

ABSTRACT

QUALITATIVE ASPECTS OF ADHERENCE TO ANTIRESORPTIVE TREATMENT IN WOMEN WITH POSTMENOPAUSAL OSTEOPOROSIS

Author: Aneta Ravingerová

Supervisor: Magda Vytřísalová

Charles University in Prague, Faculty of Pharmacy in Hradec Králové, Department of Social
and Clinical Pharmacy

INTRODUCTION: Compliance is using of medication in accordance with a prescription drug regimen. Qualitative aspect of compliance represents use of drugs in correct way. Suboptimal compliance significantly affects treatment outcomes.

AIMS: The study aim was to assess qualitative compliance with bisphosphonates (BIS) among Czech women with osteoporosis in common clinical practice.

METHODS: Data collection was performed using anonymous questionnaire in five outpatient centres in the Czech Republic from November 2012 to March 2013. Compliance with five dosing instructions for safe use and adequate absorption of BIS was evaluated.

RESULTS: A total of 363 patients were involved in the analysis (mean age 68.9 years). Patients were treated with once a week dosing forms of BIS - alendronate, alendronate + vitamine D in a fixed combination, risedronate (N = 36.6 %) or once a month dosing form – ibandronate (N = 63.4 %). Only 46.6 % of respondents from weekly subgroup were compliant with all five dosing recommendations and 41.7 % in monthly subgroup. Compliance with dosing instructions (score) correlated positively with education (P = 0.009) and negatively with number of concomitant prescription drugs (P = 0.010).

DISCUSSION AND CONCLUSION: Compliance with dosing instructions is suboptimal. Reduced bioavailability, particularly of monthly ibandronate, can be expected in clinical practice. Compliance should continue to be monitored. Particular attention should be given to patients with polypharmacotherapy and lower education level.