ADHERENCE TO ADALIMUMAB, GOLIMUMAB AND USTEKINUMAB THERAPY IN INFLAMMATORY BOWEL DISEASE

BACKGROUND

- Inflammatory Bowel Disease (IBD) is a group of chronic relapsing diseases.
- In the last ten years, biologic agents such as adalimumab, golimumab and ustekinumab have meant a great change in their therapy.
- A correct adherence plays a critical role to achieve the therapeutic effectiveness.

AIM AND OBJECTIVES

Evaluate the therapeutic adherence of patients that were dispensed adalimumab, golimumab and ustekinumab at the pharmacy department of a tertiary-level hospital.

MATERIALS AND METHODS

- Observational transversal study.
- Patients that received treatment with adalimumab, golimumab or ustekinumab at least for 4 months from January to June 2019.
- Variables: age, sex, previous biologicals and adherence rate (%) provided by the electronic pharmacy programme.
- Patients adherence rate (Dispensation record) ≤85% → Morisky Green questionnaire.
- Data analysis → SPSS 25.0 version.
- Approved by a university ethics committee.

RESULTS

- 178 patients were included in the study: 60.1% (107) were men with a mean age of 46.08 (±14.96) years.
- 30.9% (55) were previously treated with other biologic agents and infliximab was used in 40 patients (22.5%).
- Average adherence (dispensation record) 91.79(±11.62)%.
- 45 patients (25.28%) → Badly adherents
- 32 patients → Morisky Green questionnaire
- Main reasons for lack of therapeutic compliance:
  - Non-administration on the indicated date (62.50%)
  - Forgetting (28.10%)

Female sex (OR=0.42; p=0.013) and length of treatment (p=0.002) were associated with worse medication adherence.

CONCLUSIONS

- The percentage of adherence obtained was high in the study population.
- A group of badly adherent patients were identified and they could receive interventions to improve their medication adherence.
- Statistical power should be increased to improve the validity of the results obtained.