

ANALYSIS OF PHARMACOTHERAPEUTIC COMPLEXITY AND ADHERENCE IN A POPULATION OF HIV-INFECTED OLDER ADULTS



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BACKGROUND AND IMPORTANCE

- The increased life expectancy in patients with human immunodeficiency virus (HIV) infection leads to a greater prevalence of pharmacotherapeutic complexity (PC), which may affect adherence to the therapeutic regimen.

AIM AND OBJECTIVES

- To analyze the prevalence of PC and to evaluate therapeutic adherence in older adults with HIV infection.

MATERIALS AND METHODS

Descriptive and cross-sectional study was conducted (September 2021-June 2022)



HIV patients over 55 years old

✓ **Adherence** was measured using the simplified medication adherence questionnaire (SMAQ) [1] and dispensing records.

✓ **PC** was determined by calculating:

- ✓ Pluripathology (as three or more comorbidities)
- ✓ Polypharmacy (as six or more prescribed drugs)
- ✓ Relevant interactions between non-ART/ART medication (potential interaction/not coadminister), were recorded using the University of Liverpool and Lexicomp databases

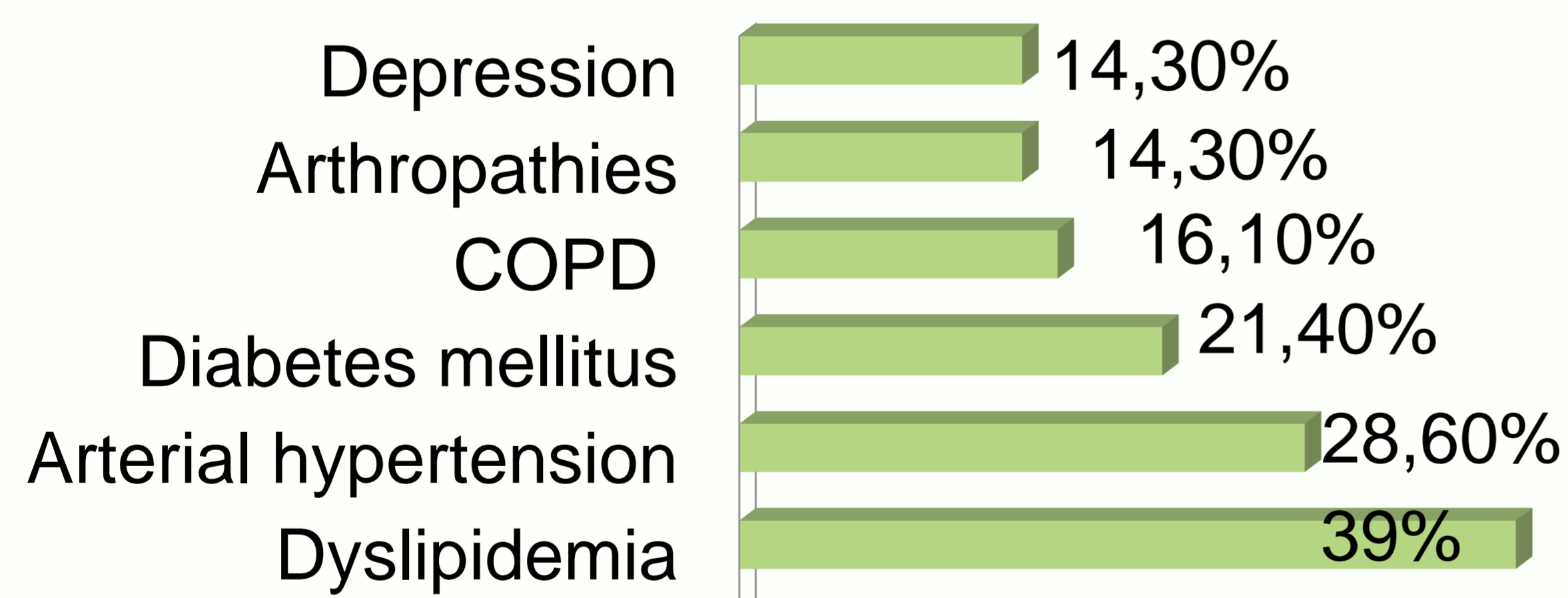
RESULTS

- Fifty-six patients** (64.3% men) with **mean age of 63.4** (55 - 87) years were evaluated.

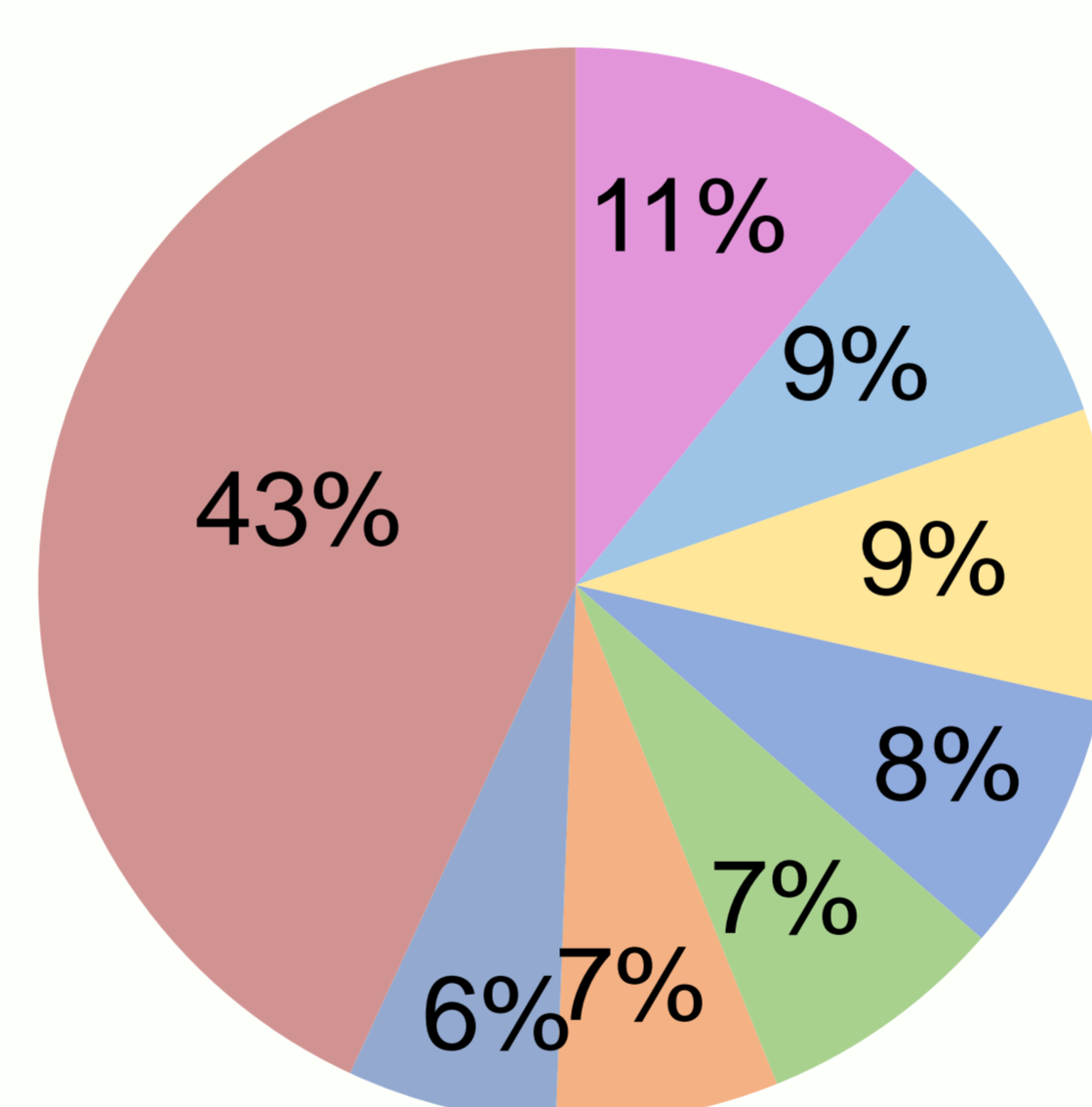
- Pluripatology:** 69.6% of cases
- Polypharmacy:** 64.3% of cases

Mean of 9.7 [standard deviation (SD) = 4.2] drugs/patient

Most frequent comorbidities were:



Therapeutic groups concomitant with ART:



- Lipid lowering drugs
- Anxiolytics/sedatives
- Antihypertensives
- Antidepressants
- Anti-ulcer drugs
- NSAIDs
- andibiotics
- Others

Regarding Adherence:

- **SMAQ questionnaire:** 71.4% were adherent
- **Dispensing record $\geq 90\%$:** 71.4% were adherent

➤ **Both methods combined:** 69.6% were considered **adherent**

82.5% potential interaction

17.5% not coadministered

63 interactions were detected
(30 non-ART medication/33 ART medication)

46.4% pacientes

mean of 2.4 (SD = 1.5) interactions/patient

CONCLUSION AND RELEVANCE

- Prevalence of PC was high. Approximately two thirds of patients presented pluripathology and polypharmacy, in addition, about half presented interactions.
- Adherent patients represented 70% in total.
- A multidisciplinary approach is necessary in this population to adapt their pharmacotherapy and reduce PC, as well as to improve therapeutic adherence.

1. Knobel H. DOI: 10.1097/00002030-200203080-00012

