

# THERAPEUTIC EDUCATION AND LONG-TERM CORTICOTHERAPY : PATIENTS' EXPECTATIONS

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## BACKGROUND & OBJECTIVES

The internal medicine and rheumatology departments of our hospital receive patients with **autoimmune diseases** whose first-line treatment is **long-term corticotherapy**, responsible for many **adverse events (AE)**.

We conducted a survey in internal medicine and rheumatology departments to **collect patients' needs and expectations concerning therapeutic education** with a view to create an adapted therapeutic education program (TEP) about long-term corticotherapy.

## PATIENTS & METHODS

**Prospective study**

**Inclusion period : 4 months**

Patients :

- receiving a long-term oral corticotherapy (≥ 7,5 mg/day during ≥ 3 months)
- hospitalized or followed in internal medicine or rheumatology departments of our hospital

We have separately interviewed patients, assessing :

- their knowledge about corticosteroids AE (by creation of a specific score)
- their opinion about adverse events of long-term corticotherapy

to evaluate their needs about a therapeutic education program

Patients' information sources have been collected.

## RESULTS

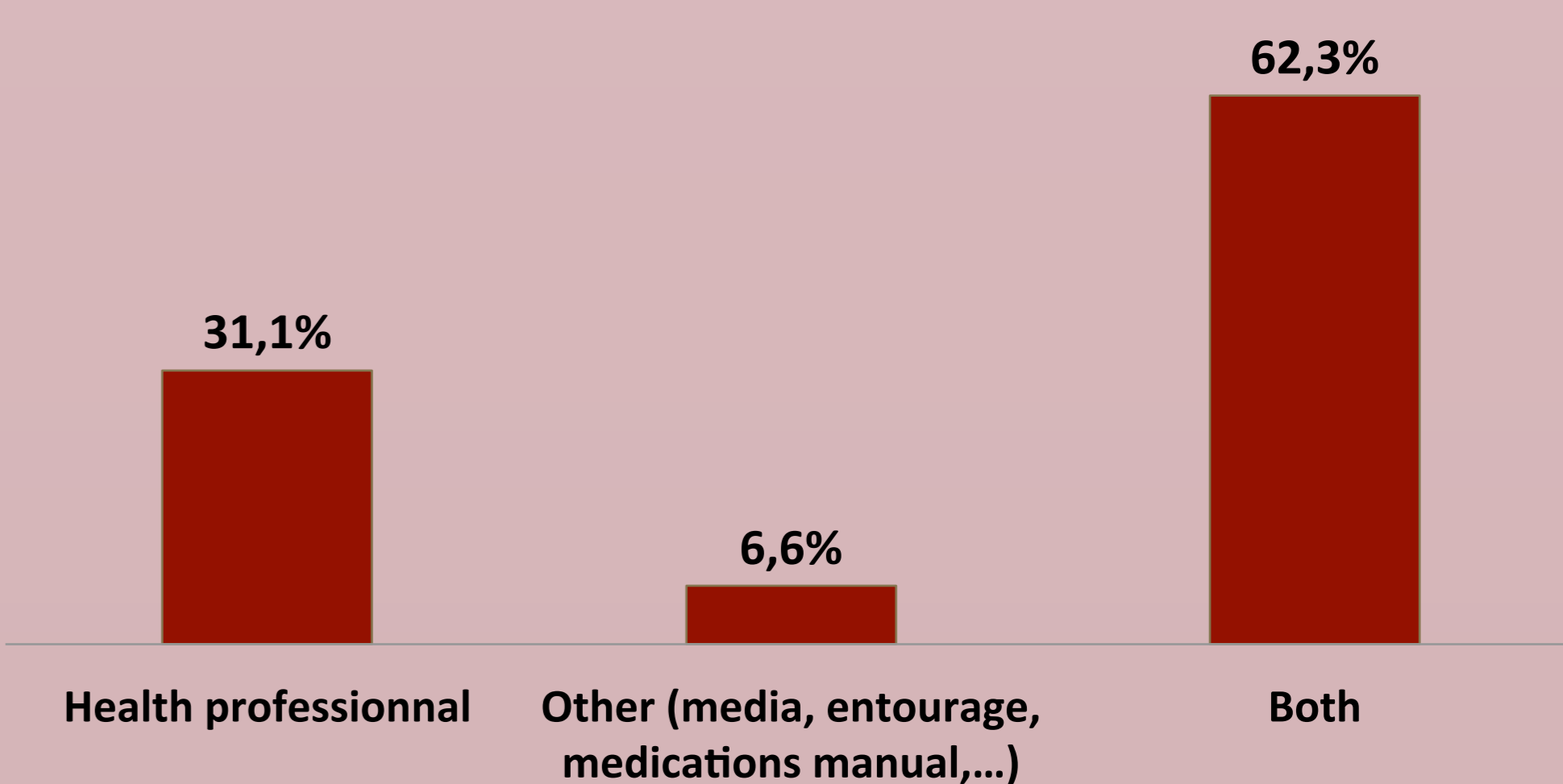
**110 patients have been asked.**

Their average score of knowledge about corticosteroids adverse events is **12,5/30 points**.

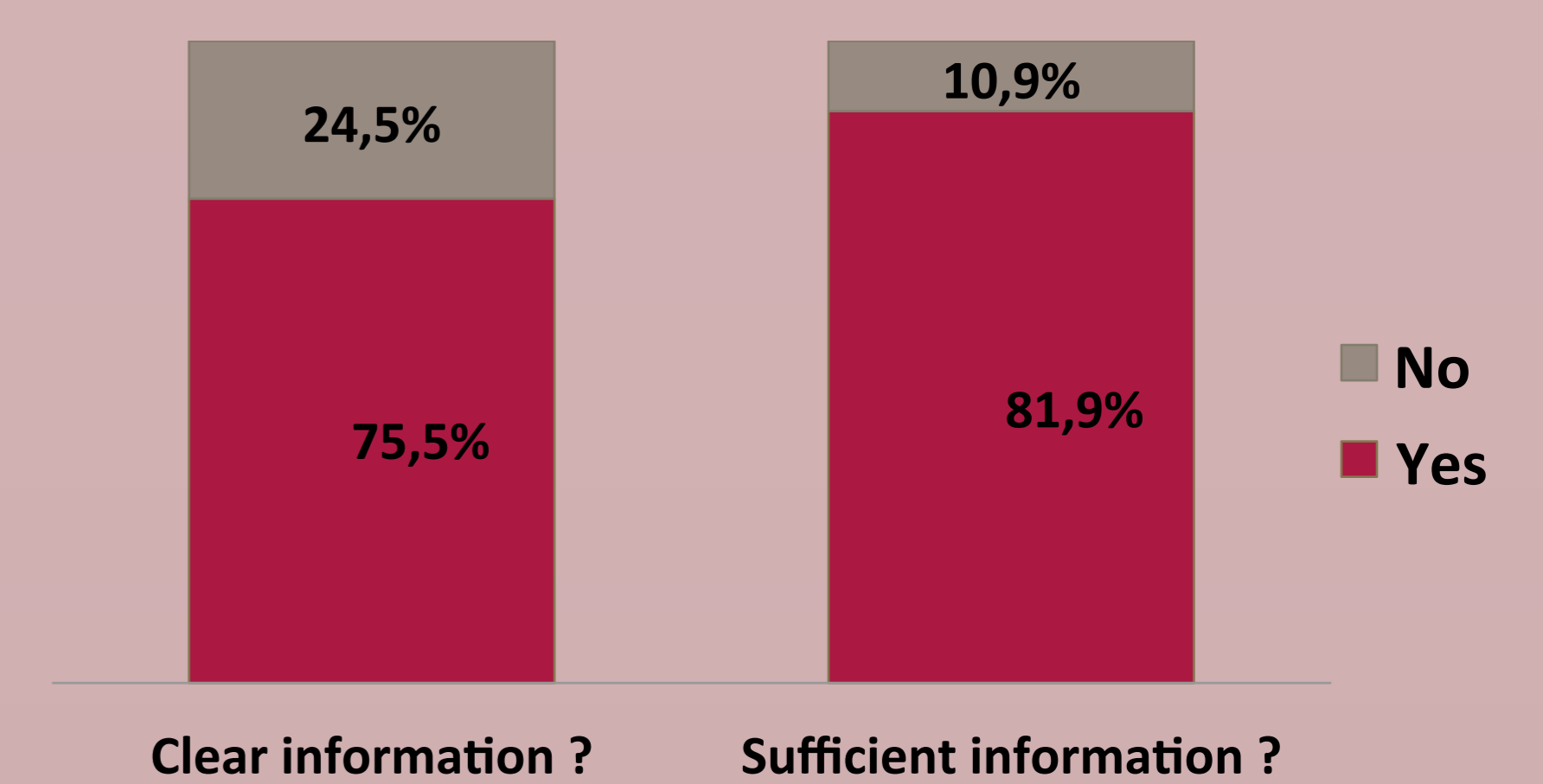
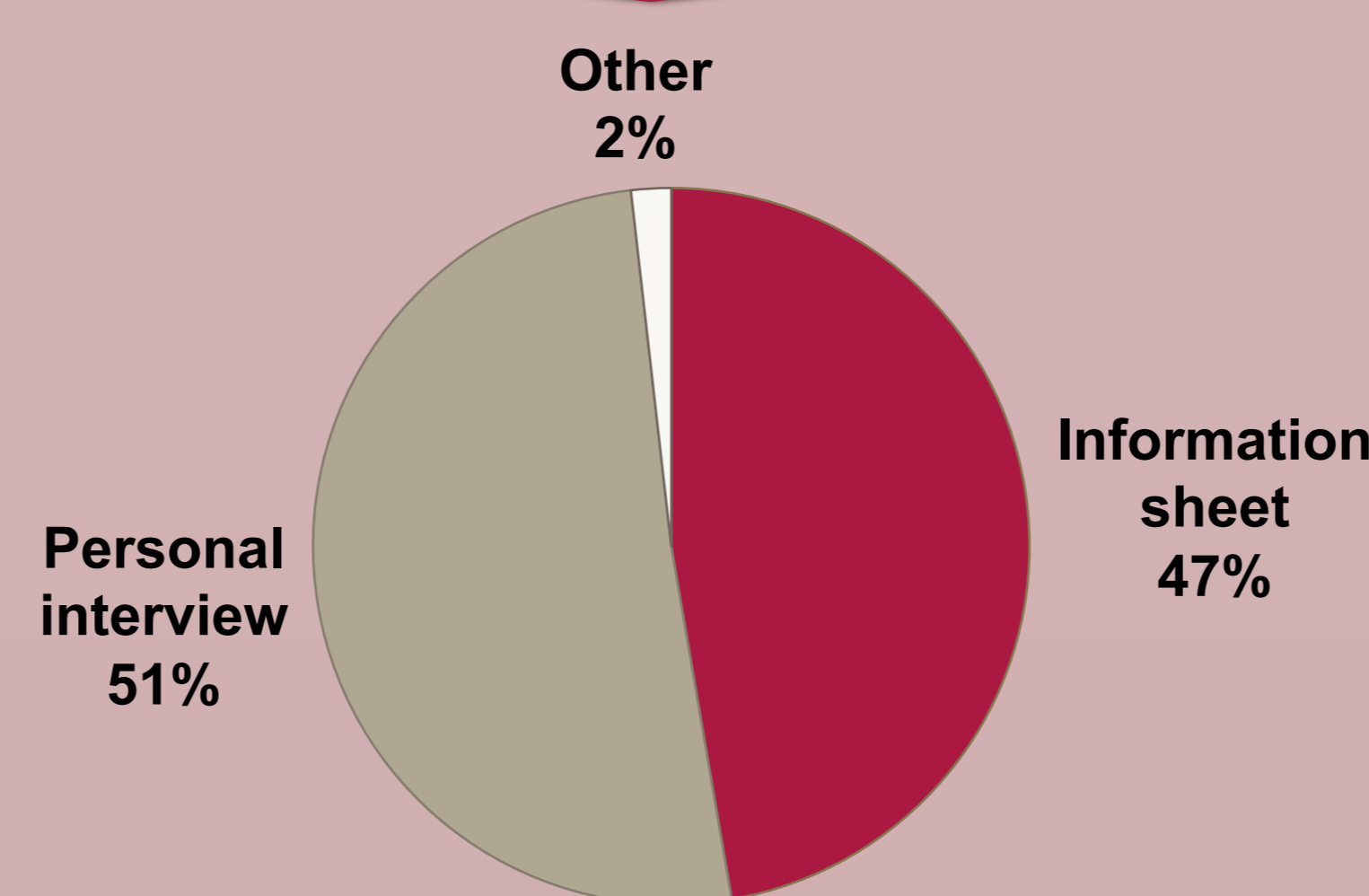
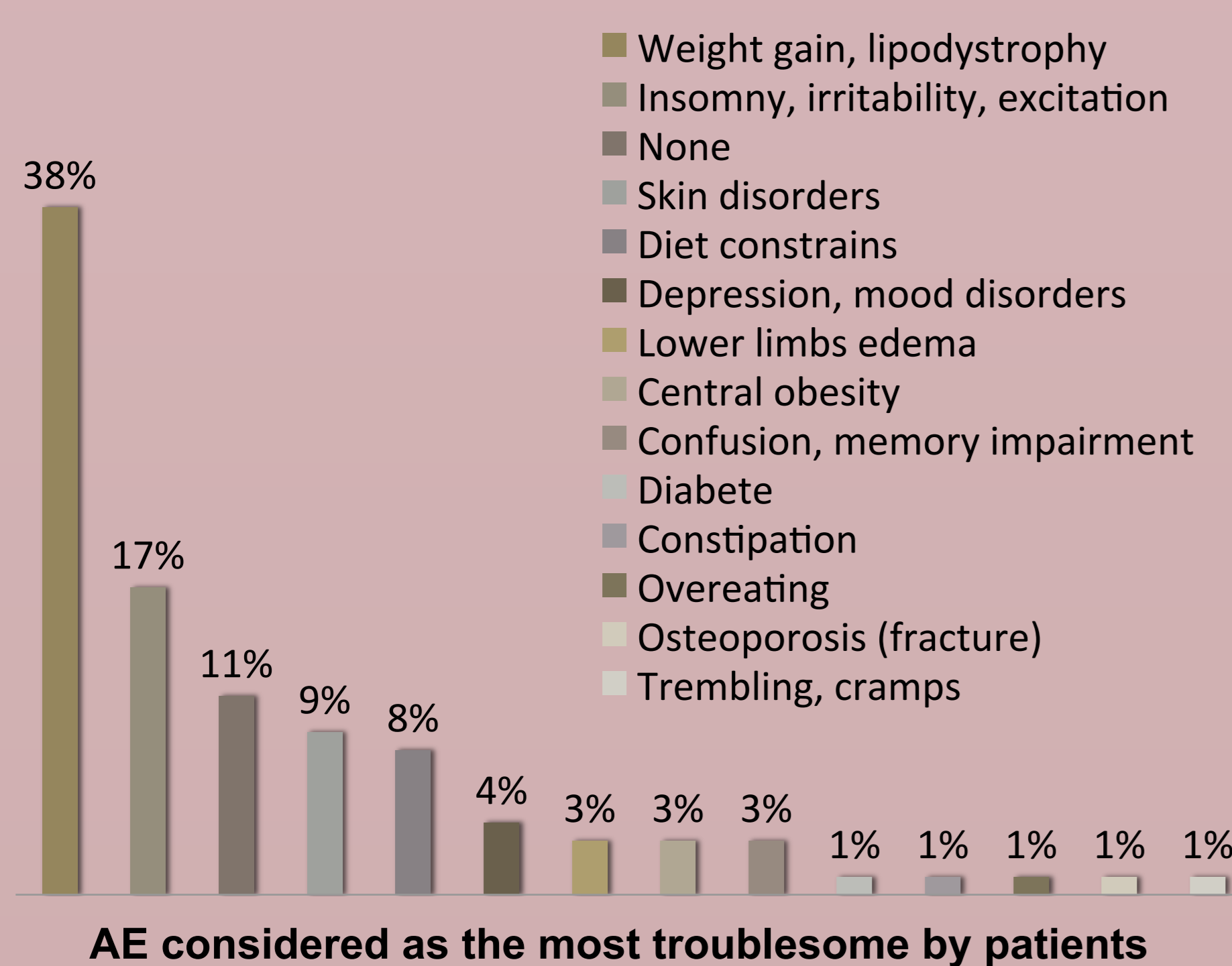
- The most troublesome adverse effects described by patients are **weight gain, lipodystrophy** and **neuropsychiatric manifestations**.
- **Diet-induced constraints** are the most inconvenient effect for 8% of patients.

- 51% of the patients would receive a personal interview to clarify the information
- 47% prefer a written document
- 6 patients have suggested the designing of an internet platform of a smartphone application to help them manage their treatment

**Information about corticosteroid AE, role of adjuvant treatments and diet are wished.**



- Most patients have been advised about corticosteroids AE by their doctor.
- Information was sufficient according to 75% of patients and was clear for 89%.



## DISCUSSION

Patients feel well informed about corticosteroid AE but their scores reflect their **lack of knowledge**.

**Diet** is troublesome for many patients and could lead to a **poor compliance** or a **refusal of treatment**. After discussion with internists, a **collaboration with dietetic team** is provided to systematically propose a meeting with patients at the start of corticotherapy.

A **clear and ludic information sheet** about the recommended diet is being developed.

## CONCLUSION

**Patients' expectations towards therapeutic education are wide and confirm the interest of creation of an educational process or of a TEP dedicated to patients receiving a long-term corticotherapy in our hospital.**

## REFERENCES

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- Hervier B et al. Evaluation des attentes des patients pour un programme d'éducation thérapeutique au cours du lupus systémique. Rev Méd Interne, 2014, Mai ; 35(5): 297-302