ACTIVATION, ADHERENCE AND HEALTH OUTCOMES IN PATIENTS WITH MODERATE TO SEVERE PSORIASIS TREATED WITH BIOLOGICAL DRUGS

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Background
Growing evidence supports the use of patient reported outcomes as a tool to increase treatment effectiveness. In the field of biological therapy, patient activation and adherence can play a role in patient outcomes.

Aim
To evaluate activation according to the Patient Activation Measure-13 (PAM-13) questionnaire and to analyze its relationship with adherence and health outcomes in patients with moderate to severe psoriasis treated with biological drugs.

Method
➢ Desing: prospective observational study.
➢ Inclusion criteria: patients with moderate to severe psoriasis treated with biological drugs for more than 6 months, who attended dermatology consultation during one month.
➢ Variables: demographic (sex and age) and related to treatment (drug therapy and time on biological drugs).

Effectiveness PASI
Psoriasis Area Severity Index
Responder PASI ≤5
Non responder PASI > 5

Activation
The patient’s ability to play an active role in health care
Activated ≥ 55.2
Non activated ≤ 55.1

Adherence
Simplified Medication Adherence Questionnaire (SMAQ)
Adherent PMR ≥ 80%
Non adherent PMR < 80%

PMR
Possession medication ratio at 6-12 months (PMR)

RESULTS
N = 29 patients

Demographic
45% women
48 (IC95% 44; 52) years old

Related to treatment
27 responder (93%)
23 activated (79%)
21 adherent (72%)

Activation
Effectiveness
Total
No
Si
No
2 (33%) 4 (67%)
6 (21%)
Yes
0
23 (100%)
23 (79%)
Total
2 (7%)
27 (93%)
29 (100%)

Adherence
Effectiveness
Total
No
Yes
No
2 (25%) 6 (75%)
8 (28%)
Yes
0
23 (100%)
23 (72%)
Total
2 (7%)
27 (93%)
29 (100%)

X²=8.2; p=0.004

33%
Between NON ACTIVATED patients, the 67% were considered as RESPONDERS
Between ACTIVATED patients, the 100% were considered as RESPONDERS

25%
X²=5.6; p=0.018

Between NON ADHERENT patients, the 75% were considered as RESPONDERS
Between ADHERENT patients, the 100% were considered as RESPONDERS

CONCLUSIONS
The higher proportion of responding patients found among activated and adherent patients shows a positive relationship between activation, adherence and health outcomes, so promoting activation and adherence could contribute to improving the effectiveness of biological drugs in patients with moderate to severe psoriasis.