ADHERENCE TO EVOLOCUMAB AND ITS IMPACT ON LDL CHOLESTEROL REDUCTION

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BACKGROUND
The need to achieve lower cholesterol levels has become more important. The use of PCSK9 inhibitors has been increasing recently.

AIM AND OBJECTIVES
To establish patients’ adherence to evolocumab therapy, a Protein convertase subtilisin/kexin type 9 (PCSK9) inhibitor, and to analyse the reduction of patients’ LDL cholesterol (LDL-C) levels.

MATERIALS AND METHODS
Descriptive retrospective observational study
January and December 2021
Third-level hospital

Patients
Selected those with three or more dispensations of evolocumab

Adherence
Calculated by the number of prefilled pens and the date when it was supplied

Demographics and clinical data
Compiled through the medical record.
LDL-C values: pre-treatment and after 12 weeks

RESULTS
N = 139
79 males (57.25%)
Age: 62.97 y.o. (IQR 15.53)
Posology: 140 mg/2 weeks (100%)

Group of adherence | Reduction percentage after 12 weeks (IQR) | Patients with at least 50% reduction (%)
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1 | -69.18 (26.69) | 71 (78.79%)
2 | -68.64 (28.89) | 23 (76.67%)
3 | -54.56 (44.69) | 11 (61.11%)

Existing literature data

Conclusions
✓ Low adherence seems to decrease LDL-C reduction capacity
✓ These results would support the possibility of decreasing the frequency of administration, favouring the adherence to treatment and reducing costs

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