The internal medicine and rheumatology departments of our hospital receive patients with autoimmune diseases whose first-line treatment is long-term corticotherapy, responsible for many adverse events (AE).

We conducted a survey in internal medicine and rheumatology departments to collect patients’ needs and expectations concerning therapeutic education with a view to create an adapted therapeutic education program (TEP) about long-term corticotherapy.

110 patients have been asked. Their average score of knowledge about corticosteroids adverse events is 12.5/30 points.

- The most troublesome adverse effects described by patients are weight gain, lipodystrophy and neuropsychiatric manifestations.
- Diet-induced constraints are the most inconvenient effect for 8% of patients.

- 51% of the patients would receive a personal interview to clarify the information
- 47% prefer a written document
- 6 patients have suggested the designing of an internet platform of a smartphone application to help them manage their treatment

Information about corticosteroid AE, role of adjuvant treatments and diet are wished.

Most patients have been advised about corticosteroids AE by their doctor.

Information was sufficient according to 75% of patients and was clear for 89%.

Patients feel well informed about corticosteroid AE but their scores reflect their lack of knowledge.

Diet is troublesome for many patients and could lead to a poor compliance or a refusal of treatment. After discussion with internists, a collaboration with dietetic team is provided to systematically propose a meeting with patients at the start of corticotherapy.

A clear and ludic information sheet about the recommended diet is being developed.

Patients’ expectations towards therapeutic education are wide and confirm the interest of creation of an educational process or of a TEP dedicated to patients receiving a long-term corticotherapy in our hospital.

REFERENCES