

Evaluation of adherence to inhaled medications in Chronic Obstructive Pulmonary Disease



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INTRODUCTION

Chronic Obstructive Pulmonary Disease (COPD) treatment consists mainly in inhaled medications. The evolution of this illness is linked with good compliance.

OBJECTIVE

The aim of the study is to assess patients' compliance and their ability to use the inhaled medical devices.

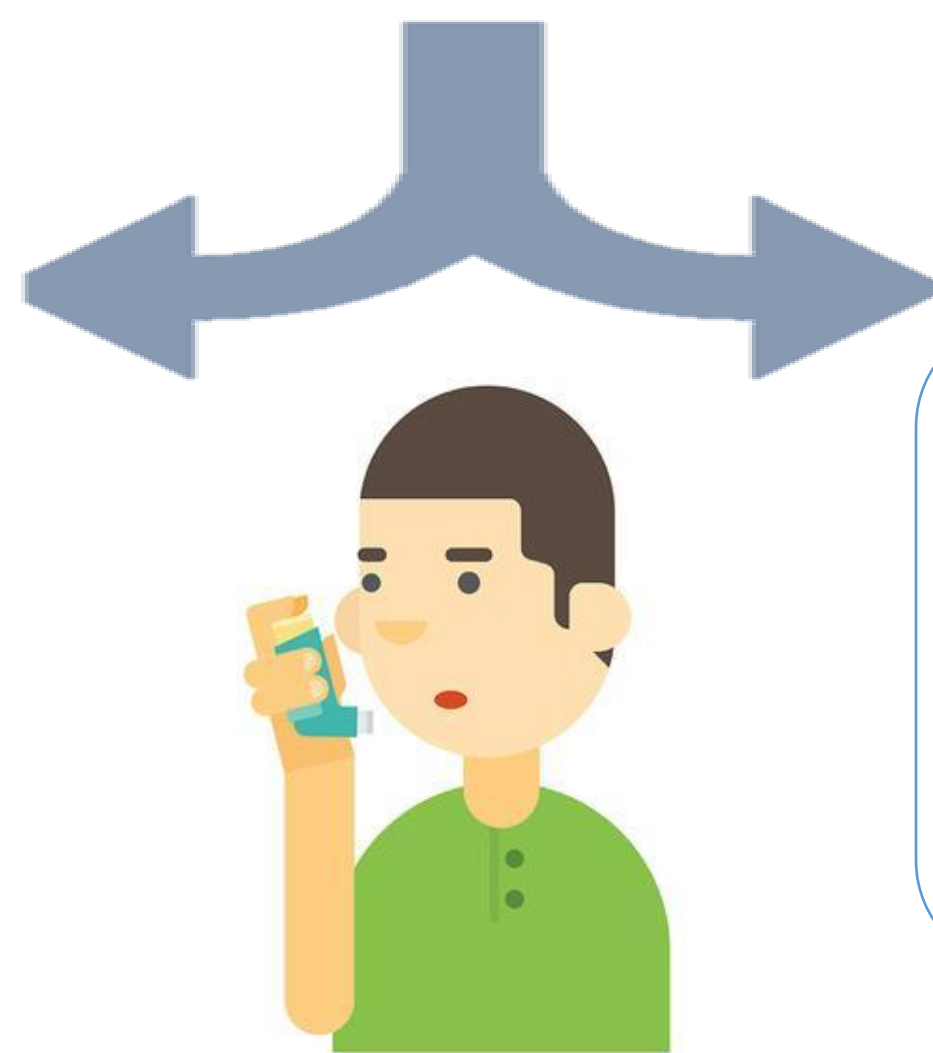
MATERIAL AND METHODS

A prospective observational study was conducted in an University Hospital during 2 months
 → Inclusion criteria : patients treated by inhaled devices for a COPD

Girerd's compliance questionnaire¹

- Fully observant → score = 6/6
- Poorly observant → score = 4 ou 5/6
- Non-observant → score ≤ 3/6

Girerd et al. Évaluation de l'observance du traitement anti-hypertenseur par un questionnaire : mise au point et utilisation dans un service spécialisé. Presse médicale. 2001



Ability to use the inhaler → 3 common steps

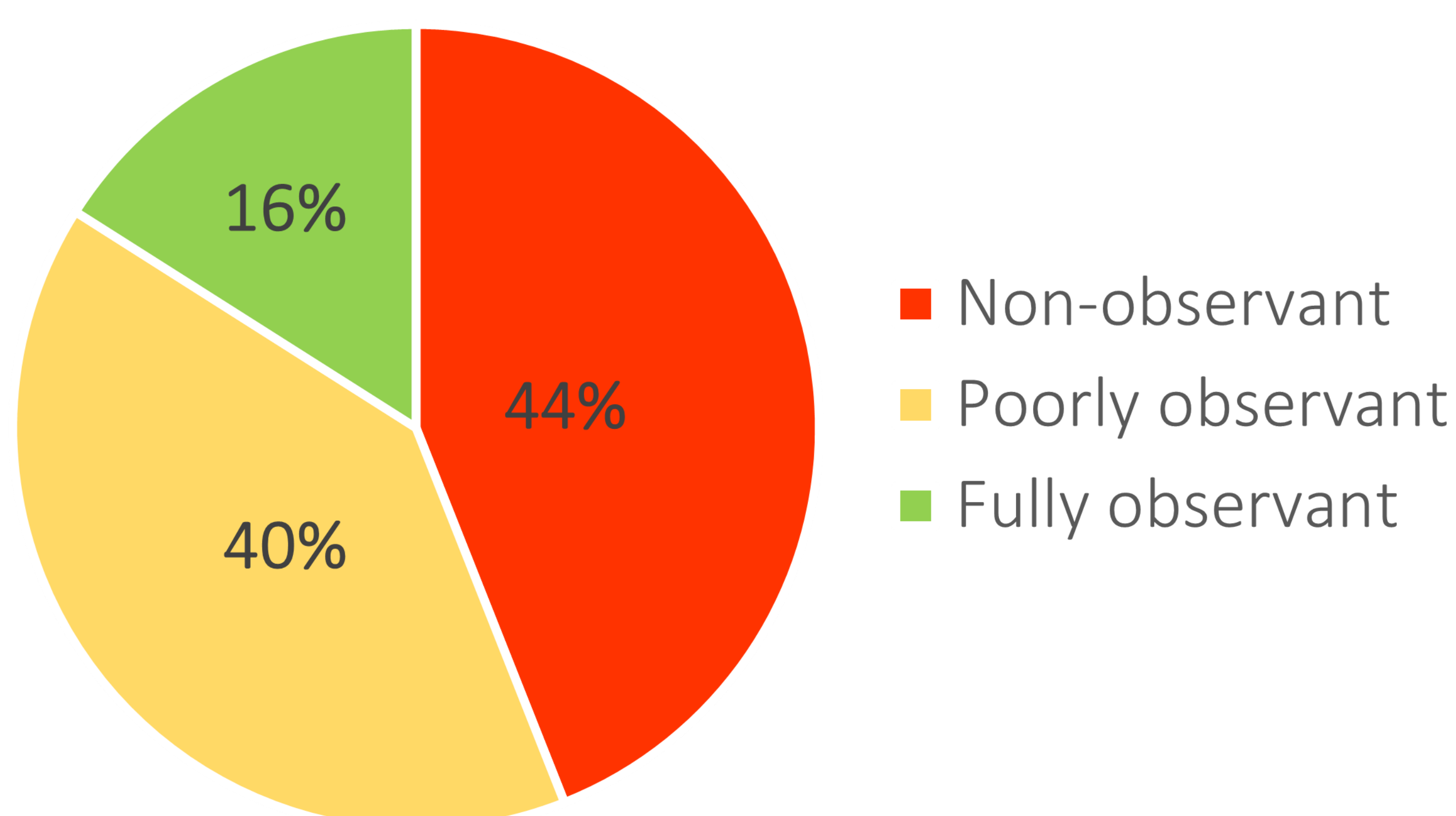
1. Expiration
2. Drug inspiration
3. Holding breath for ten seconds

RESULTS

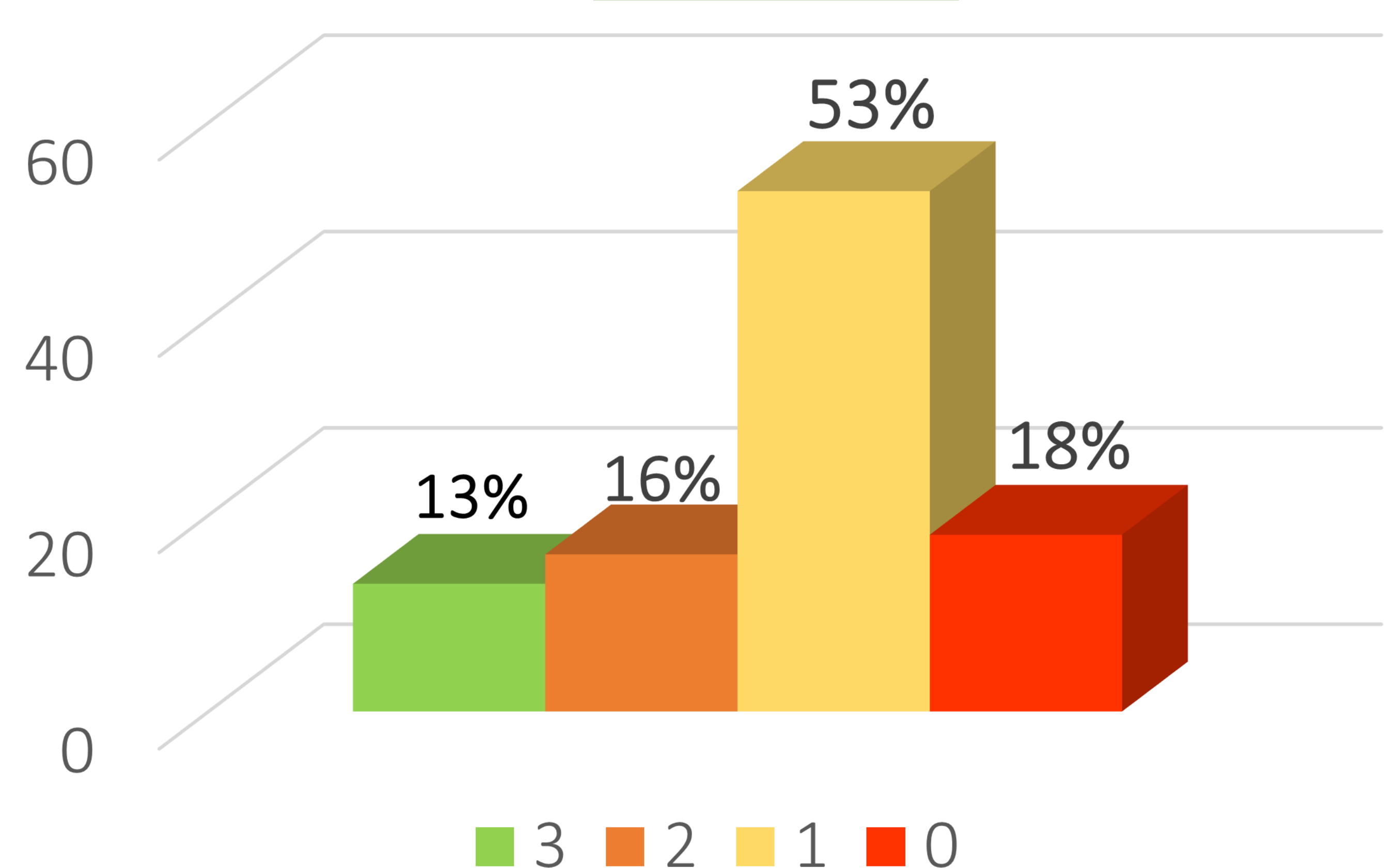
45 patients

- ☛ Mean compliance score: 3.5/6
- ☛ Mean number of respected steps : 1.2/3

Patients' distribution according to their compliance score



Patients' distribution according to the number of respected steps



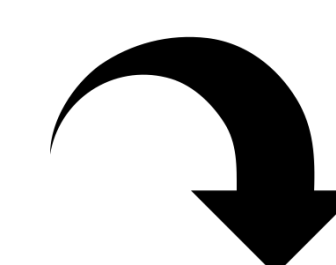
CONCLUSION

This study stresses a limitation in compliance in COPD patients with inhaled treatments :

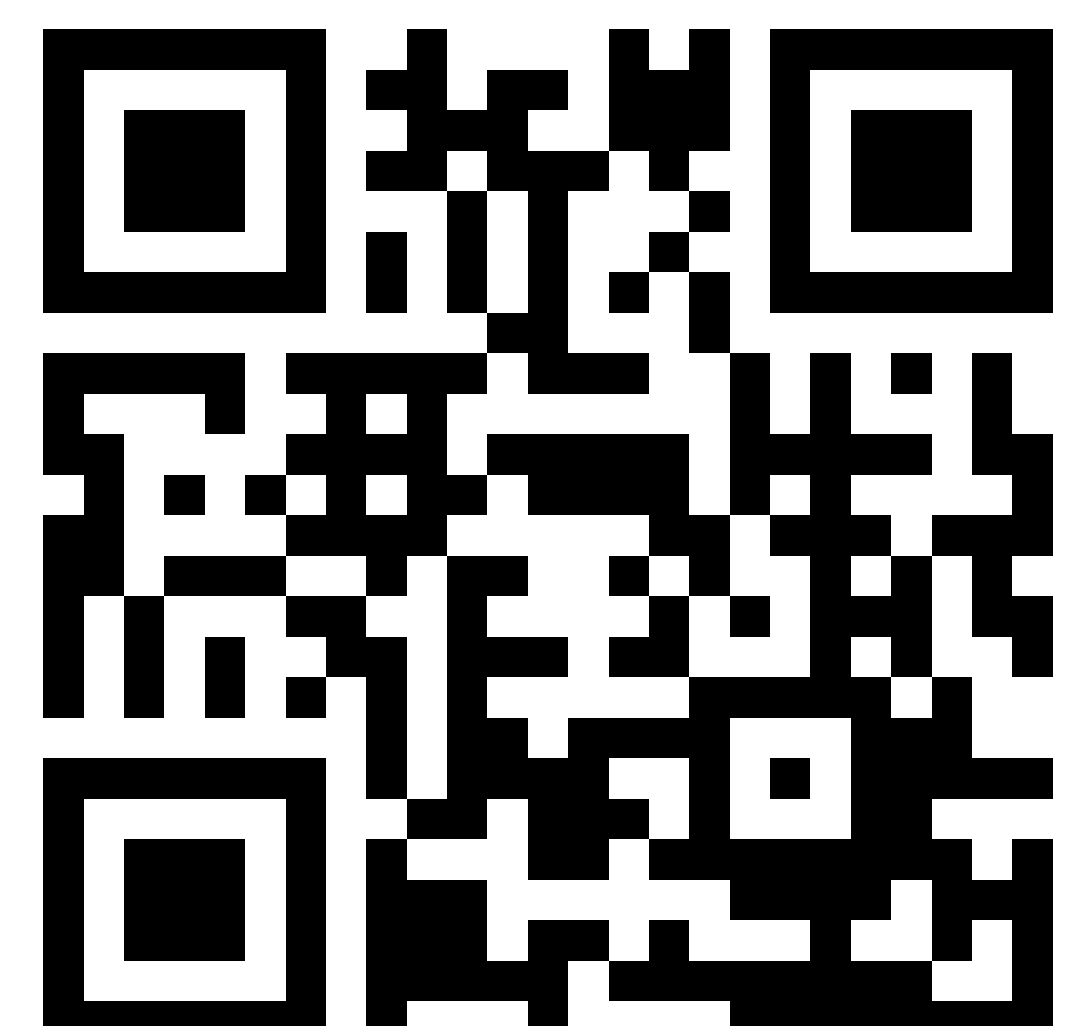
- High level of non-observant patients
- Limited mean number of accomplished steps during inhalation.



Clinical Pharmacist's intervention



Compliance improvement →
 impact on the disease evolution?



<http://www.eahp.eu/24-4CPS-227>