

GLUCOCORTICOIDS IN CHRONIC INFLAMMATORY DISEASES: ASSESSMENT OF PATIENTS ADHERENCE



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Background:

Glucocorticoids (GC) are widely used in the management of chronic inflammatory diseases. However, lack of patients' adherence leads to suboptimal effectiveness of GC therapy in real-life practice

Purpose:

The aim of this study is to identify factors which may lead to non adherence to oral GC in the treatment of chronic inflammatory diseases.

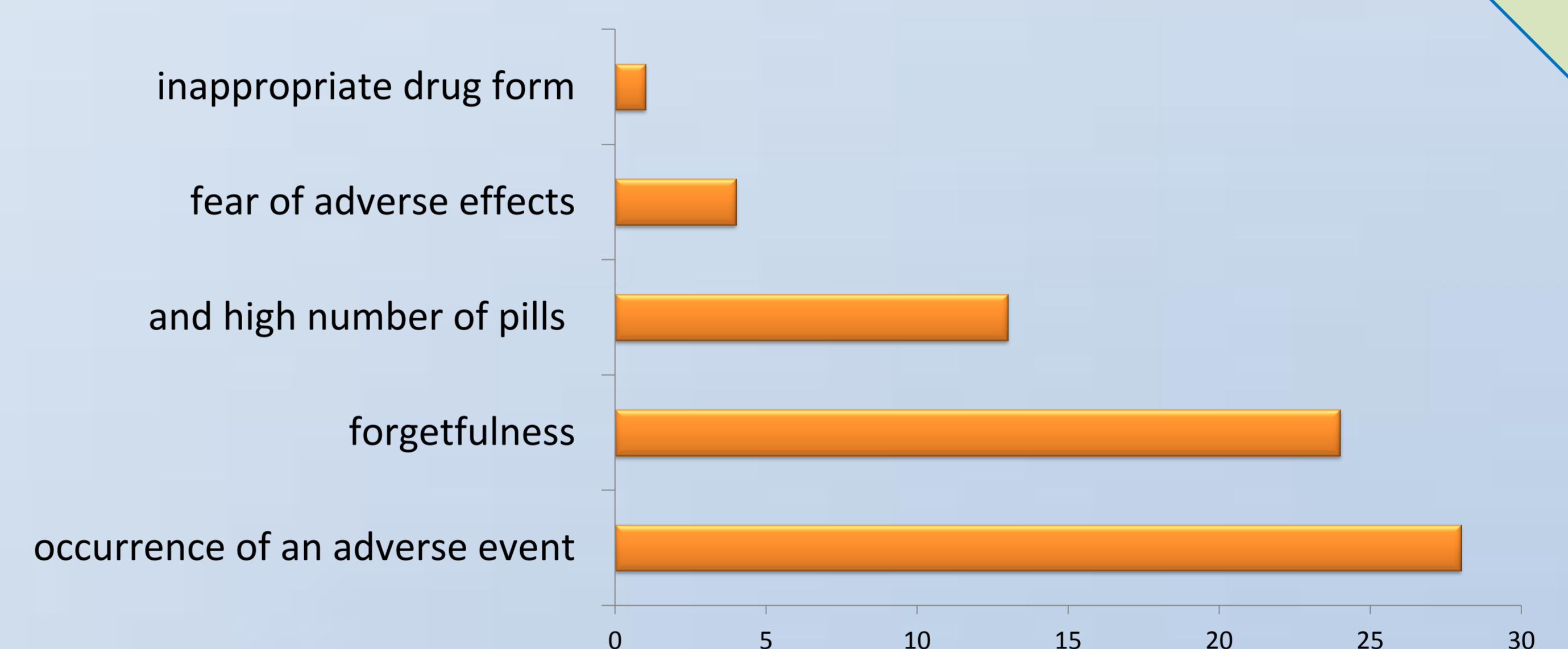
Material and methods:

Cross sectional study included outpatients and inpatients in an internal medicine department. Patients who had been taking oral GC for more than 3 months prior to the study were enrolled. Adherence was measured using patient self-reports. Patient having less than three YES were considered poor adherent . Bivariate methods were used for analysis.

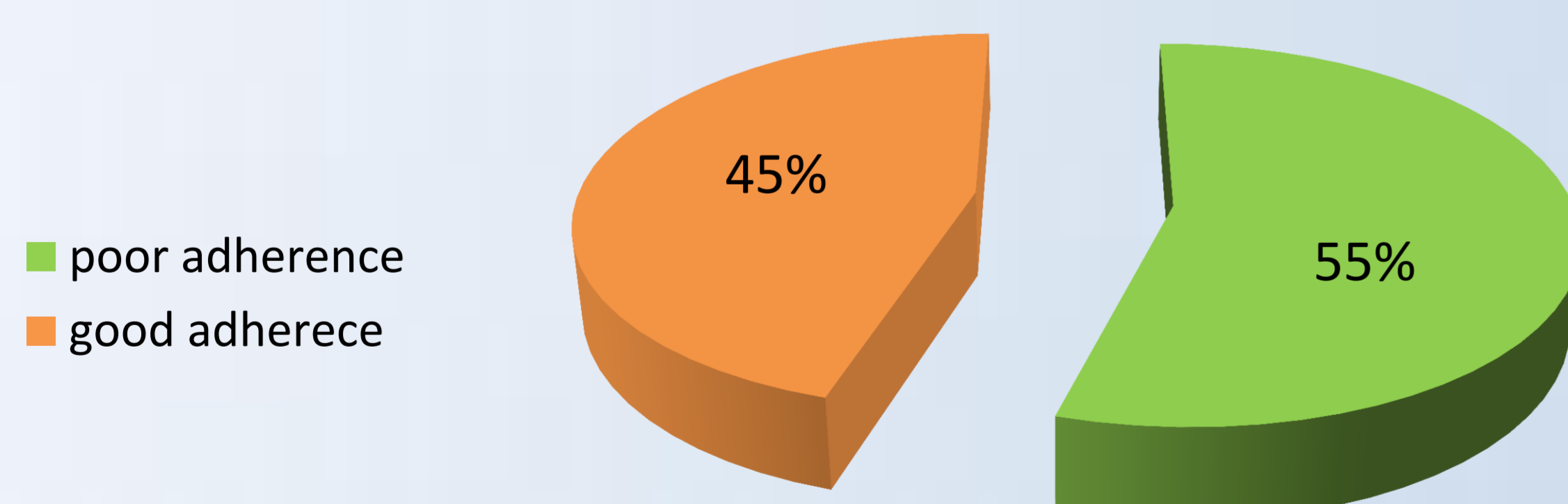
Results:

- ❖ **Ninety-seven patients (sex ratio =0.18), with a mean \pm SD age of 51 ± 13 years were enrolled.**
- ❖ **Patients interviewed were under GC therapy since an average of 7.71 ± 5.75 years.**
- ❖ **All patients were treated with prednisone and the median daily GC dose was 16.35 mg .**

Causes of poor adherence



Patients Adherence



Factors related to poor adherence

Evaluated factors	Poor adherence (N=53)	Good adherence (N=44)	p
Age > 40 years	50	27	<0,001
Male	12	3	0,032
Marital status	47	35	0,215
Regular activities	25	17	0,265
Low education level	33	33	0,388
Lenght of treatment (>1year)	47	38	0,95
Pill's number (> 3 pills)	12	13	0,439

- ❖ **In addition, this study revealed a problem of GC overuse in 20 patients. The reasons were symptom reduction, lack of information, distanced follow up appointments and easy access to GC from free-practice pharmacies.**

Conclusion:

The results showed poor adherence in patients under GC. The occurrence of an adverse event was the main reason for non-adherence. Thus the setting up of a therapeutic patient education program would improve patient adherence and therefore quality and safety of GC therapy.