

## CP-010. ADHERENCE TO LONG-TERM MEDICINES IN HIV-INFECTED PATIENTS

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### Background

Comorbid chronic conditions have increased among HIV-infected patients. Little work has studied adherence rates for long-term medications.

### Purpose

To assess adherence to long-term medications among HIV-infected patients as well as to evaluate their relationship with clinical and therapeutics factors.

### Material and method

Cross-sectional study (May-July 2014). HIV-infected patients treated with ART and  $\geq 1$  long-term medications.

**Variables:** age, gender, living situation, employment status, mode of transmission, T-CD4, viral load, CDC classification, type of ART and adherence to long-term medications, using the 4-item Morisky Medication Adherence Scale.

**Chi-squared test** (to examine the role of the different variables on adherence): SPSS 20.0.

### Results

**126** patients were included (80.4% male, mean age  $50.4 \pm 8.3$ ).

Injection drug use: 61.9%

Median T-CD4: 538.5 cells/mm<sup>3</sup>  
(IQR:341.1-778.2)

T-CD4 $\geq 500$ cells/mm<sup>3</sup>: 56.3%

Undetectable viral load: 74.6%.

AIDS: 63.5%.

ART: 2NRTIs + NNRTI (36.5%)

Adherent patients: 46.0%.

Long-term medications	%
sedatives and anxiolytics	42.9
lipid-lowering	35.7
antihypertensives	33.3
gastrointestinals	28.6
antidepressants	15.1
antidiabetics	12.7
analgesics	11.1
antiasthmatics	9.5
cardiovasculars	7.9

Variable: n (%)	Non-adherent (n=68)	Adherent (n=58)	P-value
Age $\geq 50$ years	30 (44.1)	26(44.8)	1.000
Gender: female	14(20.6)	12(20.7)	1.000
Living alone	18(26.5)	11(19.0)	0.399
Employment status: worker	16(23.5)	19(32.8)	0.399
Mode of transmission:			
Sexual	21(30.9)	27(46.6)	0.097
Injection drug use	47(69.1)	31(63.4)	0.839
Detectable viral load (>20copies/ml)	18(26.5)	14(24.1)	1.000
T-CD4 $\geq 500$ células/mm <sup>3</sup>	38(55.9)	33(56.9)	0.041
AIDS	49(72.1)	31(53.4)	
Type of ART:			
2NRTIs+NNRTI	25(36.8)	21(36.2)	0.657
2NRTIs+IP/r	20(29.4)	21(36.2)	
Others	23(33.8)	16(27.6)	

The variable AIDS showed statistically significant relationships with non-adherence (OR=2.2;CI[1.1-4.7];p=0.041).

### Conclusions

- 1 Patients showed a low level of adherence to long-term medications.
- 2 This study allowed us to attempt to educate HIV-infected patients with suboptimal adherence.