Evaluation of therapeutic adherence and determination of the causes of therapeutic non-compliance in renal transplant patients

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Objectives

Therapeutic non-adherence is a major problem in patients with chronic kidney disease. This is the major cause of rejection in renal transplant patients. The aim of this work was to evaluate the therapeutic adherence in renal transplant patients and to identify the causes of poor adherence.

Study Design

Prospective study was conducted in renal post-transplant unit during 4 months: from September 1st, to December 31, 2016. All patients hospitalized during this period were included in the study. The test used to assess adherence was Morisky’s Scale test. Questioning was conducted for each patient to fill clinical information sheet. Data analysis was done by SPSS.

Results

Description of study population

- Number of patients: 14
- Age distribution:
  - [20-30]: 5
  - [30-40]: 7
  - [40-50]: 2
  - [50-60]: 2
- Gender distribution:
  - Male: 66.60%
  - Female: 33.30%
- Educational level distribution:
  - University level: 3.03%
  - Secondary level: 12.10%
  - Primary level: 63.60%

Assessment of therapeutic adherence

- Patients distribution by level of education:
  - University level: 3.03%
  - Secondary level: 12.10%
  - Primary level: 63.60%

Causes of poor adherence

- Non-adherence may be related to many factors, either patient-related or treatment-related. The most common causes of non-compliance are the multitude of drugs, the dosage form, feeling of shyness when taking medications in front of others and forgetfulness. M.Belrhiti and al [1] have found some similar results regarding causes of non compliance in renal transplant patients.

Discussion

Several causes are responsible for therapeutic non-compliance. A lot of barriers to adherence are preventable just by better communication between the patient, his doctor and the care system. Also, it is important to set up a therapeutic education program to improve therapeutic adherence.

Conclusion

References:

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