BACKGROUND AND IMPORTANCE

Adherence to medication is crucial to achieve outcomes in health.

AIM AND OBJECTIVES

To assess annual adherence to medications in outpatient pharmacy during 2019.

MATERIALS AND METHODS

All patient on chronic therapy in outpatient pharmacy → the medication possession rate (MPR) was measured (pharmacy refill record).

To assess the relationship between variables and adherence, non-parametric Wilcoxon signed-rank test and Kruskal-Wallis test was applied. A p-value < 0.05 was deemed to be statistically significant.

RESULTS

- 131 patients
- Age 55.8 (SD 16.9)
- 51.2% women

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MPR = \left( \frac{\text{Sum of days' supply for all fills in period}}{\text{Number of days in period}} \right) \times 100\%
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- MPR- 96.1% (SD 9.2%)
- Female- 97.24% (SD 4.85)
- Male- 94.86 % (SD 12.17)

No difference in age, gender nor specialties

CONCLUSION AND RELEVANCE

The adherence level was high in our population and only eleven patients had an adherence level less than 90%.

The route of drug administration appear to be determinant for adherence, especially in inhaled therapy.