

# ARE ADHERENCE TEST IN ASTHMA STILL RELIABLE WHEN THE PATIENTS KNOW WHAT WE WANT TO HEAR?

5PSQ-185

R03 Anti



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## Background and importance

The adherence to medication is very important in chronic diseases, such as asthma. According to the Global Initiative for Asthma (GINA) guidelines, 50% of the asthmatic patients on long-term therapy fail to take medications as directed, at least part of the time. Furthermore, patients with poor adherence to medication are much more likely to suffer exacerbations.

## Aim and objectives

To compare the results of subjective adherence tests such as the validated Test of Adherence to Inhalers (TAI) in asthma with the results of objective adherence tests such as the dispensing records.

## Material and methods

In the context of a doctoral thesis starting January 2020 in a university hospital, every patient prescribed with a biologic agent for severe eosinophilic asthma has periodic interviews with a pharmacist during the dispensation of those drugs.

A total of 32 patients have been recruited and, among other details, the patients answer the TAI and their dispensing records of the maintenance inhalers are checked by a pharmacist.

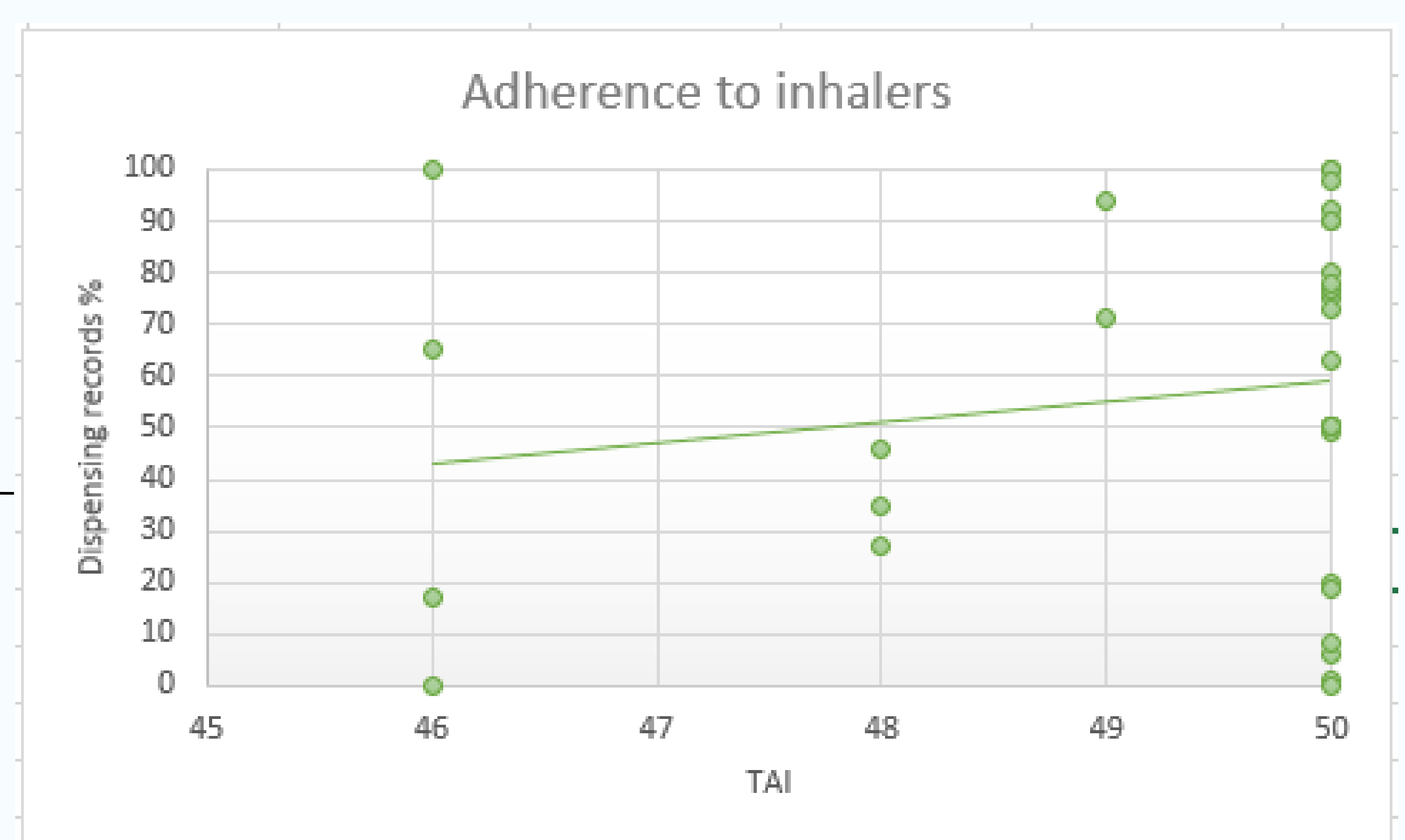
Both the results of the TAI (0 to 50) and the dispensing records (0% to 100%) of the previous 6 months were compared and the Pearson coefficient of correlation was calculated.

## Results

- Mean result TAI: 49,25 (46 – 50)
- Mean result **dispensing records**: 59% (0% - 100%)
- **Pearson coefficient** of correlation: 0,22

## Conclusion

The coefficient is  $>0$ , which suggests a positive correlation, but it is also very close to 0, which indicates that the correlation is very weak.



Usually, asthmatic patients know the TAI since many pneumologists use it as a tool to calculate the adherence, therefore, they know they are expected to get 50/50 at the test. However, the dispensing records is and objective method to measure the adherence of the patients and although it is not substitute of the TAI, it should be complementary.

When a patient with poor adherence is detected, **pharmacists can play an important role** with motivational interviews.