



Assessment of adherence to antiretroviral therapy

{OHP037}



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BACKGROUND

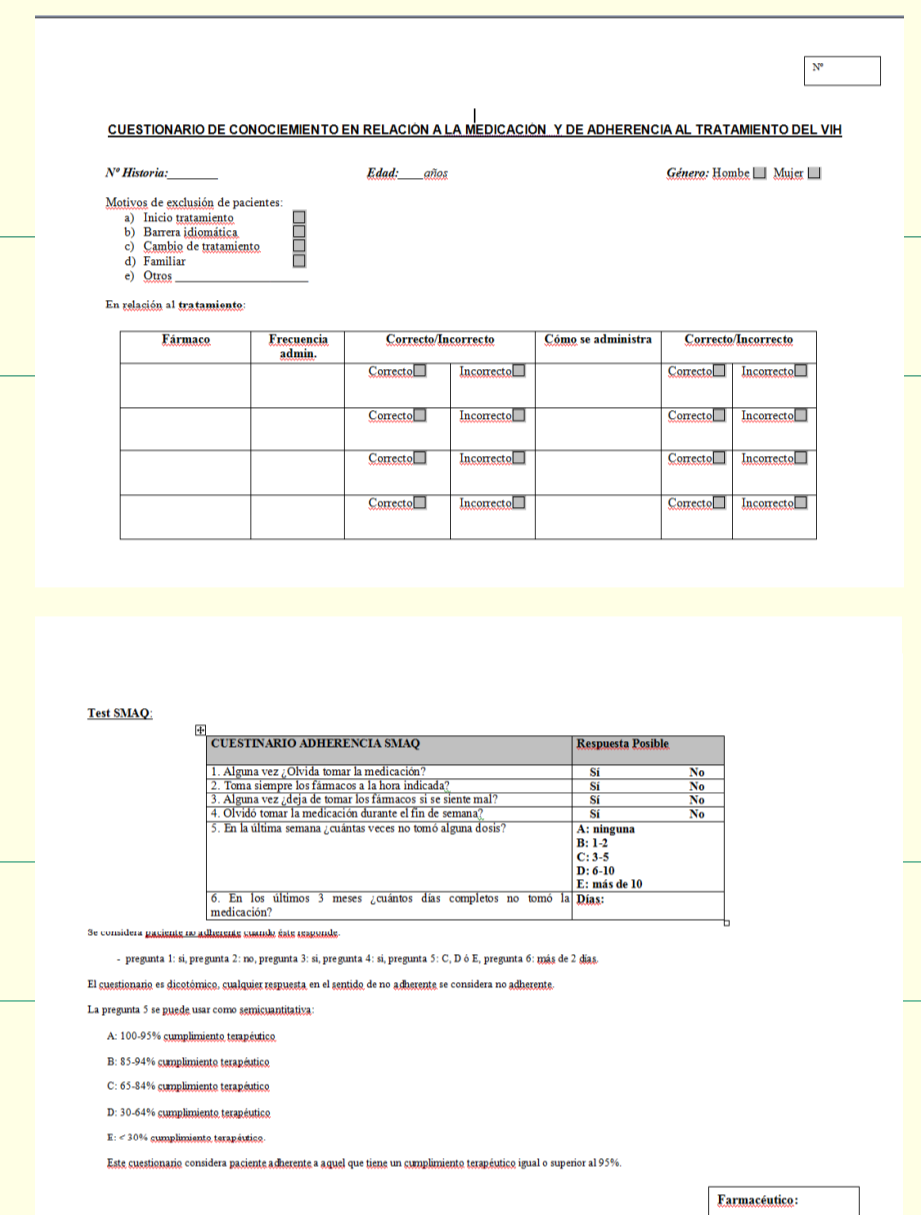
The effectiveness of the antiretroviral treatment depends on several factors. The incorrect adherence is the main cause of treatment's failure and it has been related to an increase in mortality.

PURPOSE

- To assess the adequacy of the antiretroviral treatment to the recommendations of the product information.
- To know the patient's adherence to the treatment.

MATERIAL AND METHOD

Prospective observational study, conducted during two weeks, in an outpatient pharmacy service of a community hospital that serves a total of 415 HIV patients. All the HIV patients that came to collect their treatment to the pharmacy service and agreed to collaborate in the study were included. The exclusion criteria were: patients who started or changed their treatment, if it was a relative who collected the treatment or because of a language barrier. It was designed a data collection sheet, which included demographic information (gender, age), data related to antiretroviral therapy (which drugs, how and when were taken) and the SMAQ (Simplified Medication Adherence Questionnaire) adherence test.



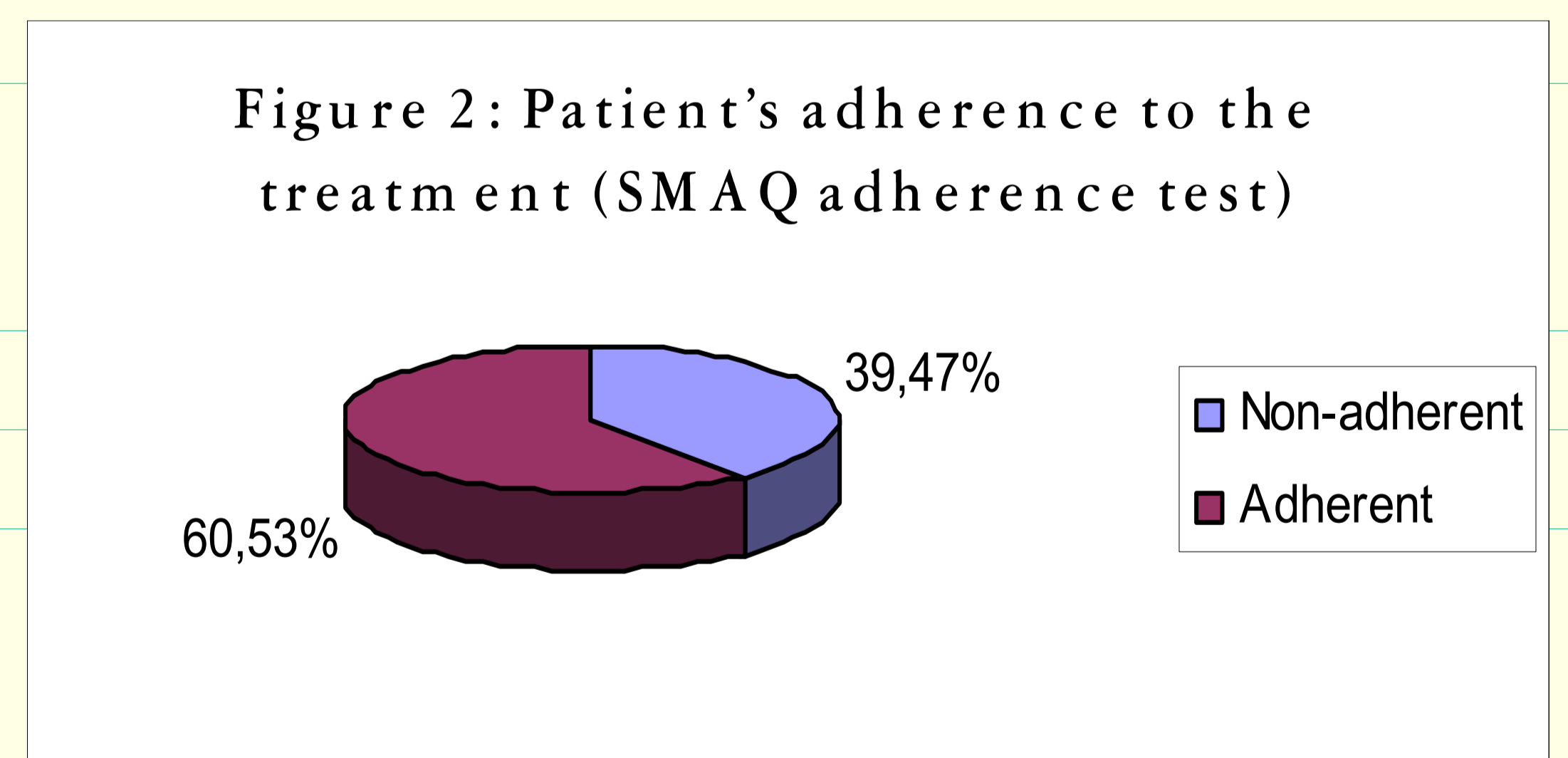
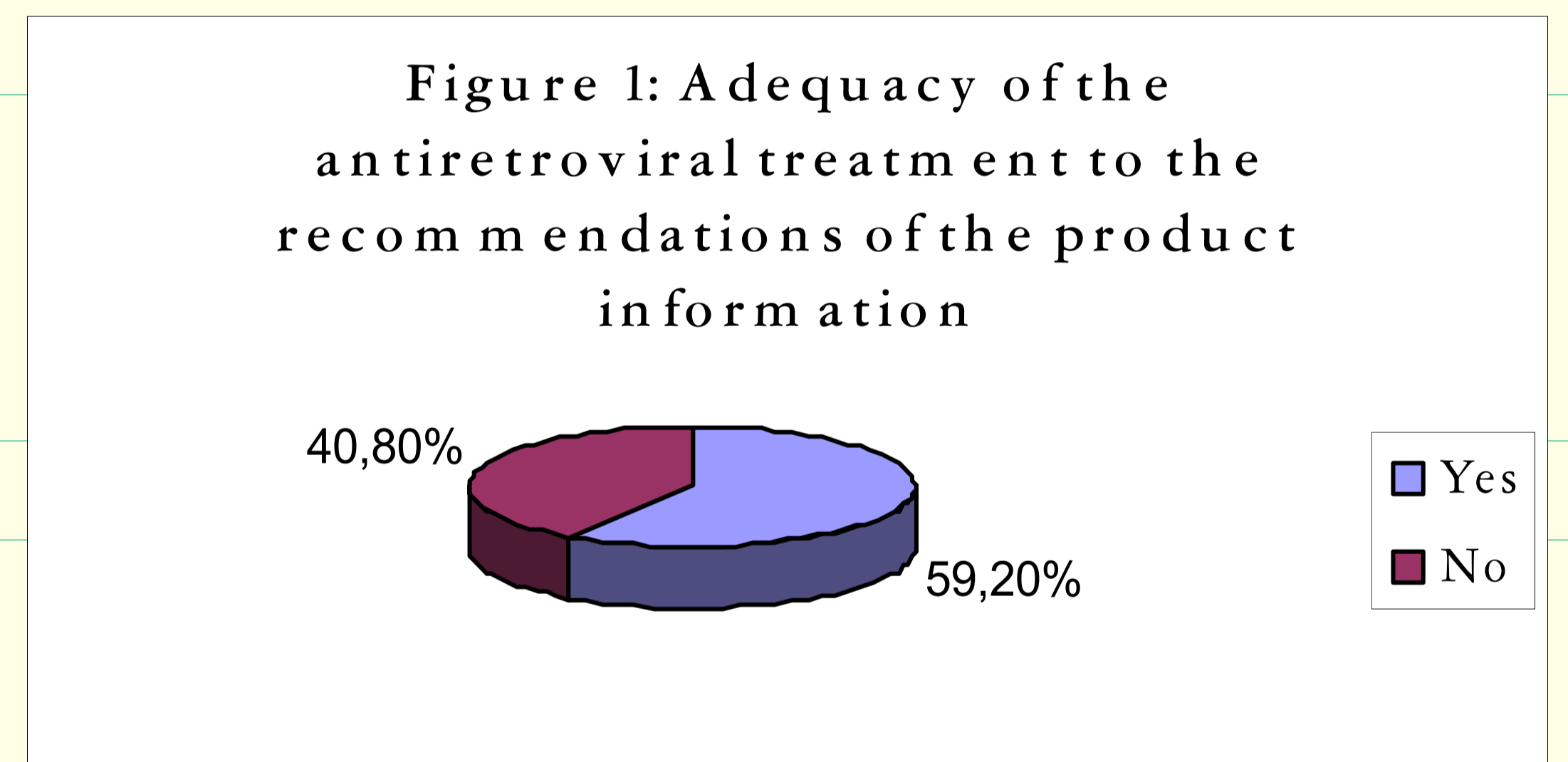
RESULTS

During the study period 112 patients were interviewed. 76 of them were included in the study (78.95% (60) men, mean age 48).

40.80% (31) of patients did not follow the recommendations of the product information (Figure 1).

The drugs with which were found more discrepancies were ritonavir (14.47%; 11) and efavirenz (17.11%; 13). **Ritonavir** was mainly taken with empty stomach instead of being taken with meals. **Efavirenz** was taken with meals instead of being taken with empty stomach as it is recommended in the product information.

39.47% (30) of patients were considered non-adherent according to the SMAQ adherence test (Figure 2).



CONCLUSION

These results confirm the need to include pharmaceutical care programs for HIV patients. It would be advisable to inform them about their treatment previously they start it to achieve the maximum benefit and to improve the adherence to the treatment. Future studies with other adherence tests would be interesting in order to compare the results.

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