ACCEPTANCE OF EVEROLIMUS' PHARMACOKINETIC RECOMMENDATIONS IN RENAL TRANSPLANT PATIENTS

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OBJECTIVES:
To assess the degree of acceptance by the Nephrology service of recommendations made by the Clinical Pharmacokinetics Unit after monitoring of everolimus blood concentrations (CSE) at a General Hospital Third-level university.

MATERIAL AND METHODS:
Retrospective observational study (January 2016 and September 2019) in renal transplant patients

Variables (collected from GestLab®):
- age
- sex
- date of testing
- concomitant immunosuppressive treatment
- pharmacokinetic recommendation
- blood drug concentration

Target range everolimus (ng/mL):
- monotherapy 6-10
- combination with calcineurin inhibitors 3-8

RESULTS:

- 59% men
- 60 ± 12 years
- 9 ± 5,3 determinations
- Recommendation accepted (69%)
- Recommendation not accepted (31%)

- Overdosed (OD) = 11,3%
- Underdosed (UD) = 23%
- OD/UD = 34%

- In range = 66%
- In range = 65,7%

CONCLUSION AND RELEVANCE:
During the study period, posology individualization was necessary in almost 35% of the analyzes performed by the Clinical Pharmacokinetics Service, being the pharmacokinetic recommendations accepted by the prescriber in more than 60% of cases.