

Therapeutic Adherence: We Didn't Ask and They Didn't Tell

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Defining adherence

The extent to which a person's behavior – taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider



Why Adherence is important?

- Poor adherence to treatment of chronic diseases is a worldwide problem of striking magnitude
- The impact of poor adherence grows as the burden of chronic disease grows worldwide
- The consequences of poor adherence to long-term therapies are poor health outcomes and increased health care costs

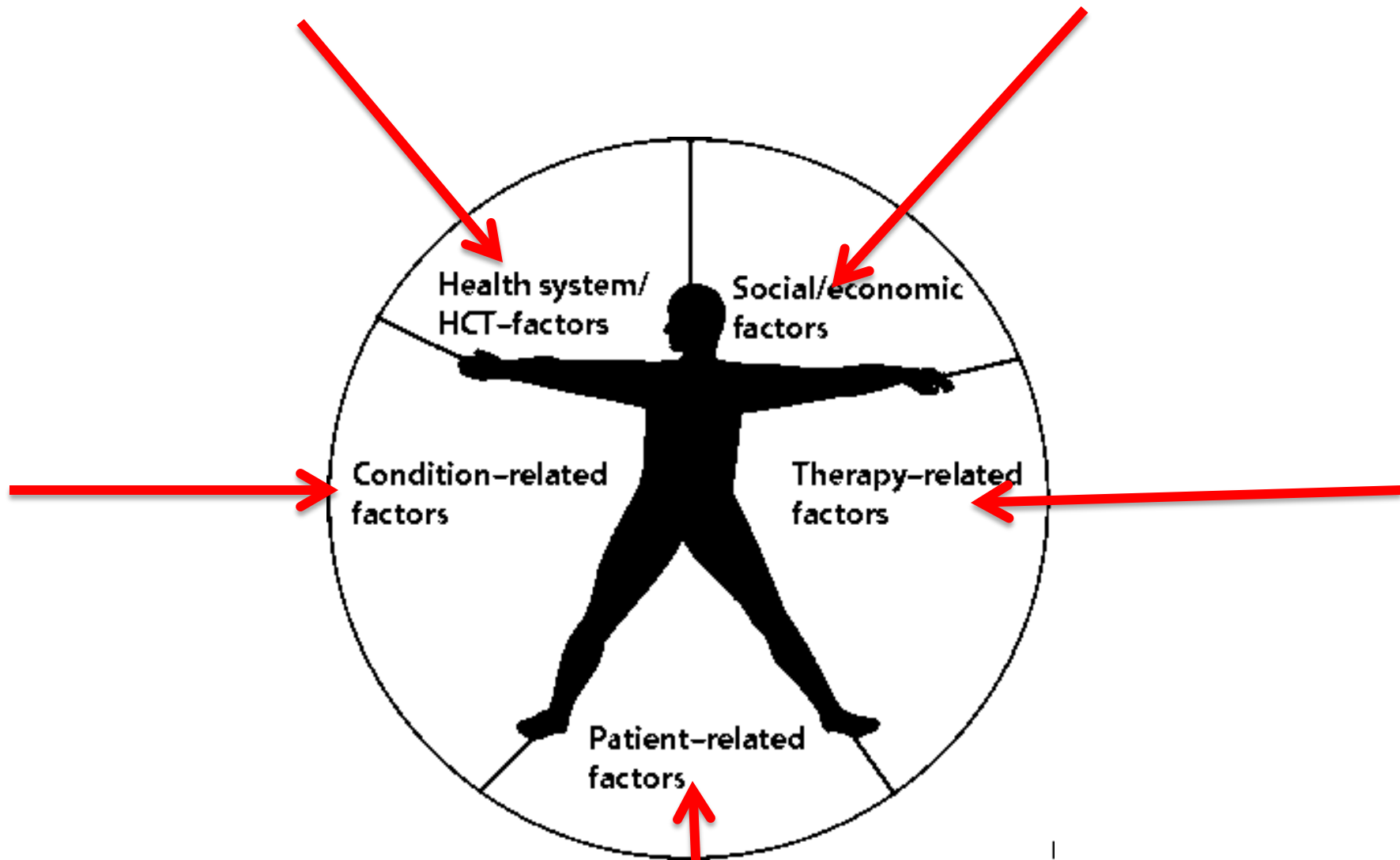


50% not taking prescribed medication as directed¹



€125 billion²
200,000 deaths

The cost of poor adherence



Five interacting dimensions affect adherence, Adherence to long-term therapies: evidence for action, © World Health Organization 2003

How can improved adherence be translated into health and economic benefits?

- Diabetes Roadmap of Group Health Cooperative of Puget Sound (GHC), 13 000 diabetic patients
- The strategy of population-based management
- Preliminary outcomes :
 - ✓ retinal screening rates have increased from 56% to 70%,
 - ✓ renal screening rates from 18% to 68%,
 - ✓ foot examination rates from 18% to 82%
 - ✓ patients being tested for glycosylated haemoglobin from 72% to 92%.
 - ✓ The cost of care for the entire population of diabetic patients has decreased by 11%.



Take home messages

- Patients need to be supported, not blamed
- The consequences of poor adherence to long-term therapies are poor health outcomes and increased health care costs
- Improving adherence also enhances patients' safety
- Adherence is an important modifier of health system effectiveness
- Health professionals need to be trained in adherence
- Health systems must evolve to meet new challenges
- Family, community and patients' organizations: a key factor for success in improving adherence

SUMMARY





THANK YOU FOR
YOUR ATTENTION!

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