ADHERENCE TO DISEASE-MODIFYING THERAPIES IN SPANISH PATIENTS WITH MULTIPLE SCLEROSIS

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OBJECTIVES

- Evaluate the **adherence to MS treatment** in Spanish patients.
- Find out variables that could influence the adherence to treatment.
- Determine the degree of patient satisfaction with the treatment.

METHODS

National, Cross-sectional study. 22 JUN - 20 SEPT 2017

Patients with **MS** receiving disease-modifying therapies (≥**1 year** before the inclusion)

Telephonic survey (15-20 minutes)

Questionnaire of **factors associated with adherence:**

- Demographic/disease characteristics
- Global perception of pathology/treatment
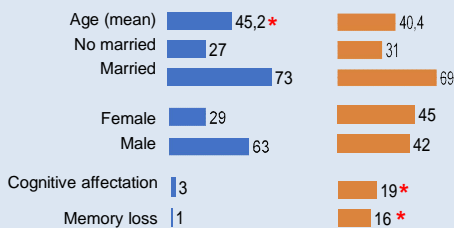- Treatment satisfaction
- Impact of medication on patient life
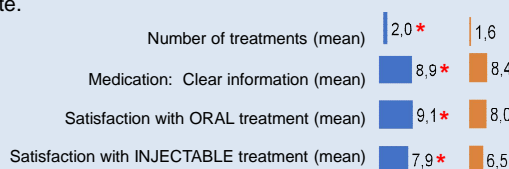
MORISKY-GREEN (MG) test → ADHERENCE evaluation

RESULTS

Patient Characteristics (N=157)

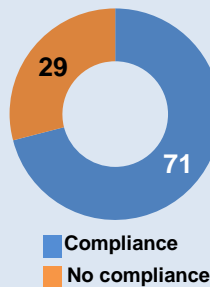|	
Age (mean)	45,2 * / 40,4
No married	27 / 31
Married	73 / 69
Female	29 / 45
Male	63 / 42
Cognitive affectation	3 / 19 *
Memory loss	1 / 16 *

*Statistically significant association with **adherence**: older age; be married / in union; better cognitive state.

Treatment characteristics
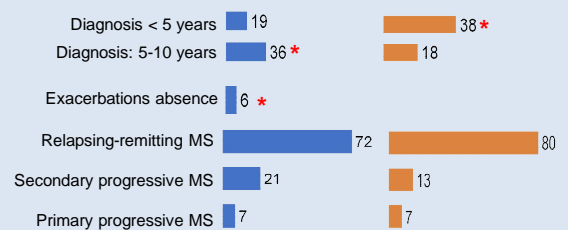
Number of treatments (mean)	2,0 * / 1,6
Medication: Clear information (mean)	8,9 * / 8,4
Satisfaction with ORAL treatment (mean)	9,1 * / 8,0
Satisfaction with INJECTABLE treatment (mean)	7,9 * / 6,5

Adherence rate Morisky-Green: 71%

29 / 71

■ **Compliance**
■ **No compliance**

Disease Chracteristics

Diagnosis < 5 years	19 / 38 *
Diagnosis: 5-10 years	36 * / 18
Exacerbations absence	6 *
Relapsing-remitting MS	72 / 80
Secondary progressive MS	21 / 13
Primary progressive MS	7 / 7

*Statistically significant association with **adherence**: time since diagnosis, 5-10 years; absence of exacerbations

* Statistically significant association with **adherence**: Higher number of treatments received; clear information; greater satisfaction with the assigned treatment.
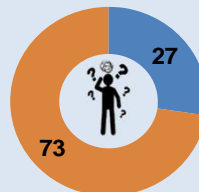
Adherence according to administration route:

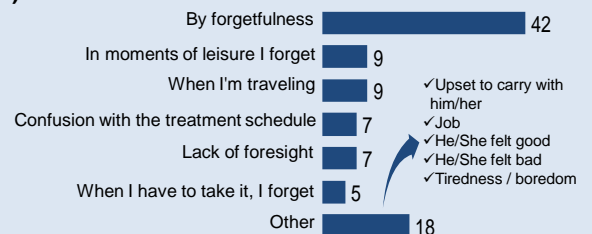|	Oral	Injectable	(IV)	(SC)
Adherence	63%	77%	100% *	68%

IV=intravenous; SC=subcutaneous

Injectable: higher adherence than oral (p=0,064)

IV: significantly higher adherent than SC (p=0,003) and oral.

Main cause of **non-compliance:** Forgetfulness (27%).

27 / 73

Situations that produce forgetfulness:

By forgetfulness	42
In moments of leisure I forget	9
When I'm traveling	9
Confusion with the treatment schedule	7
Lack of foresight	7
When I have to take it, I forget	5
Other	18

✓Upset to carry with him/her
✓Job
✓He/She felt good
✓He/She felt bad
✓Tiredness / boredom

DISCUSSION AND CONCLUSIONS

- The adherence rate (71%) **is low but** standard in comparison with other chronic diseases.

- Patients gave **high importance** to their disease and showed a reasonable level of **satisfaction** with their **treatment**.

- Better **cognitive status** and **family support** are relevant variables for the **adherence** to treatment.

- **Injectable** route shows **higher adherence** than the oral route, although the **oral** shows the **highest patient satisfaction**.

- The main cause of **non-compliance** is **Forgetfulness.** There are **a wide range of factor associated to forgetfulness** that mast be taken into consideration for drug selection.

- A deep understanding of adherence rates is necessary to improve clinical results and to reduce non-pharmacological costs.