

Evaluation of therapeutic adherence and determination of the causes of therapeutic non-compliance in renal transplant patients

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Objectives

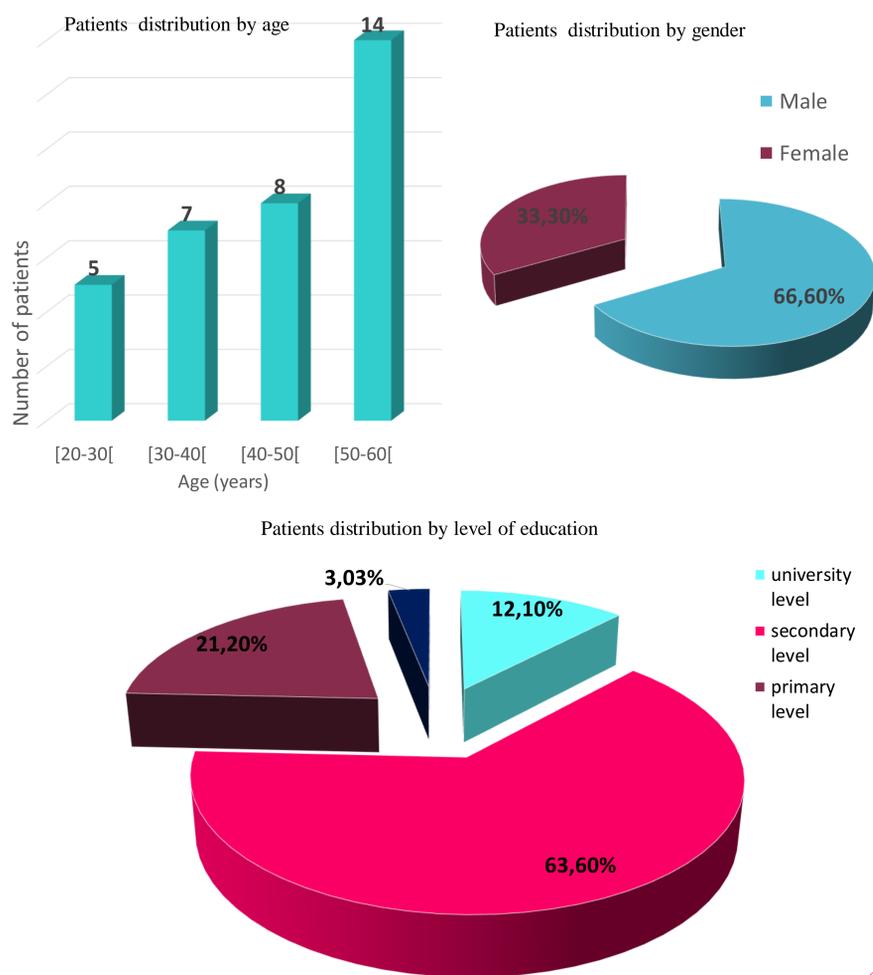
Therapeutic non-adherence is a major problem in patients with chronic kidney disease. This is the major cause of rejection in renal transplant patients. The aim of this work was to evaluate the therapeutic adherence in renal transplant patients and to identify the causes of poor adherence.

Study Design

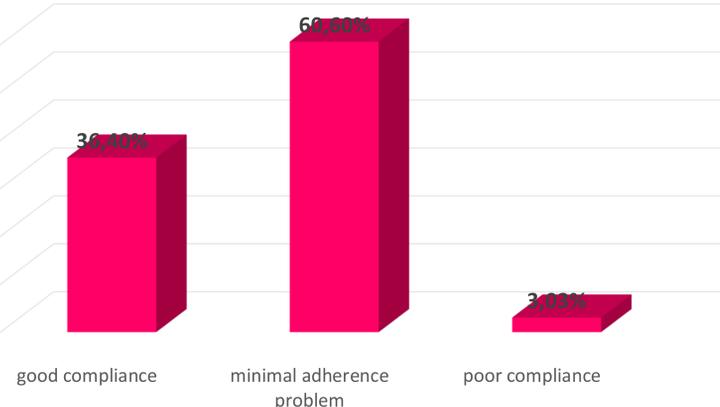
Prospective study was conducted in renal post-transplant unit during 4 months: from September 1st, to December 31, 2016. All patients hospitalized during this period were included in the study. The test used to assess adherence was Morisky's Scale test. Questioning was conducted for each patient to fill clinical information sheet. Data analysis was done by SPSS.

Results

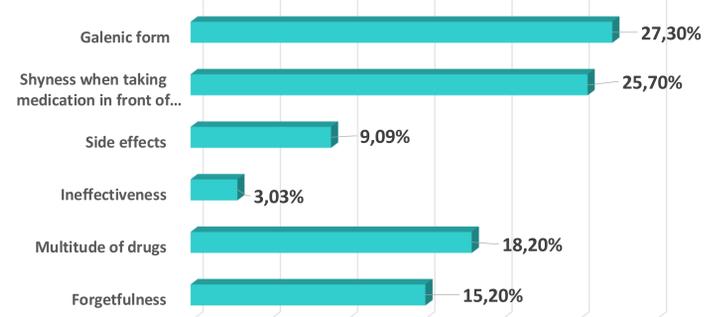
Description of study population



Assessment of therapeutic adherence



Causes of poor adherence



Discussion

Non-adherence may be related to many factors, either patient-related or treatment-related. The most common causes of non-compliance are the multitude of drugs, the dosage form, feeling of shyness when taking medications in front of others and forgetfulness. M.Belrhiti and al [1] have found some similar results regarding causes of non-compliance in renal transplant patients.

Conclusion

Several causes are responsible for therapeutic non-compliance. A lot of barriers to adherence are preventable just by better communication between the patient, his doctor and the care system. Also, it is important to set up a therapeutic education program to improve therapeutic adherence.

References :
[1] M.Belrhiti and al. Observance thérapeutique après transplantation rénale : expérience du service de néphrologie du CHU Ibn-Sina de Rabat. Néphrologie et thérapeutique. 2017 ; 13

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