



CP-025. PATIENTS' ADHERENCE-RELATED BELIEFS ABOUT MEDICINES PRESCRIBED FOR LONG-TERM CONDITIONS IN HIV PATIENTS

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Background

There has been an increase in the number of chronic conditions concomitantly present in HIV-infected individuals and also, comedications. Beliefs play a crucial role in medication adherence.

Purpose

To investigate the relationship between beliefs (necessities and concerns) of HIV-infected patients about comedications and their adherence.

Material and method

We conducted a cross-sectional study between may-july 2014, that included HIV-infected patients treated with antiretroviral treatment (ART) and ≥ 1 comedications for other chronic diseases.

Variables: demographics (sex, age), mode of transmission, CD4⁺, HIV plasma viral load, beliefs about comedications and adherence to treatment for chronic conditions.

Beliefs: Beliefs about Medicines Questionnaires (BMQ). 2 scales (necessity and concern) with five questions each that uses a 5-point Likert scale (1=strongly disagree, 2=disagree, 3=uncertain, 4=agree, 5=strongly agree). A total score per scale was calculated.

Adherence: Self-reported comedication adherence was measured using the 4-item Morisky Medication Adherence Scale (MMAS). MMAS scores were dichotomised into adherent/non-adherent.

Internal consistency within BMQ scales was measured with **Cronbach's α** and their association with adherence was assessed with **t-Student tests**, using SPSS 20.0.

BMQ-Specific

Necessity

Perceived personal need for medicine to maintain or improve own health

Concern

Perceived concern about negative effects of their own use of medicines

My current health depends on my medicines

Having to take medicines worries me

My life would be impossible without my medicines

I sometimes worry about the long-term effects of my medicines

Without my medicines, I would be very sick

My medicines are a mystery to me

My health in the future will depend on my medicines

My medicines disrupt my life

I sometimes worry about becoming too dependent on my medicines

My medicines protect me from becoming worse

My medicines give me unpleasant side effects

Results

126 patients: 80.4% male, mean age 50.4 \pm 8.3

Injection drug use was the main mode of transmission

43.7% of patients presented CD4⁺ \leq 500 cells/mm³ and 25.4%, detectable viral load.

The mean of comedications was 2.9 \pm 2.0.

The percentage of non-adherent patients was 54.0%.

BMQ-Specific	Cronbach's α	Non-adherent (mean \pm SD)	Adherent (mean \pm SD)	p-value
Necessity	0.794	17.3 \pm 5.6	18.8 \pm 4.4	0.188
Concern	0.785	14.6 \pm 5.7	12.1 \pm 6.1	0.019

Necessities were positively related to self-reported adherence.

No relationship between adherence and concern was found.

Internal consistency for BMQ-Specific was high (Cronbach's α =0.724) that indicates high intercorrelation between items.

Conclusions

Higher necessities about comedications are associated with higher self-reported adherence in HIV infected-patients, suggesting that it could be important to focus on necessities to improve adherence.