NON-ADHERENCE IN RHEUMATOLOGICAL IMMUNE MEDIATED DISEASES

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Key words: biological, adherence, rheumatology

Abstract number: 4CPS-391
ATC code: L04A-Immunosuppressants

Background and importance

Patient adherence is a key determinant of treatment success in rheumatologic immune-mediated diseases. Available data about adherence to biological treatments and factors associated to non-adherence is limited in Spain. Moreover, no studies compare adherence between subcutaneous and oral drugs.

Aim and objectives

To evaluate non-adherence to prescribed subcutaneous biologicals and oral drugs in patients with rheumatologic immune-mediated diseases and to assess possible predictor factors associated to treatment non-adherence.

Material and methods

Retrospective observational study including all patients with oral and subcutaneous treatment for rheumatologic immune-mediated diseases from 2017 to 2019 in the outpatient pharmaceutical care area from a tertiary university hospital. Non-adherence was evaluated by reviewing all scheduled drug dispensing visits in the computerized application. We considered non-adherent every time that a patient missed at least one drug administration.

Data collected: demographic, total patients and patient-treatments, total dispensing visits and route of administration for drug dispensed in every visit.

Non-adherent group: number of dispensing visits, reasons for non-adherence, number of missed administrations per patient and drug and predictor factors for non-adherence.

Results

N=783 patients

Demographic: 52.4 (±13.7) years, 427 (54.5%) female, 164 (20.9%) smokers, 697 (89%) caucasian.

<table>
<thead>
<tr>
<th>Non-adherence analysis</th>
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<tbody>
<tr>
<td>Dispensing visits, N (%)</td>
<td>2417 (26.3)</td>
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<tr>
<td>Number of missed administration/patient treatment, mean (SD)</td>
<td>2.5 (12.9)</td>
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<tr>
<td>Missed at least one administration, N (%)</td>
<td>675 (77.7)</td>
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<tr>
<td>Number of missed administrations/drug, mean (SD)</td>
<td>Baricitinib 9.9 (20.8) Tofacitinib 15.8 (31.2) Apremilast 25.4 (53.2)</td>
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<tr>
<td>Reasons for non-adherence/dispensing visits, N (%)</td>
<td>Unjustified 92 (97.5) Infection 33 (1.4) Surgery 18 (0.7) Pregnancy 3 (0.1) Others 6 (0.3)</td>
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Predictor factors for non-adherence: Ethnicity (p=0.015), treatment with golimumab (p=0.006), treatment with tocilizumab (p=0.036), age (p=0.072)

Conclusions and relevance

- Non-adherence to the prescribed drug occurred in 77.7% of patients with rheumatological immune-mediated diseases.
- Demographic factors such as ethnicity as well as golimumab and tocilizumab treatment, despite their different frequency of administration, were predictors for non-adherence.
- Route of administration did not influence non-adherence.