

ADHERENCE TO COPD TREATMENT: IS IT REALLY OF CRUCIAL IMPORTANCE?

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Abstract. Poor adherence is a major challenge on the way to treatment optimization of the treatment of in patients with chronic obstructive pulmonary disease (COPD). The 40–60 % of the patients with COPD have adherent level of adherence 80 % or more of prescribed doses. The main reasons of low adherence are absence lack of skills to use inhaler correctly, old age, cognitive and depressive disorders, poor explanation of the target and regimen of the treatment regimen and its goals to patient, insufficient trust to in doctor and his/her recommendations. The keys measures to improve adherence to treatment are associated with establishment of the high-level doctor-patient cooperation between the patient and doctor, explanation to the patient target of goals and treatment regimen of the treatment and repeated trainings to use in correct inhaler use correctly. Our results states that adherence to treatment could be improved from 43.7 to 83.5 % within 2 months.

Key words: COPD, adherence, compliance.

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