COMPLIANCE TO DRUG THERAPY IN PATIENTS WITH INFLAMMATORY BOWEL DISEASES

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Introduction. Inflammatory bowel diseases (IBD) are a group of idiopathic chronic inflammatory conditions of gastrointestinal tract. According to European Federation of Crohn’s and Ulcerative Colitis Associations 8% of IBD patients are unemployed due to intestinal disease. That’s the reason why IBD patients require often lifelong medications and compliance to drug therapy is quite important for successful treatment. Nevertheless studies and tests revealed lower compliance in approximately 50% of patients with Crohn’s disease and 63% of patients with ulcerative colitis. [Dewulf et al, 2007].

Aim. To assess compliance to drug therapy in patients with inflammatory bowel disease, to identify possible demographic, clinical and other factors, which might be connected and evaluate correlation between compliance to drug therapy and these factors.

Materials and methods. Data from 202 IBD patients, who admitted to Pauls Stradiņš Clinical University Hospital from 2012 to 2015, medical case histories were obtained and analyzed in retrospective cross-sectional study and processed, using MS Excel 2013 and IBM SPSS Statistics 20.0.

Results. A total of 202 IBD patients were analyzed and 39% (n = 78) of all IBD patients (95%CI = 32%-45%) revealed low compliance to drug therapy - 54% male, 46% female; 60% (95%CI = 49%-71%) of patients were younger than 40 at time of diagnosis; 59% patients (95%CI = 48%-70%) with ulcerative colitis (UC), 41% patients (95%CI = 30%-52%) with Crohn’s disease (CD). In CD patients main location site was ileal (59%), in UC patients it was pancolitis (50%). 72% (n = 56) of these patients (95%CI = 62%-82%) had extraintestinal manifestations - most common hematologic (38%), constitutional (37%), musculoskeletal (11%), hepatobiliary (6%). 52% of patients (95%CI = 41%-63%) had complications of IBD - 47% were nonsurgical (most common hypoproteinemia and malabsorption syndrome) and 53% were surgical (most common fistulas, stenoses, abscesses). 72% of patients (95%CI = 62%-82%) previously had surgical intervention due to IBD. 29% (n = 23) of patients (95%CI = 19%-39%) previously had some side-effects on medications used in the treatment of IBD (mostly to aminosalicylates and thiopurines).

A tendency between low compliance to drug therapy and previously side-effects on medications used in the treatment of IBD was found (r_s = 0.271, p < 0.01). Correlation between low compliance to drug therapy and extraintestinal manifestations or previously surgical intervention was not proved (p > 0.01).

Conclusions
1. Low compliance to drug therapy is common in IBD patients.
2. A tendency between low compliance to drug therapy and previously side-effects on medications used in the treatment of IBD was found.
3. Further investigations are needed and could lead to higher therapeutic success in IBD patients.
IBD patients need to be more educated about importance of treatment in IBD.

SOCIETY OPINION AND THE MEDIA INFORMATION ON GENERIC DRUGS

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Keywords. Generic drugs, bioequivalence, opinion, patients, physicians, pharmacists, media.

Introduction. A generic medicine is a medicine that is developed to be the same as a medicine that has already been authorized, called the ‘reference medicine’. A generic medicine contains the same active substances as the reference medicine, and it is used at the same doses to treat the same diseases. However, a generic medicine’s inactive ingredients, name, appearance and packaging can be different from the reference medicine’s.1 The use of generic drugs is one of the ways how to reduce physicians’ and patients’ costs. Despite the fact that there are a lot of generics available in Latvia, people underuse them and still overpay for the brand-name drugs.2

Aim. To analyse people’s awareness and experience with generic drugs and opinions about generics in media.

Materials and methods. The internet questionnaire was filled in by Latvian population (aged 18–74) sample. The survey was conducted from 3rd till 6th March 2015 within the monthly Web-Omnibus survey by SKDS. In addition, articles in Latvian and Russian, published in the media and on the internet within January 2009 till December 2014, were analysed. The articles met the following criteria: articles include the opinion on generic drugs expressed by journalists, physicians, pharmacists, lay persons and representatives of state institutions. The content analysis was chosen as a research method.

Results. 72.3% respondents from the sample of 1005 were informed about generic drugs; mostly they were adults with higher education, over 55 years. 73.5% of the informed respondents had taken generic drugs, and 33.8% of the informed ones rated their experience as positive. Positive opinion about generic drugs was expressed in 91 from the 119 reviewed articles, both opinions – positive and negative were expressed in 11 articles. Mostly the ability of generic drugs to reduce patients’ and state’s costs as also the necessity to promote the use of generics were discussed in media.

Conclusion. The research results show that Latvian population is insufficiently informed about generic drugs and this is a reason why people refuse to take generics and overpay for more expensive brand-name drugs. Informed patients who have tried the generic drugs continue to use them. Physicians, pharmacists and relatives are those who influence patients’ opinion. Physicians mostly express negative opinion on generic drugs in media, pointing to the poor quality of these drugs, but pharmacists and state authorities express more positive opinion.

1 European Medicines Agency (EMA) Generic medicine.