ADHERENCE TO TREATMENT: METHODS OF ITS IMPROVEMENT IN THE INHALATION THERAPY OF BRONCHIAL ASTHMA

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Abstract

Adherence to treatment is one of the basic components of the successful treatment. Despite this, adherence to treatment in different chronic conditions remains as low as 50 % in average globally. In bronchial asthma (BA) it varies from 28 to 80 % depending on the age group, disease severity and other factors.

This review highlights current data on treatment adherence and the methods of its assessment and improvement. Data from 47 articles were collected and key issues of the problem are presented in current article.

Determination, assessment and improvement of the adherence to treatment require complex approach. There are 5 groups of factors, which influence the adherence to treatment: social-economic factors, factors associated with healthcare system, condition-related factors, therapy-related factors and patient-related factors. All these factors should be determined, assessed and modified during every visit of the patient. There are a variety of methods, improving adherence to treatment in bronchial asthma. They should be considered and used during the treatment administration. At the same time there exist certain peculiarities, related to disease course and drug delivery system.

Options aimed on the improvement of adherence on example of Easyhaler (Orion Corporation) are presented in this report.

Key words: bronchial asthma, adherence to treatment, Easyhaler.

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