

THE PIRAMID STUDY : PATIENTS TREATED BY MYELOMA ORAL MEDICATION HAVE A BAD COMPLIANCE

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 CHU Nantes, Pharmacy, Nantes, France Abstract n°4CPS-139 ATC code: L04 - Immunosuppressive agents



Background and purpose

Multiple myeloma is now treated by oral therapies, but their effectiveness depends on patient compliance.

The Pyramid study aimed to :

- assess patient medication compliance to myeloma oral treatments (**Imids : Thalidomid, Lenalidomid, Pomalidomid**) ;
- identify factors associated with medication compliance by adult outpatients.

Material and methods

At a university teaching hospital

At the time of renewal dispensation

Prospective study

Were assessed	Using
Medication compliance to Imids	Morisky (score /8)
Quality of life	SF-36 v1.3 (8 dimensions)
Satisfaction of treatment	SATMED-Q (score /100)
Health literacy	HLQ (9 dimensions)
Medical and sociodemographic data	Questionnaire (26 items)
Correlation between Morisky's compliance and other data : 47 items tested	Univariate analysis, Chi ² and Wilcoxon tests

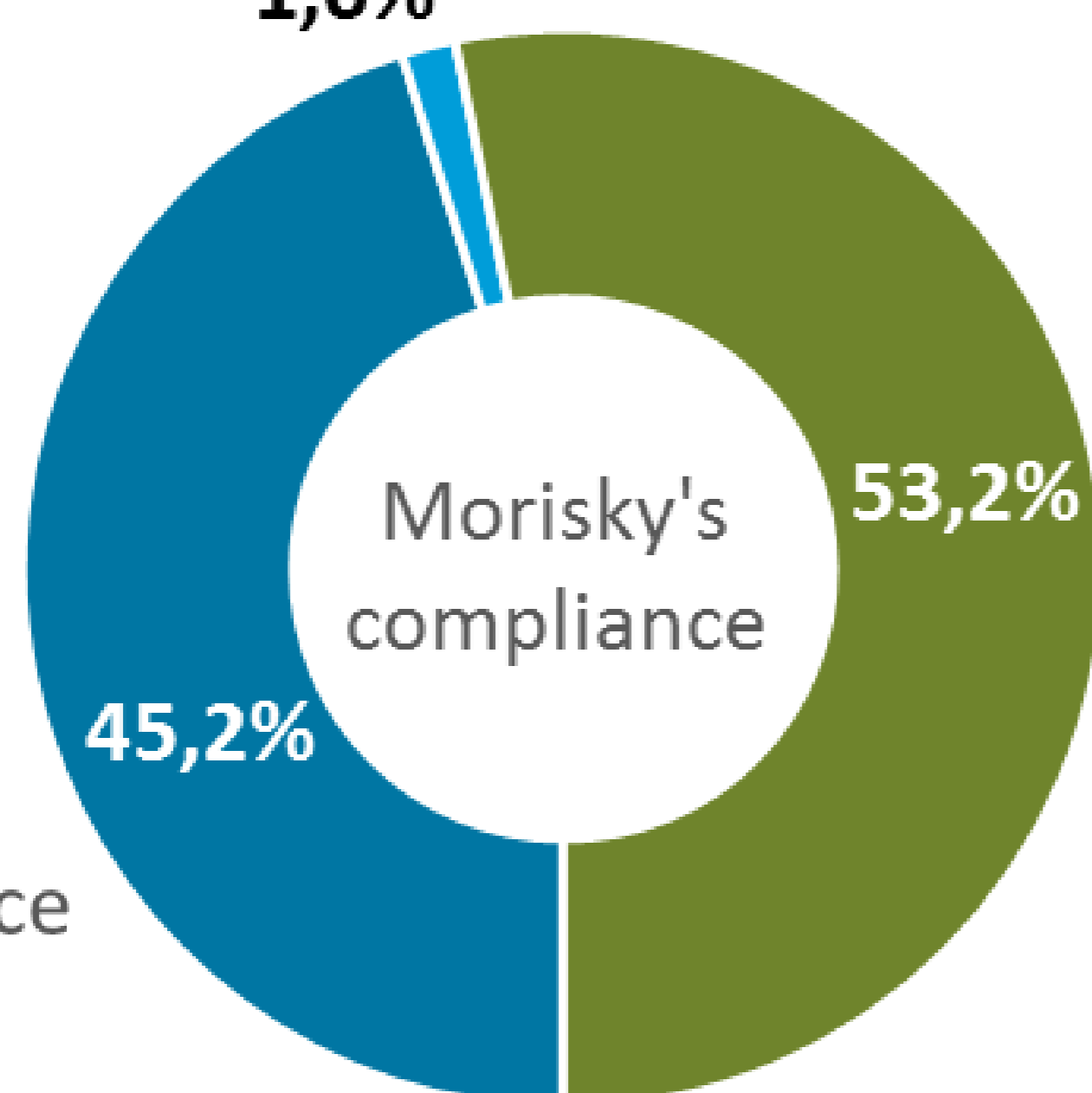
From January to August 2018

Results

62 participants
 Median age 69 years [43-85]

58,1% 41,9%

1,6%



Mean score : 7,12/8

Two groups for the univariate analysis

Univariate analysis with Morisky's compliance score

Positive correlations

Item	Group « good compliance » <i>mean score</i>	Group « medium/bad compliance » <i>mean score</i>	p
Satisfaction of treatment (SATMED-Q)	77.45	64.98	0.0081
Perceived health (SF-36, Dimension 4)	50.93	35.34	0.0175
Psychic health (SF-36, dimension 7)	70.24	60.70	0.0119
Limitations associated to psychic health (SF-36, dimension 8)	69.33	34.41	0.0047

Negative correlations

Item	Group « good compliance » <i>% of yes</i>	Group « medium/bad compliance » <i>% of yes</i>	p
Existence of a tip to remember drug intake	7.14 %	30.30 %	0.0234
Being a member of a patients' association	0 %	21.88 %	0.0118

Conclusion

Problems

- Only half of the patients had an optimal compliance
- Easiest factors of bad compliance to measure : having a bad satisfaction of the treatment, being depressed

Solutions ?

- Therapeutic education
- Pharmaceutical interviews
- Time is limited : focus patients with risk factors ?

