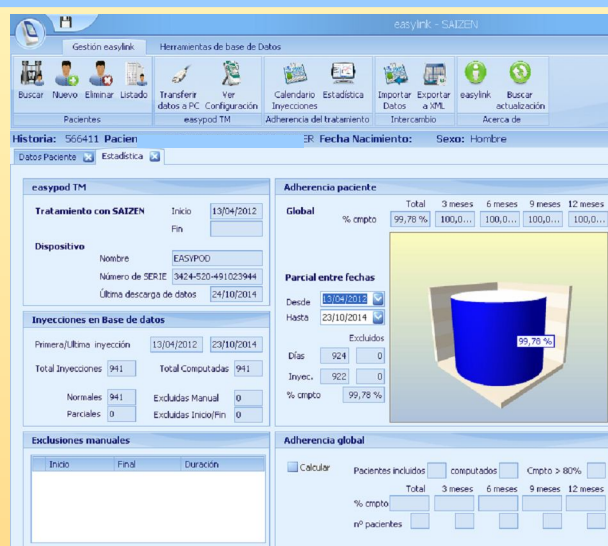
Easypod™ auto-injector is a medical device pre-programmed to deliver r-hGH. The software provides healthcare professionals analyses patients treatment adherence.

### Purpose

To analyse treatment adherence of patients treated with Easypod™-r-hGH and to assess the impact of Pharmacist recommendations on patient adherence

### Material and methods

Observational and retrospective study. It was recruited patients to whom medication was dispensed from hospital pharmacy service in september 2014. We excluded patients treated under 6 months. It was analyzed the overall adherence scores obtained from Easypod every 6 months, and the adherence-reports were entered in the Electronical Medical Record. In patients with suboptimal adherence (<80%), corrective measures were implemented and data transfer was performed more frequently to check the impact of pharmacist intervention on adherence.



### Results

17 patients included, 52,9% men. Average age: 6,1 years (1-13). Overall adherence over 80% in the 88,2% of patients, range 96,2-100%. Suboptimal adherences only were detected in 2 patients (77% and 52,2%). In both cases the treatment was not administrated by an adult. Pharmacists applied the appropriate advices. Data transfer device was repeated more frequently, checking in both cases an adherence improvement after the intervention (increased 5% and 7,6% in 5 and 3 months respectively).

### Conclusion

Monitoring r-hGH adherence can prevent noncompliance failures. Easypod is a direct and reliability method to measure adherence. Pharmaceutical care for patients treated with r-hGH should include strategies to promote adherence, specially in cases where treatment is not administered by an adult. Monitoring adherence allows an appropriate pharmacist intervention when it is necessary.