ADHERENCE TO DISEASE-MODIFYING THERAPIES IN SPANISH PATIENTS WITH MULTIPLE SCLEROSIS

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OBJECTIVES
- Evaluate the adherence to MS treatment in Spanish patients.
- Find out variables that could influence the adherence to treatment.
- Determine the degree of patient satisfaction with the treatment.

METHODS

National, Cross-sectional study. 

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Patients with MS receiving disease-modifying therapies (≥1 year before the inclusion)

Questionnaire of factors associated with adherence:
- Demographic/disease characteristics
- Global perception of pathology/treatment
- Treatment satisfaction
- Impact of medication on patient life

MORISKY-GREEN (MG) test → ADHERENCE evaluation

RESULTS

Adherence rate Morisky-Green: 71%

Disease Characteristics
- Diagnosis < 5 years: 19 *
- Diagnosis: 5-10 years: 40 *
- Exacerbations absence: 8 *
- Relapsing-remitting MS: 19 *
- Secondary progressive MS: 21 *
- Primary progressive MS: 18 *

Compliance No compliance

Cognitive affectation
- Memory loss: 16 *
- Familiar: 19 *

*Statistically significant association with adherence: older age; be married / in union; better cognitive state.

Treatment characteristics
- Number of treatments (mean)
  - 1.8 *
- Medication: Clear information (mean)
  - 3.4 *
- Satisfaction with ORAL treatment (mean)
  - 5.1 *
- Satisfaction with INJECTABLE treatment (mean)
  - 6.5 *

*Statistically significant association with adherence: time since diagnosis. 5-10 years; absence of exacerbations

Statistically significant association with adherence: Higher number of treatments received; clear information; greater satisfaction with the assigned treatment.

Adherence according to administration route:

<table>
<thead>
<tr>
<th>Administration route</th>
<th>Oral</th>
<th>Injectable</th>
<th>IV</th>
<th>SC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adherence</td>
<td>63%</td>
<td>77%</td>
<td>100%</td>
<td>68%</td>
</tr>
</tbody>
</table>

IV=intravenous; SC=subcutaneous

Injectable: higher adherence than oral (p=0.064)
IV: significantly higher adherent than SC (p=0.003) and oral.

Main cause of non-compliance: Forgetfulness (27%).

Situations that produce forgetfulness:

- By forgetfulness
- In moments of leisure I forget
- When I'm traveling
- Confusion with the treatment schedule
- Lack of foresight
- When I have to take, I forget
- Other

42
9
9
7
7
7
5
18

DISCUSSION AND CONCLUSIONS

• The adherence rate (71%) is low but standard in comparison with other chronic diseases.
• Patients gave high importance to their disease and showed a reasonable level of satisfaction with their treatment.
• Better cognitive status and family support are relevant variables for the adherence to treatment.
• Injectable route shows higher adherence than the oral route, although the oral shows the highest patient satisfaction.
• The main cause of non-compliance is Forgetfulness. There are a wide range of factor associated to forgetfulness that must be taken into consideration for drug selection.
• A deep understanding of adherence rates is necessary to improve clinical results and to reduce non-pharmacological costs.

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