APPLICATION OF PROPORTION OF DAY COVERED (PDC) TO EVALUATE ADHERENCE AND PERSISTENCE TO TREATMENT WITH FINGOLIMOD IN PATIENTS WITH MULTIPLE SCLEROSIS

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Background and Importance
Multiple sclerosis (MS) is a chronic, neurodegenerative disease of the central nervous system with an unpredictable and potentially disabling course. Although there is no definitive cure for MS, the disease-modifying drugs (DMDs) represent available strategies to improve the patients’ quality of life treating relapses, modifying the disease course and managing symptoms. Therapeutic adherence is essential to obtain the efficacy of these treatments: poor adherence reduces its clinical effectiveness which can adversely impact disease progression, MS-related hospitalisation and mortality rates.

Materials and Methods

Retrospective study

12 months:
June 2021 - May 2022

Adherence was calculated as Proportion of Days Covered (PDC) and classified in low adherence (PDC<40%), partial adherence (PDC=40–79%) and adherence (PDC≥80%)1.

Aim and Objectives
The aim of this study was to evaluate adherence and persistence to therapy with fingolimod, an oral DMD, in patients followed up by a MS reference center.

Results

ADHERENCE: PDC >80% in 41 patients (89.1%)

PARTIAL ADHERENCE: 40%< PDC <80 % in 1 patient (2.2%)

LOW ADHERENCE: PDC<40% in 4 patients (8.7%)

Suspended it temporarily (bad compliance)
Suspended definitively the treatment (inefficacy or adverse effects)
Lost at follow up

Conclusions and Relevance
From the data obtained it’s possible to assert that the oral therapy with fingolimod presents good adherence and compliance, very important factors to get clinical effectiveness of MS pharmacological treatment. This study showed also the important role of hospital pharmacist, together with the clinician, in monitoring medication adherence.

References
1. Degli Esposti et al., Clinicoecon Outcomes Res. 2022; 14: 139–147.