

Title
Therapeutic adherence in the digital age: a validation process of an assessment

The socio-demographic characteristics, the level of education and digital skills affect compliance?

PROBLEM

In developed countries, the adherence to therapies in the population is about 50%. This leads to an increase in healthcare costs, comorbidities and a progressive worsening of the patient's general condition.

The increase in the use of technology in our daily life would also represent a useful tool for managing one's health, but to date it is still little used.

OBJECTIVE

To validate a tool for assessing the level of adherence to therapy and the use of digital systems in order to improve adherence itself.

MATERIALS AND METHODS

Problems considered:

- Daily habits
- Digital capabilities
- Educational perspectives

Inclusion criteria:

- Over 65;
- Polytherapy;
- Comorbidities.

Assessment tool

Literature analysis

Involvement of docimology experts

Draft of the questionnaire created by the experts.
15 patients recruited

Updated questionnaire with suggestions collected from the previous 15 patients and the group of experts.

Recruitment of 55 expert patients (EUPATI, national association of patients and caregivers).

RESULTS

Example questions

- Are all the medications you are taking prescribed by your doctor?
- Do you sometimes forget to take your medicines?
- Do you happen to search the Internet to find information about your illness?
- Do you think an application on your phone could help you better manage your therapy?

The survey sample was analyzed by dividing it on the basis of some variables: sex, age of the subject, pathologies, drugs taken, educational qualification and residence.

Patients have a good doctor-patient relationship: 87.3% of patients have a family doctor who knows the therapy in its entirety

Many patients also have a good relationship with the drugs taken, as they rarely stop taking them: 63.6% say they never forget to take the therapy daily

In the elderly population, younger people take therapy less consistently.

The increase in adherence to therapy and the use of digital devices is directly proportional to the increase in the patient's level of education.

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