



EVALUATION OF THERAPEUTIC ADHERENCE AND RELATED FACTORS IN PATIENTS AFFECTED BY MULTIPLE SCLEROSIS

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OBJECTIVES

Multiple sclerosis (MS) is a pathology with a high index of complexity and an ever rising epidemiological trend. Following a recent decision the Piedmont region, in order to facilitate the patients fruition of the therapy, switched pharmacy distribution for the treatment of MS partly to the territorial pharmacy, and partly to the prescription centers.

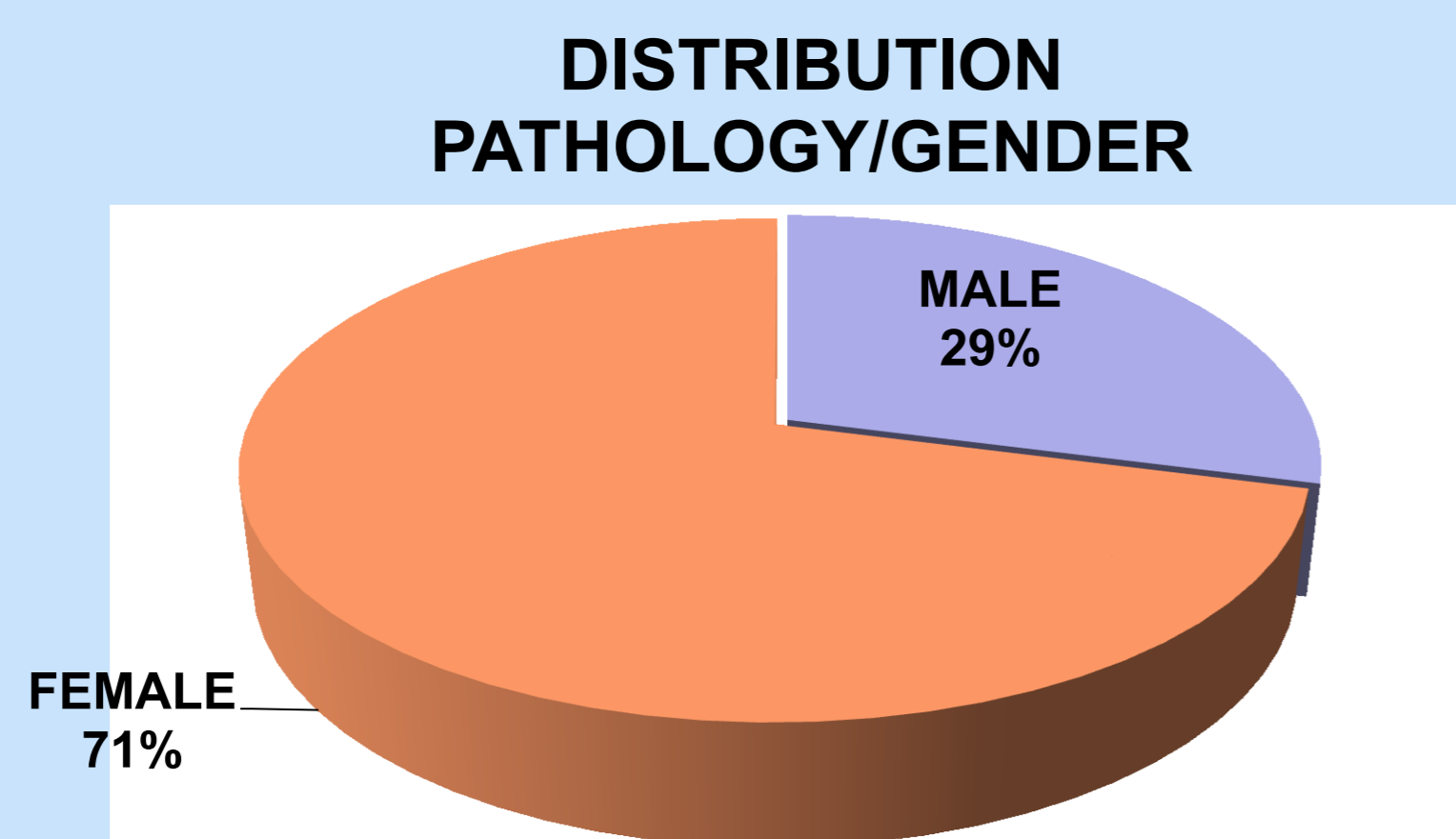
An epidemiological and cognitive investigation was carried out to check therapeutic adherence, age at diagnosis, age distribution of patients, side effects or tolerance to the drug, compliance, and capacity to do physical activity.

METHODS

The list of patients that received the therapy in the period February to April 2015 were extrapolated by our gestional database: 180 patients have been admitted to the survey. A questionnaire was submitted by a telephone interview and informed patients' consent having been acquired beforehand.

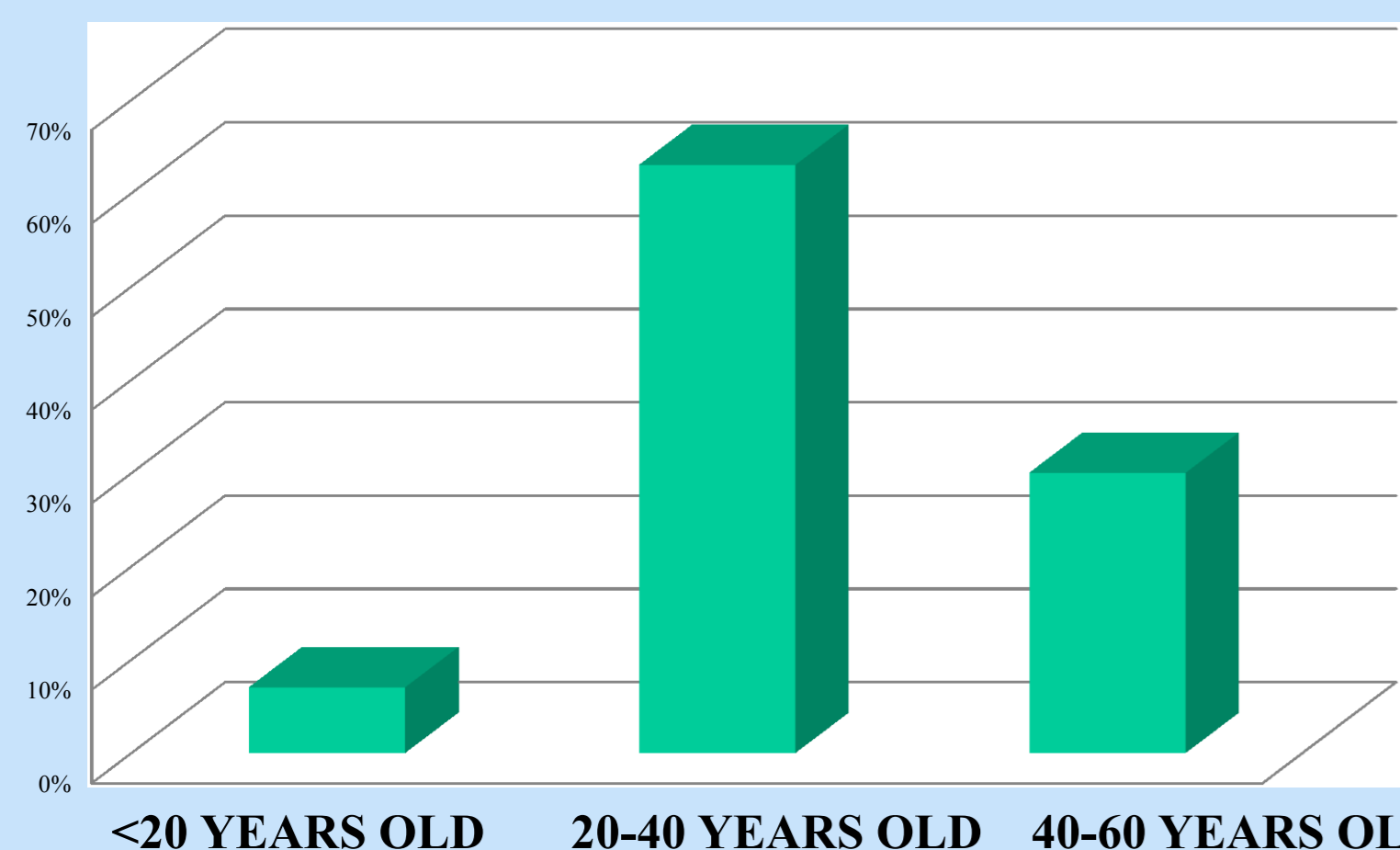
RESULTS

A total of 180 patients participated in the study. This analysis shows that: 29% were male, 71% female;

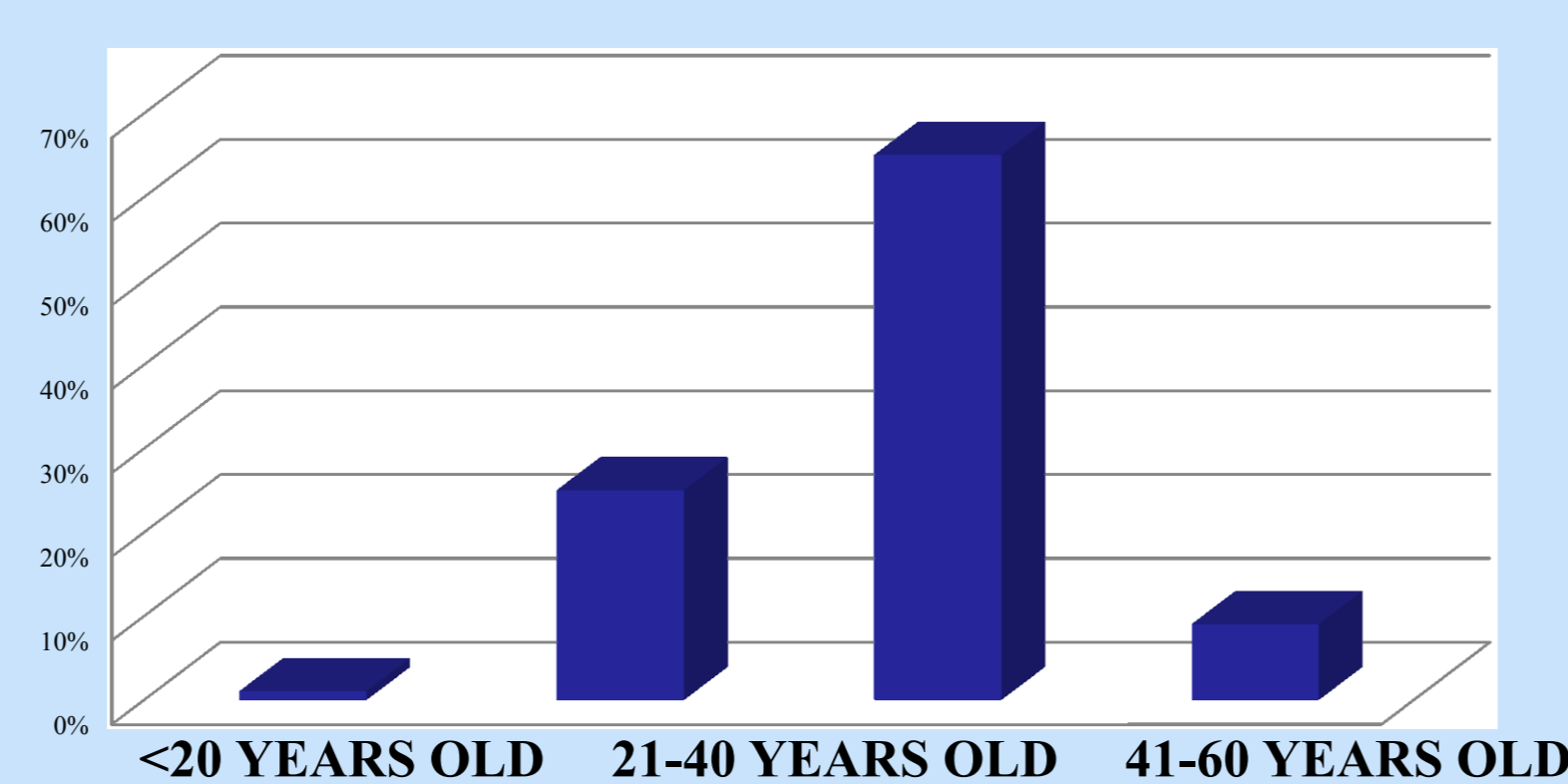


The age distribution was: 1% <20 years old, 25% from 21 to 40 years old, 65% from 41 to 60 and 9% > 60 years old. The age at diagnosis was: 63% from 20 to 40 years old, 30% from 41-60 and 7% < 20 years old.

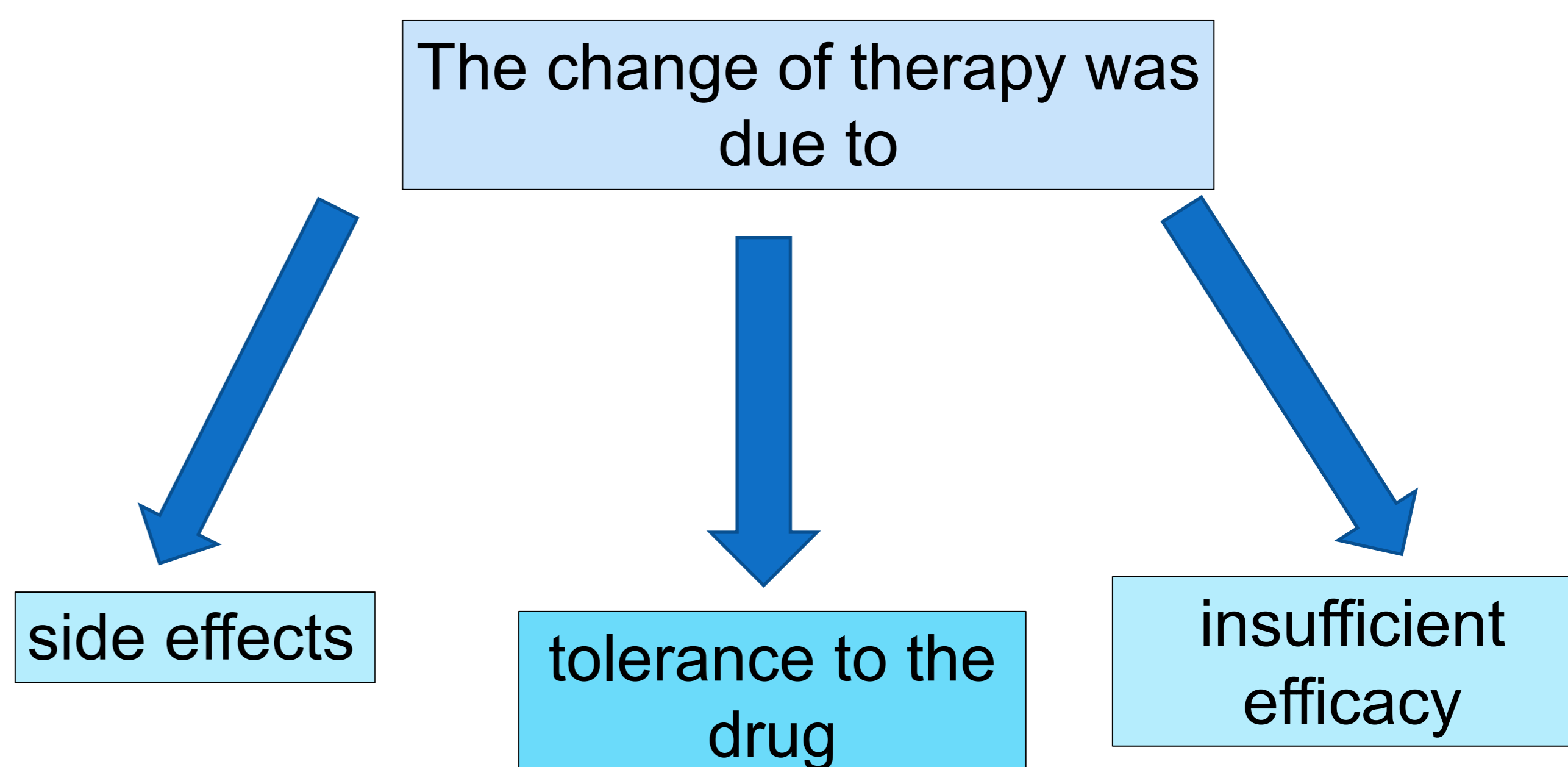
AGES DISTRIBUTION AT PATHOLOGY DIAGNOSIS



PATHOLOGY DISTRIBUTION/ AGES

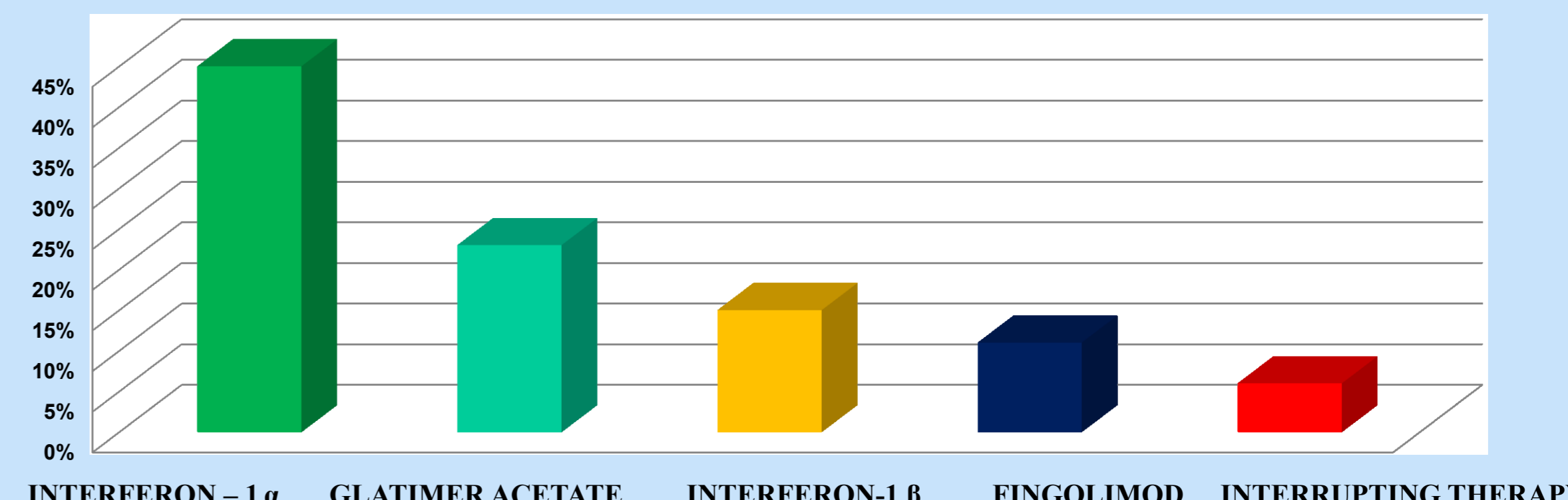


50% of patients switched more than one drug



45% of the population took INTERFERON-1a, 23% GLATIMER ACETATE, 15% INTERFERON-1b and 11% FINGOLIMOD.

DISTRIBUTION OF DRUGS USE

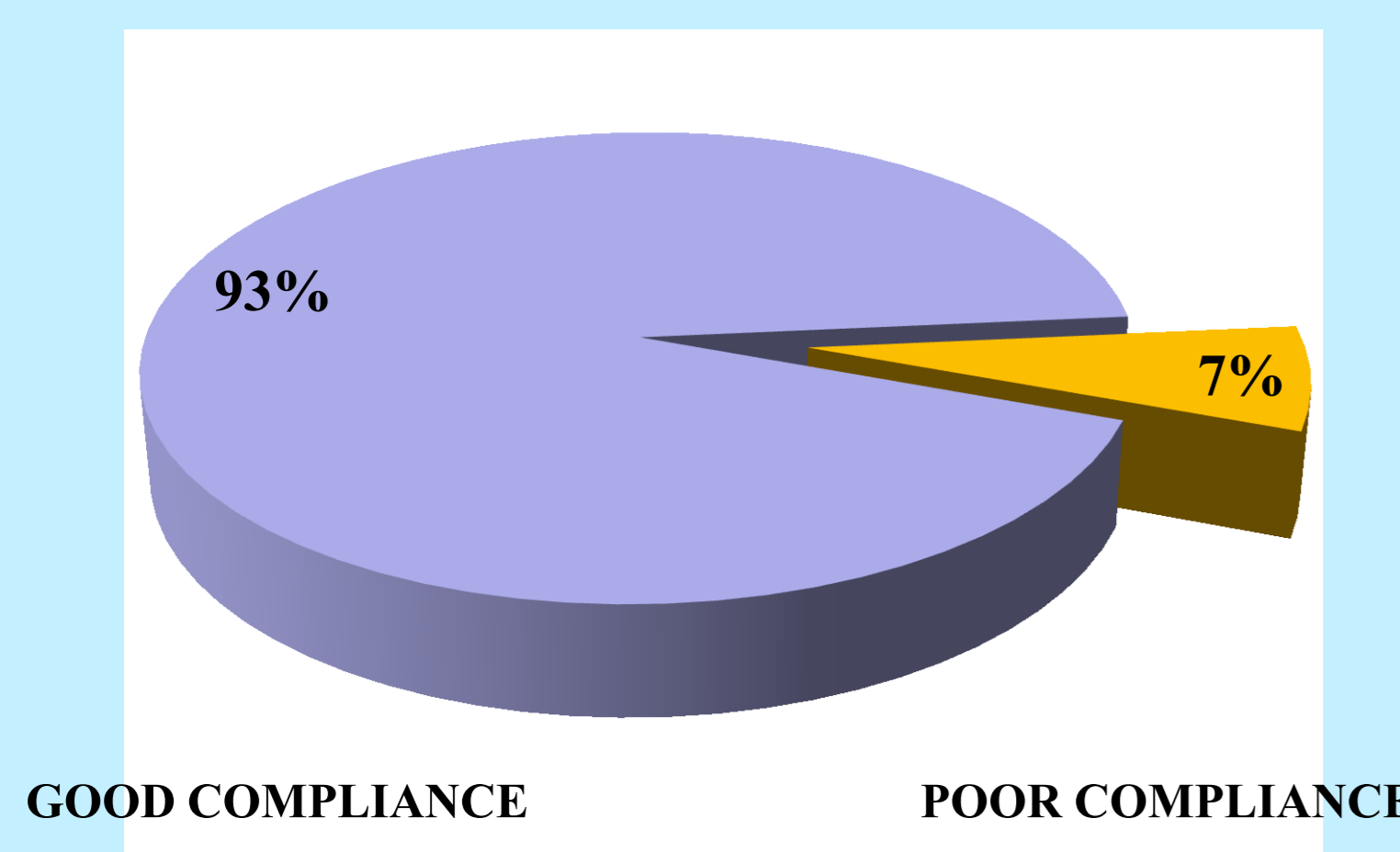


Sport was done by 55% of patients, 45% of patients cannot do any physical activity: of these 32% declared lack of time and laziness, the others declared health problems like deambulation disorders (47%), fatigue (14%), or paralysis (7%).

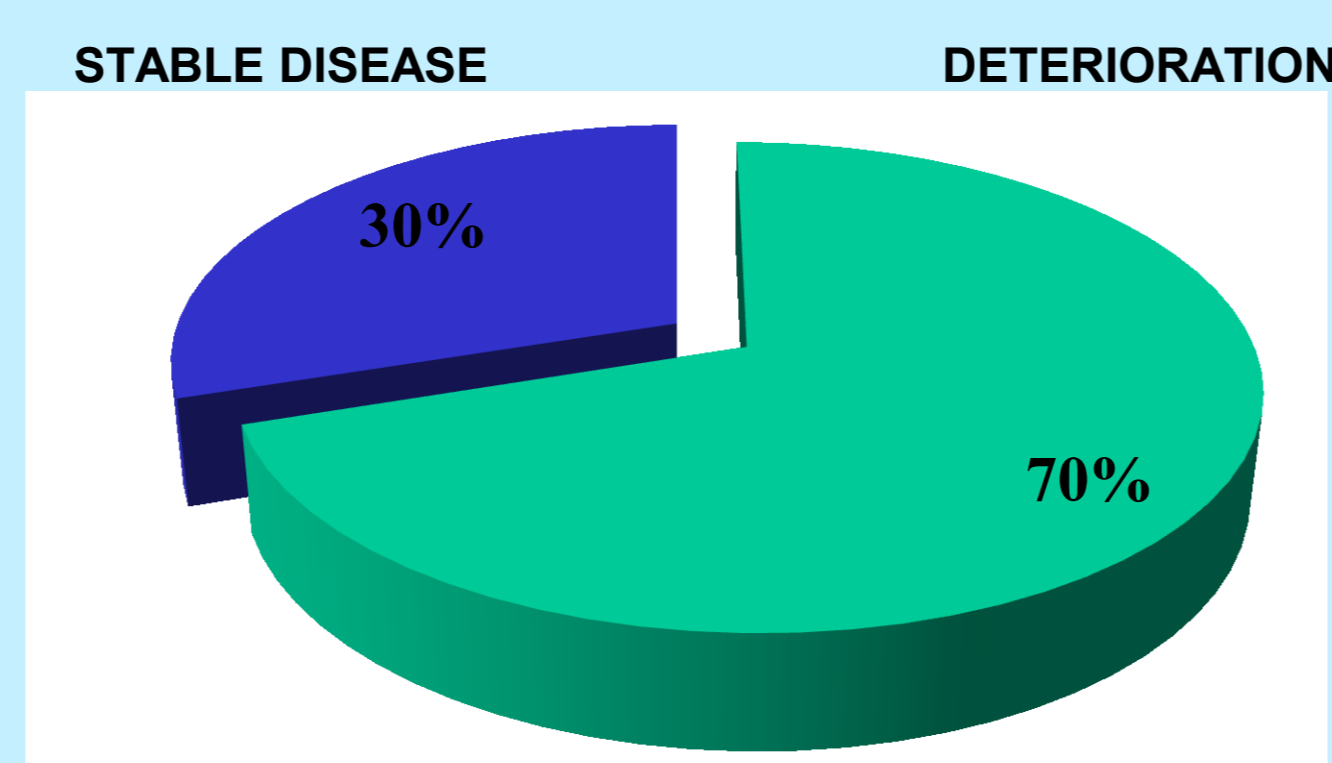
Good compliance was declared by 93% of patients, the remaining 7% were patients with poor therapeutic adherence, mainly due to difficulties in administering the drug or accepting the disease.

No deterioration in the disease has been reported by 70% of patients.

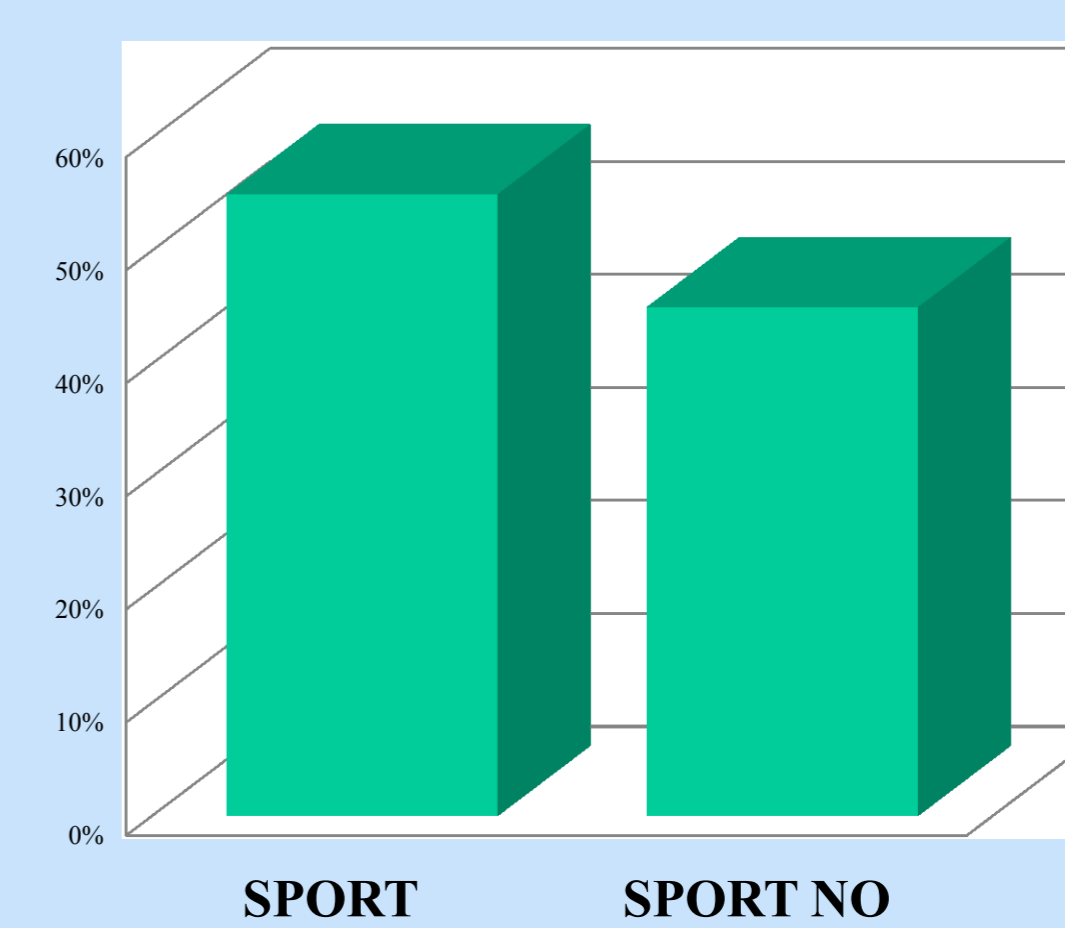
COMPLIANCE



PATIENTS DISTRIBUTION OF DETERIORATION OR STABLE PATHOLOGY



DISTRIBUTION OF PATIENT THAT CAN AND CANNOT DO PHYSICAL ACTIVITY



CONCLUSION

The majority of patients surveyed declared to conduct a normal life, despite the fact that MS is a debilitating and progressive disease. In conclusion the commercialized therapies satisfactorily controlled disease activity even though there is no curative therapy. Better tolerability profiles and best ways of administering the drugs will be revealed by the research.

ACKNOWLEDGEMENTS

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