

ANALYSIS OF ADHERENCE TO GROWTH HORMONE TREATMENT IN PAEDIATRIC PATIENTS

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BACKGROUND AND IMPORTANCE



Adherence to growth hormone treatment is critical as it is associated with **increased growth velocity** and **improved adult height**.



However, because it **requires daily injections**, **adherence may decline** in paediatric patients.

AIM AND OBJECTIVES



- Measure patient adherence to growth hormone treatment.
- Evaluate the **influence of age** on adherence.
- Identify patient groups needing **close pharmacist monitoring**.

MATERIAL AND METHODS



- **Retrospective and descriptive study**



Included all patients undergoing growth hormone (somatostatin) treatment from **January 1, 2017, to December 31, 2022**.

VARIABLES

- Age (calculated from the last dispensation)
- Gender
- Dispensation dates
- Dispensed quantities

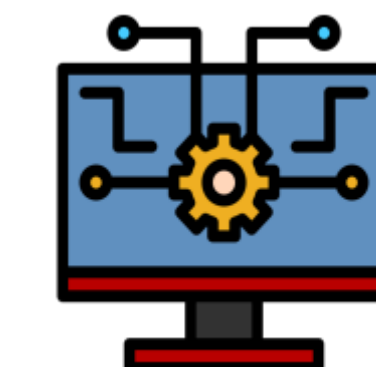
- **Adherence estimation**

Indirect method of measuring medication dispensed over an interval (**CSA: Continuous Single Interval Measure of Medication Acquisition**); percentage of days covered relative to the total days in the interval.



- **Computer software**

Farmatools® (Dominion).



RESULTS



160 pacientes



52,5% niñas



47,5% niños

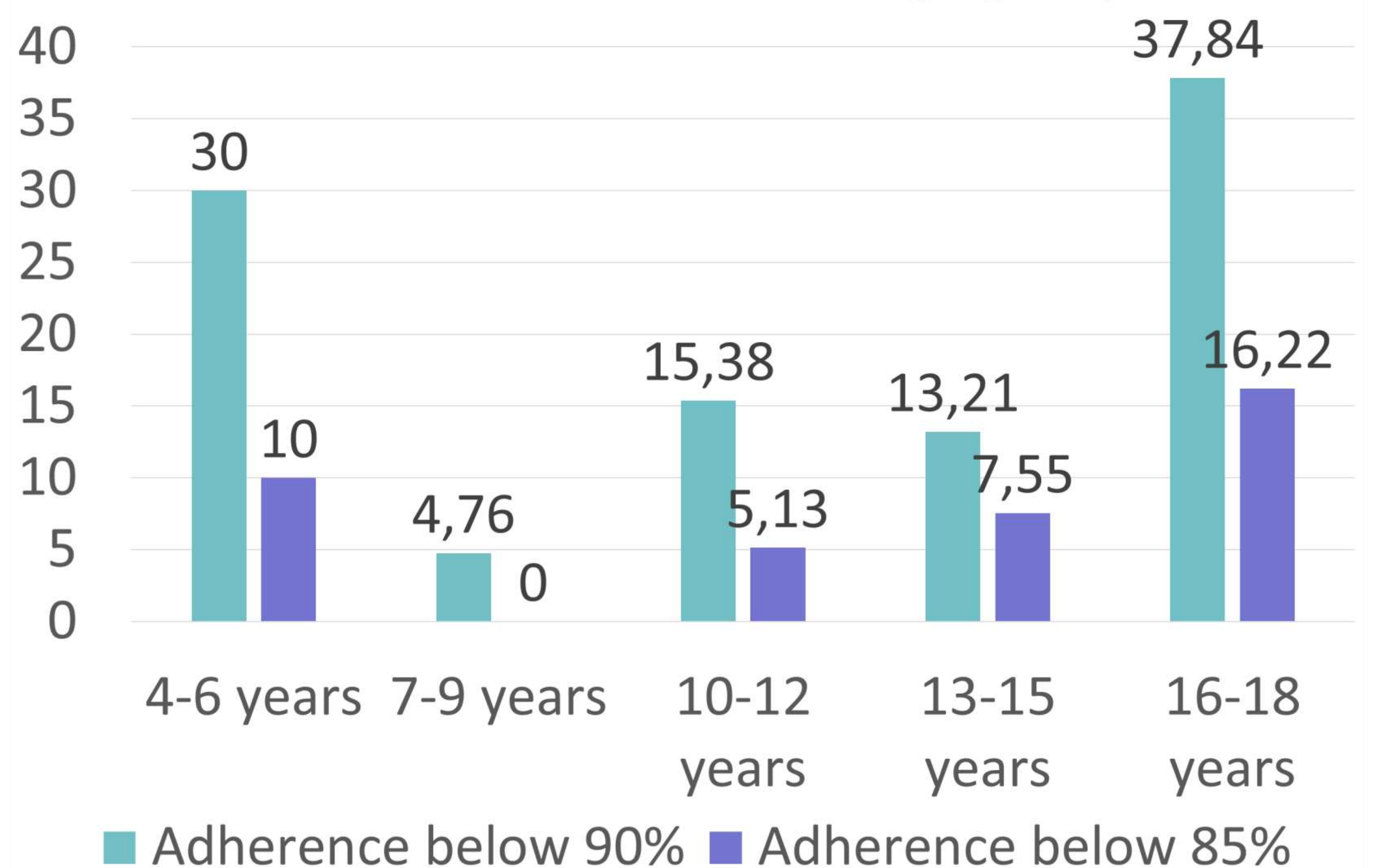
- Regardless of age, **80.63%** of the patients had an **adherence rate of over 90%** (**68.13% over 95%** adherence).

Age group	Number of patients
4-6 years	10
7-9 years	21
10-12 years	39
13-15 years	53
16-18 years	37

Edad media:
12,5 años

Mean treatment
duration:
3,2 years

% of adherence in each age group



CONCLUSION AND RELEVANCE



Most patients had optimal adherence, with the **worst adherence in the extreme age groups**.



Young children: fear of injections
Adolescents: relaxation over time and lack of family supervision



These age groups could benefit from **closer pharmaceutical care**.

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