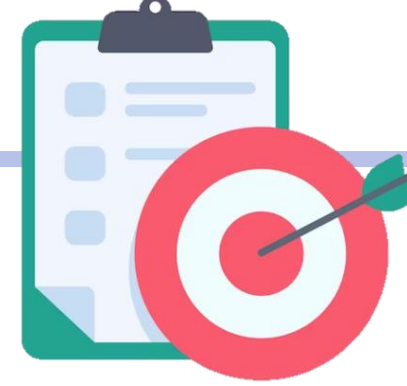


ADHERENCE TO DAILY ORAL TREATMENT IN MULTIPLE SCLEROSIS

BACKGROUND

A correct adherence of patients with multiple sclerosis (MS) is related to higher efficacy and lower risk of relapses, disease progression, hospitalisations, and ultimately lower health care costs. Therefore, it is a priority to detect non-adherence in order to optimise therapy.

AIM AND OBJECTIVES



- ✓ To assess adherence to daily oral MS treatments
- ✓ To perform a descriptive analysis of non-adherent treatments identifying...



Reasons

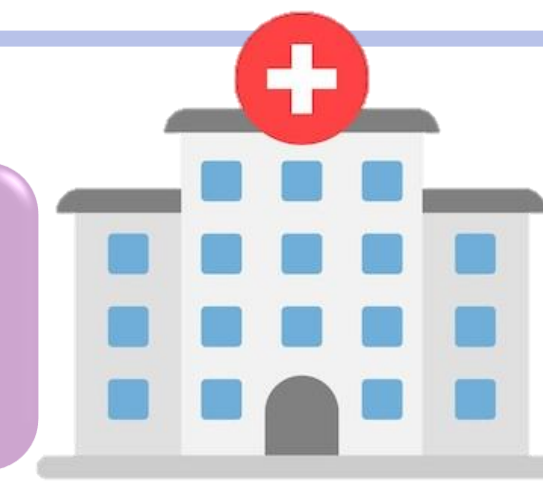
Previous treatments

Current status

MATERIALS AND METHODS

Adherence to treatments lasting > 6 months

Dispensations from Dec 2017 to Sep 2023



Electronic medical record

Patients interviews



Medication possession rate (MPR) of less than 90%

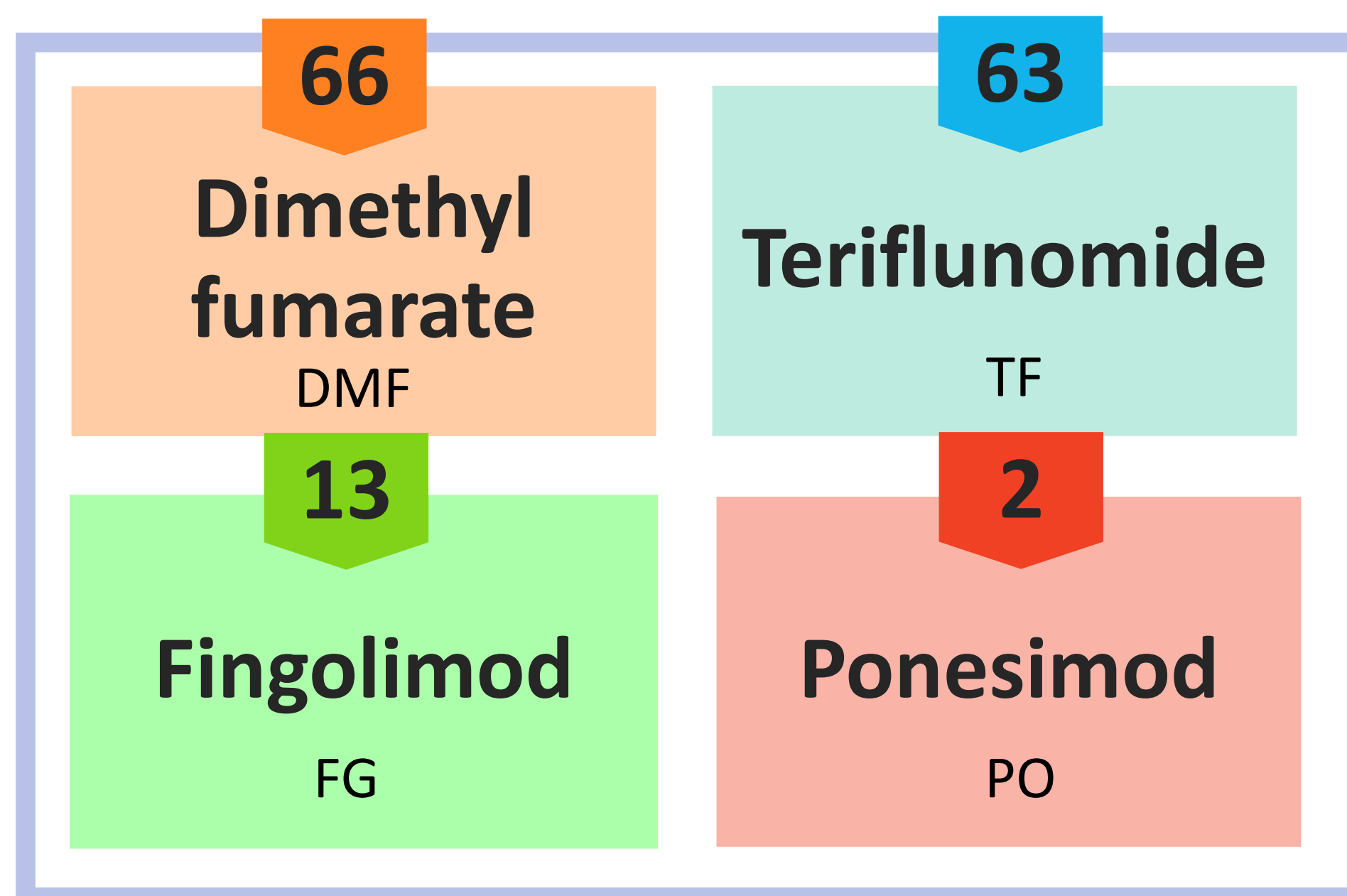
Non-adherence

RESULTS

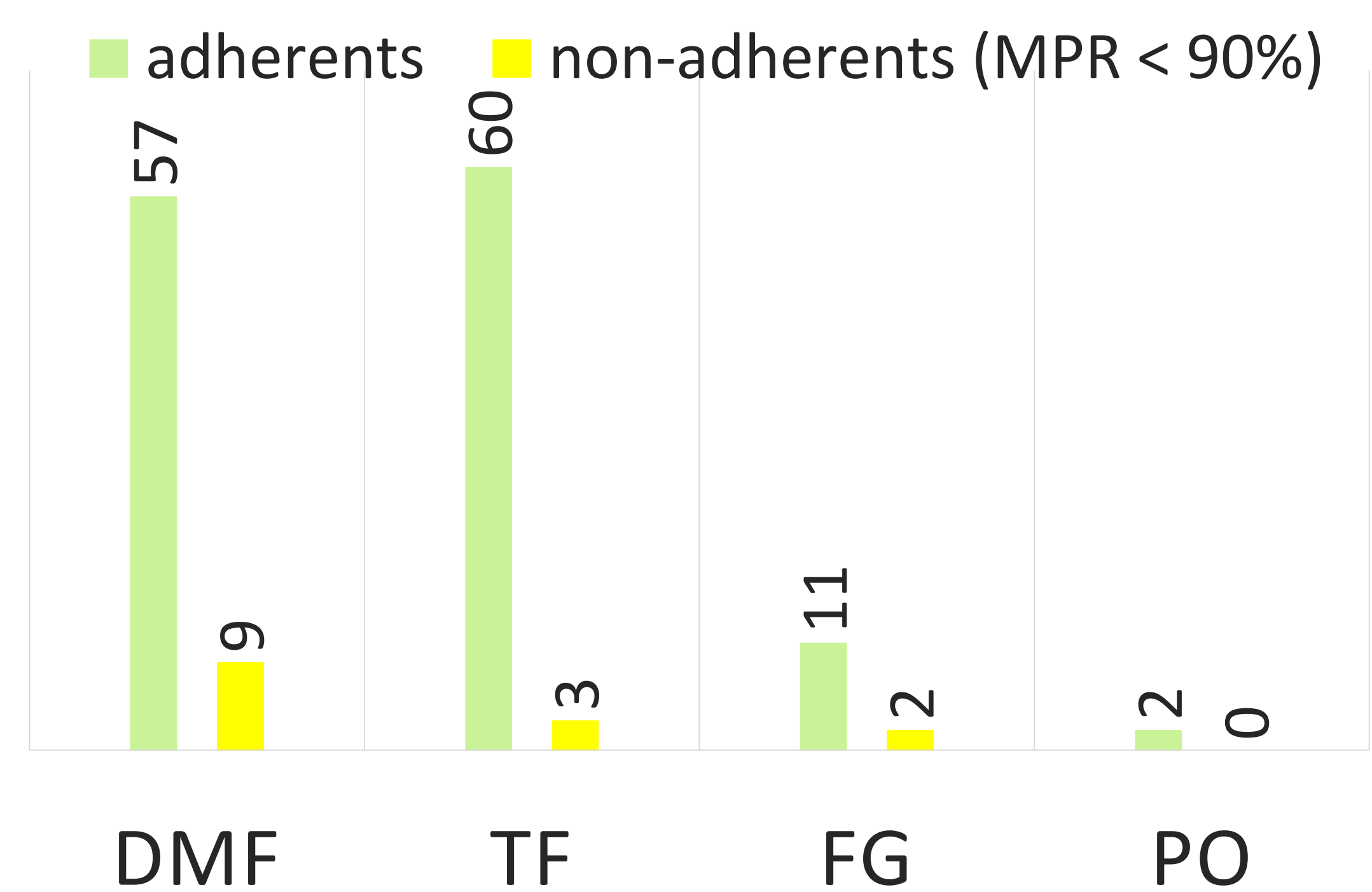
114 patients



144 total of oral treatments analysed



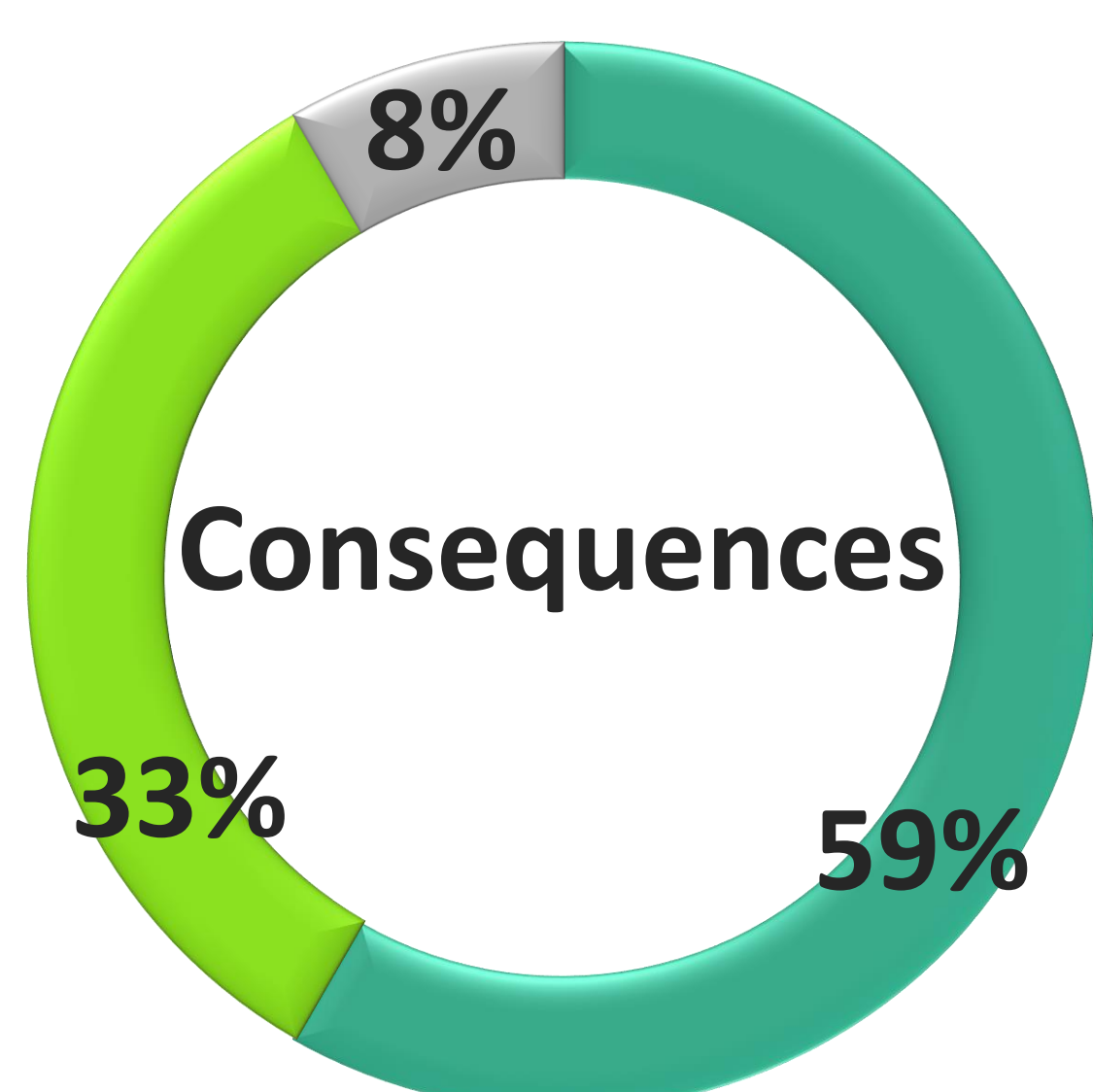
adherence assessment



There wasn't adherence to 14 treatments, which correspond to 12 patients with **MPR 84,4%** (IQR 78.0 - 85.5%)

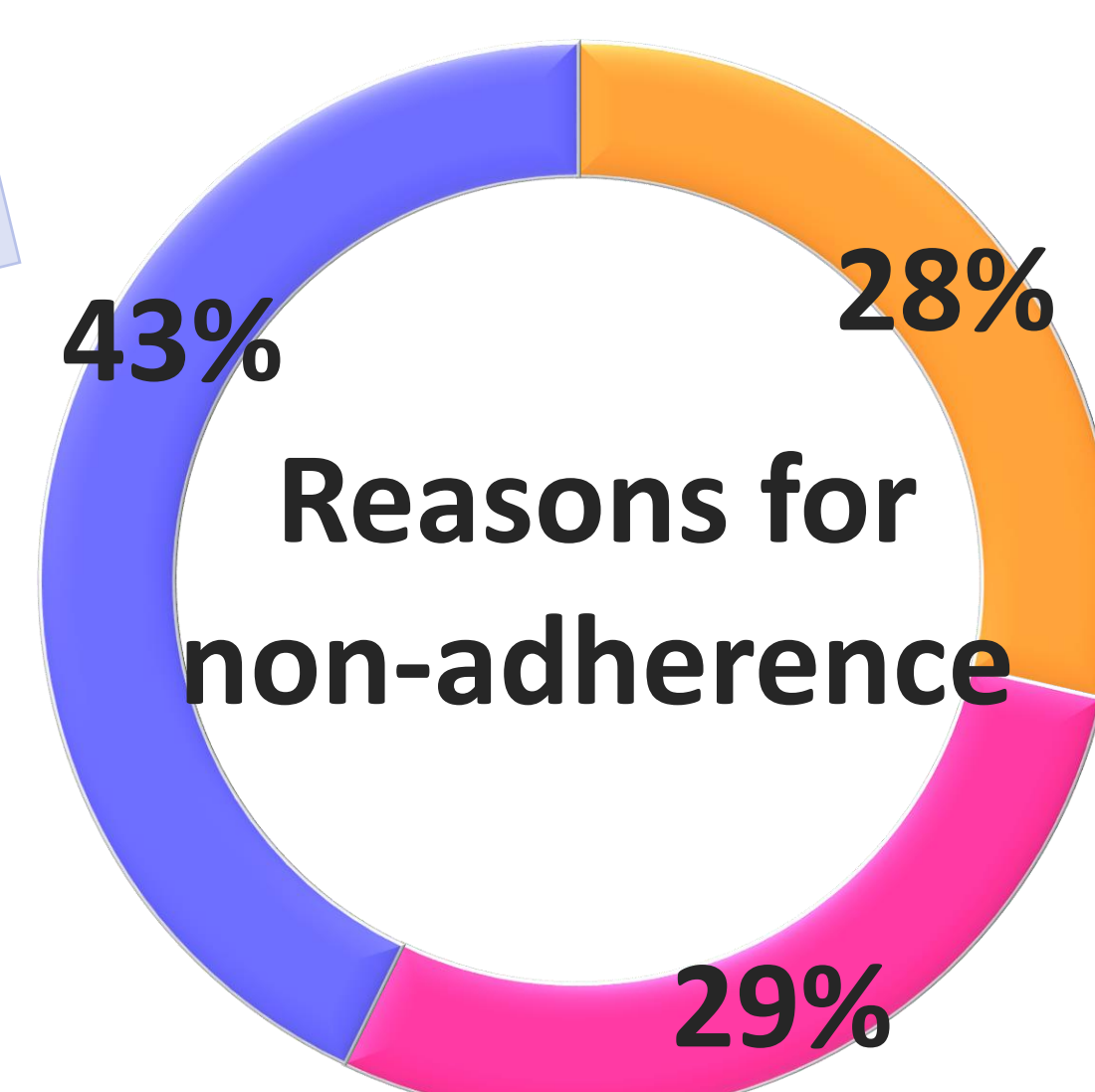
12 non-adherent patients

- Continue same tto
- Switched to another tto
- Discontinued tto



Previous treatment of 7 patients

Glatiramer
Interferon
Teriflunomide



CONCLUSIONS

1. Good adherence in almost all patients
2. In non-adherent patients the MPR remains high (84,8%) and did not translate in most cases into clinical worsening
3. Adherence assessment and detection of non-adherent patients in MS is a key strategy for pharmaceutical interventions aimed at achieving better health outcomes and efficiency.

