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CREATION OF A SCORE TO ASSESS PATIENTS' KNOWLEDGE ABOUT ADVERSE EVENTS OF LONG-TERM CORTICOTHERAPY

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BACKGROUND

Corticosteroids :

Widely prescribed drugs in current practice
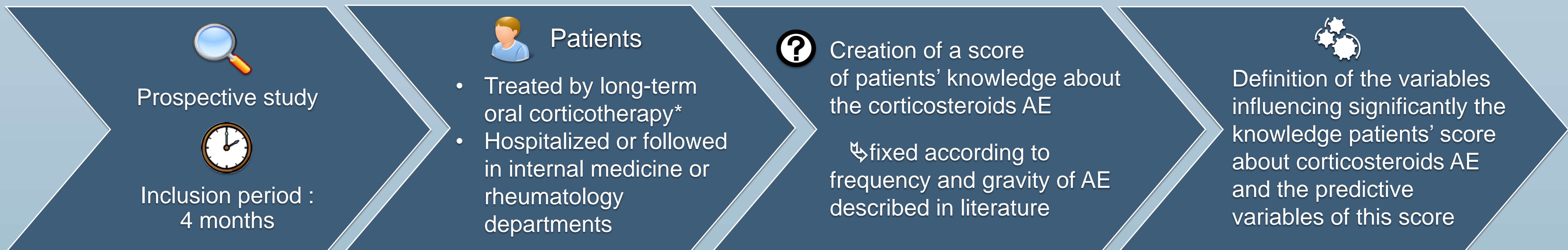Powerful use, but clinical and biological adverse events (AE)

Patients can be distrustful towards corticotherapy because of its AE, probably on account of a lack of information

OBJECTIVES

Assess the knowledge about corticosteroids AE by a cohort of patients treated by longterm oral corticotherapy
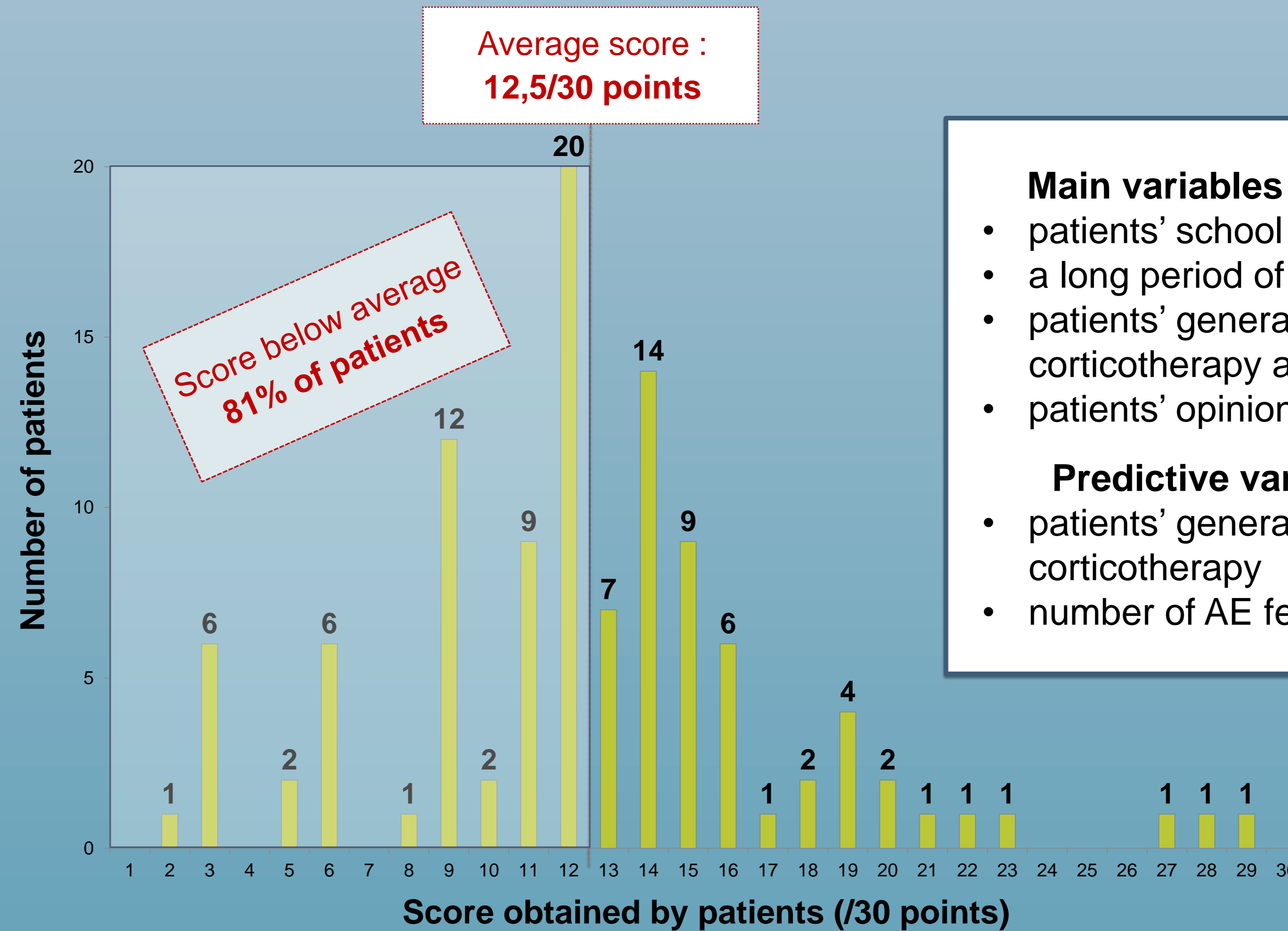
MATERIALS & METHODS

- Prospective study
- Inclusion period : 4 months

Patients
- Treated by long-term oral corticotherapy*
- Hospitalized or followed in internal medicine or rheumatology departments

Creation of a score of patients' knowledge about the corticosteroids AE

↳fixed according to frequency and gravity of AE described in literature

Definition of the variables influencing significantly the knowledge patients' score about corticosteroids AE and the predictive variables of this score

*Dose ≥ 7,5 mg/day during ≥ 3 months

RESULTS

110 patients

AE of long-term corticotherapy	Points
Morphological changes	3
Neuropsychiatric disorders : insomnia , agitation, irritability, anxiety	3
Skin disorders (hirsutism , acne, dry skin)	3
Osteoporosis, osteonecrosis	3
Acute/chronic adrenal insufficiency in case of brutal interruption of treatment	3
Myopathy , cramps, tremors	2
Diabete	2
Immunosuppression , infections	2
fluid retention , peripheral edema	2
Hypertension	2
Psychiatric disorders: depression , confusion, convulsions	1
Cataract, glaucoma	1
Hypokalemia	1
Gastrointestinal disorders: epigastric pain , peptic ulcer	1
Change in menstrual cycle, sexual disorders	1
Total	**30 points**

Scale used to calculate the score of knowledge of patients about AE of long-term corticotherapy

Average score : 12,5/30 points

Score below average 81% of patients

Number of patients / Score obtained by patients (/30 points)

Main variables influencing our score* :
- patients' school level
- a long period of corticotherapy
- patients' general knowledge about the corticotherapy and about their diet
- patients' opinion about AE

Predictive variables of this score :**
- patients' general knowledge about corticotherapy
- number of AE felt by the patients

* Results obtained by an univariate statistical analysis to determine the variables with significant influence (p<0.05) on the score of knowledge of the AE of corticotherapy of our patients.
** The variables associated with knowledge score of corticosteroid AE in univariate analysis with p<0.2 were included in a multivariate logistic regression model. We have identified the variables which predict independently and significantly (p<0.05) the score of knowledge of the AE of corticosteroids of our patients.

DISCUSSION

- Scores obtained by our patients reflect a real ignorance of corticosteroids AE.
- The predictive and influencing variables of this score show the importance of patients' information and education. They will allow to target the patients' gaps and to create suitable educative tools as part of a therapeutic education program.

CONCLUSION

- Implementation of therapeutic education program is primordial to improve patients' knowledge and opinion about the AE of long-term corticotherapy.
- Our score could allow to assess the impact of therapeutic education program on patients' opinion and adherence to their treatment.

References :
1. Fardet L. et al. Corticosteroid-induced clinical adverse events : frequency, risk factors and patient's opinion. Br J Dermatol. 2007 Jul;157(1):142-8
2. Fardet L. et al. Internal medicine physicians' perception of frequency and impact of corticosteroid-induced adverse events. Rev Med Interne. 2009 Feb;30(2):113-8