

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



M. CALVO ARBELOA, A. ARRONDO VELASCO, A. RODRIGUEZ ESQUIROZ, J. POLO GARCÍA, G. PINILLA LEBRERO, D. TEJADA MARÍN, J. ELIZONDO ARMENDÁRIZ, M. SAROBE CARRICAS.  
COMPLEJO HOSPITALARIO DE NAVARRA, PHARMACY DEPARTMENT, PAMPLONA, SPAIN.



## 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.

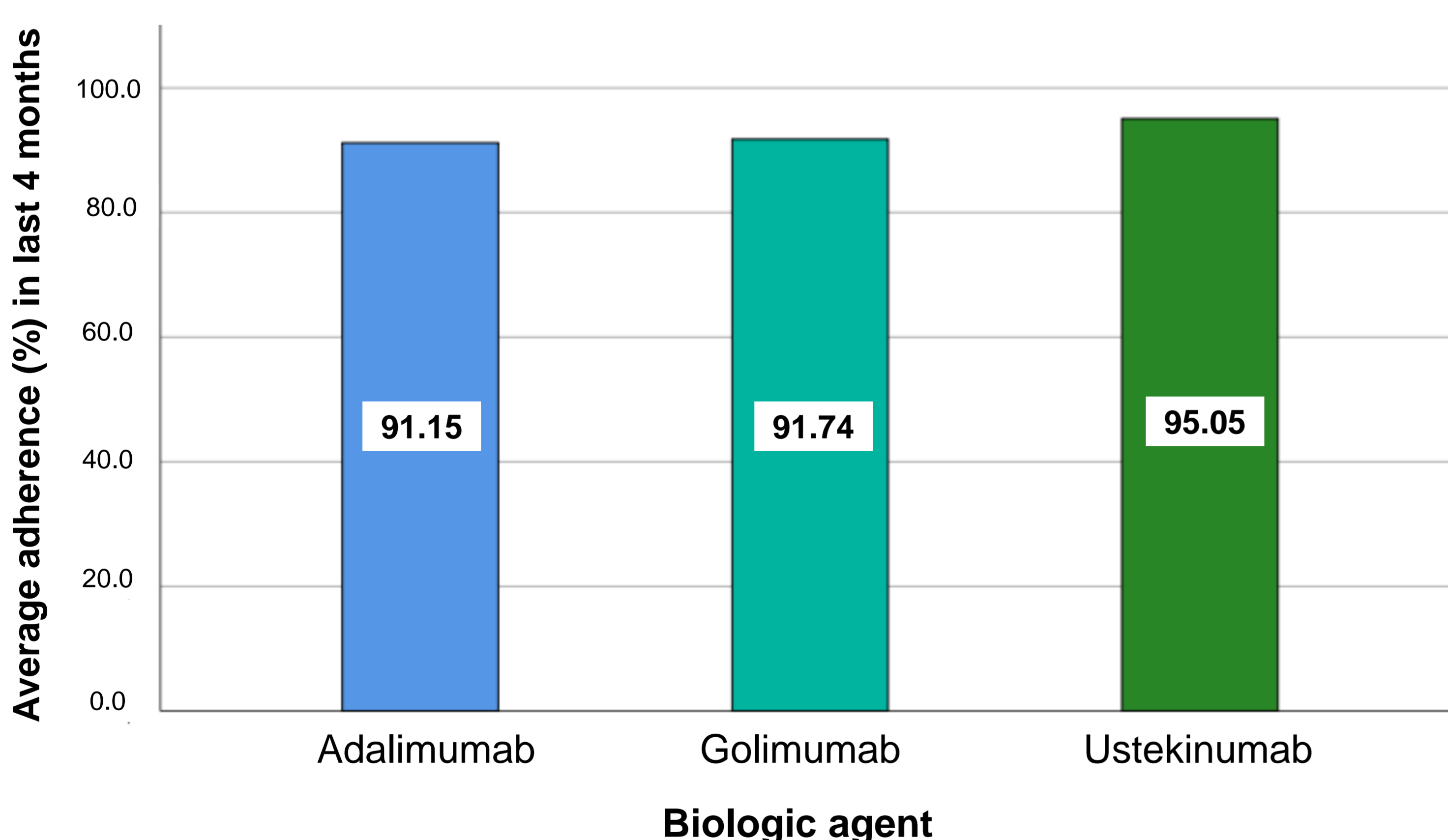
## MATERIALS AND METHODS

- **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)  $\leq 85\%$  → **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 ( $\pm 14.96$ ) 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 ( $\pm 11.62$ )%.**



- 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.

Abstract number: 4CPS-112  
ATC code: L04 – Immunosuppressive agents



<https://www.eahp.eu/25-4CPS-112>