

Medication adherence – the way to understand patients

Patricia Schnorrerová¹, Petra Matalová², Martin Wawruch¹

¹Institute of Pharmacology and Clinical Pharmacology, Faculty of Medicine, Comenius University, Bratislava, Slovakia

²Department of Pharmacology, Faculty of Medicine and Dentistry, Palacky University Olomouc and University Hospital Olomouc, Czech Republic

The aims of this review are to explore the critical issue of medication adherence, which is essential for effective healthcare outcomes but remains a significant challenge. The review delves into the diverse aspects of non-adherence, including patient perceptions, economic challenges, and complex treatment regimens. It emphasizes the importance of accurate adherence assessments, particularly through self-report questionnaires and retrospective database analyses. The review also explores the historical evolution of adherence concepts and highlights the critical role of pharmacists in educating patients and managing medication regimens. The importance of recognizing and addressing medication non-adherence as a significant health policy issue is underscored, advocating for improved measurement methods and interventions such as multidrug punch cards and medication charts. The review advocates for a patient-centered approach and multidisciplinary collaboration in healthcare, aiming to enhance healthcare outcomes and medication adherence through systemic changes. It also underscores the need for empowering pharmacists with expanded roles and appropriate tools within healthcare systems to further improve patient outcomes.

Key words: medication adherence, adherence barriers, patient adherence, survey and questionnaires, self-report.

Adherencia k liečbe – cesta k pochopeniu pacienta

Cieľom tohto prehľadového článku je problematika adhérencie k liečbe, ktorá je kľúčová pre dosiahnutie výsledkov v oblasti zdravotnej starostlivosti. Článok skúma rôzne aspekty non-adhérencie, ako napr. postoj pacienta k liečbe, ekonomické prekážky a zložitosť liečebných režimov.

Súčasne je kladený dôraz na hodnotenie adhérencie, predovšetkým pomocou sebahodnotiacich dotazníkov a retrospektívnych analýz údajov z databáz. Identifikácia non-adhérencie predstavuje prehliadanú oblasť zdravotnej politiky. Využívanie nových možností merania a intervencii, ako sú viacdávkové perforačné karty a liekové karty, môžu prispieť k zlepšeniu adhérencie. Nevyhnutnosť systémových zmien, potreba multidisciplinárnej spolupráce zdravotníckych pracovníkov a orientácia na individuálne potreby pacienta predstavujú cestu k lepšej adhérencii.

Kľúčové slová: adhérenca k liečbe, bariéry adhérencie, adhérenca pacientov, prieskumy a dotazníky, sebahodnotiace dotazníky.

Introduction

Medication adherence is a crucial factor for achieving optimal treatment outcomes, as

it directly impacts patient health (1). However, it is a persistent challenge in healthcare, since many patients struggle to follow their

DECLARATIONS:

Declaration of originality:

The manuscript is original and has not been published or submitted elsewhere.

Ethical principles compliance:

The authors attest that their study was approved by the local Ethical Committee and is in compliance with human studies and animal welfare regulations of the authors' institutions as well as with the World Medical Association Declaration of Helsinki on Ethical Principles for Medical Research Involving Human Subjects adopted by the 18th WMA General Assembly in Helsinki, Finland, in June 1964, with subsequent amendments, as well as with the ICMJE Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals, updated in December 2018, including patient consent where appropriate.

Conflict of interest and financial disclosures:

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PharmDr. Patricia Schnorrerová

schnorrerova@gmail.com