

# ABSTRACT

## BELIEFS ABOUT MEDICINES, COMPLEMENTARY AND ALTERNATIVE MEDICINE USE AND MEDICATION ADHERENCE

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**Introduction:** Medication non-adherence is a very complex problem across different diseases leading to failure of treatment and increasing costs for medical care. Medication adherence is influenced by various factors and is also connected with different patients' attitudes to classical pharmacotherapy and complementary and alternative medicine (CAM). CAM is nowadays quite often used option for chronically treated patients.

**Aim of the study:** The aim of the study was to analyse medication adherence at chronically treated patients visiting pharmacies in the Czech Republic, their attitudes to CAM including percentage of using CAM, the most common reasons using CAM and which types of CAM are the most spread among asked patients.

**Methods:** Questionnaires were distributed in pharmacies in the Czech Republic among patients 18 years old and older who were chronically treated for at least 3 months. Selected patients were asked to complete a questionnaire containing questions about CAM, Czech version of Medication Adherence Report Scale (MARS-CZ), and Czech version of Beliefs About Medication Questionnaire (BMQ-CZ) scale and additional background questions. Descriptive statistics was used for evaluating data.

**Results:** 507 questionnaires were used in the final analysis. The average age of respondents was 55 years  $\pm$  18 years. Almost 72% of patients reported high medication adherence according to MARS-CZ scale. 65% of respondents said they used at least one type of CAM, the most common reason of using CAM was supposed improvement of their health condition and the most common type of CAM

was food supplement. 70% of CAM users reported high medication adherence and except 15 of them consider CAM as supplement of classical treatment.

**Conclusions:** Using CAM didn't prove as negative factor of medication adherence. Using CAM and also classical pharmacotherapy is considered as positive approach in care of their own health in this research.