

Adherence to oral cancer treatment: the role of the hospital pharmacist in therapeutic success

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Objects

The management of cancer therapy has changed considerably in recent years with the entry into the market of novel oral cancer agents. Although treatment at home improves patient compliance, in practice it's difficult to assess the quality of treatment without the supervision of healthcare professionals. To monitor patients at home and to assess the variables influencing adherence to treatment. We sought to educate, discuss and establish effective communication with patients in order to minimize the barriers between patients and physicians.

Methods

From July 2012, hospital pharmacists have provided their hematology-oncology patients with a self report medication diary. Patients were asked to write the date, time, treatment dosage and concomitant therapies, as well as to describe their health status and to report any side effects. Data was saved in a database created ad hoc. Treatment adherence was calculated as Medication Possession Ratio according to the treatment indications in the patient's diary.

Results

From July 2012 to October 2012, a total of 261 patients were asked to participate in the study and to fill out a self-reported diary, 243 patients agreed to participate in the study, of these 86 completed and returned the self-report diaries (41%) to the hospital pharmacy. The percentage of adherence to treatment was significantly higher in those patients who completed the medication diaries compared to those who did not use the medication diary (0.99 vs 0.88). The reported side effects indicated that medication was well tolerated and did not cause discontinuation of treatment.

Conclusions

The preliminary data of this patient-oriented research emphasizes the importance of promoting dialogue in order to optimize home therapy. The hospital pharmacist plays a key role in promoting and improving adherence to treatment by analyzing side effects and concomitant therapies and, in addition, by reinforcing the patient awareness on the importance to follow correctly the prescription schedule.

Cognome.....		Nome.....						
SETTIMANA 1.								
2012	Ora	N° caps	1	2	3	4	5	
15/01	8.00	3						
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2 ^a gg	---	---						
2012	Ora	N° caps	1	2	3	4	5	
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2012	Ora	N° caps	1	2	3	4	5	
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Rosso: Non mi sento in forma (1)
Giallo: Potrei sentirmi meglio (2-3)
Verde: Mi sento in forma (4-5)

Note:.....

