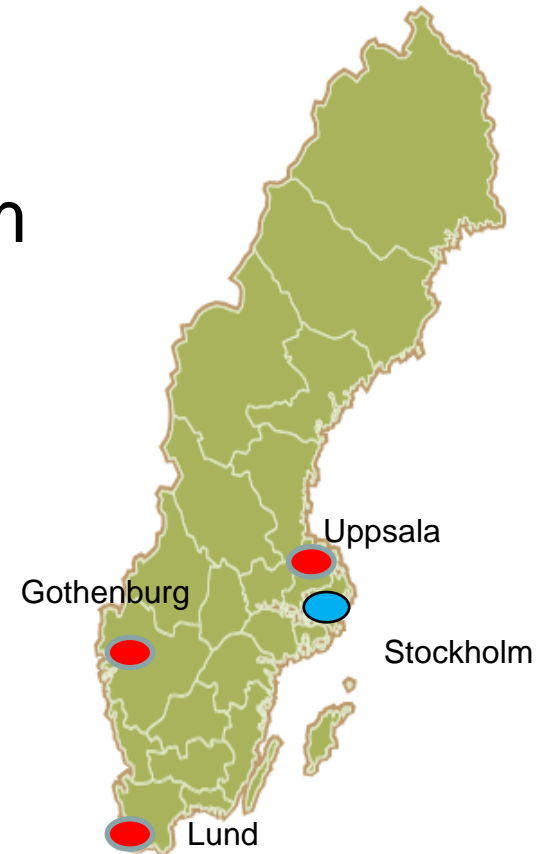


Adherence to anti–rejection medication after lungtransplantation

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Sweden

- 9.4 million inhabitants
- 900 000 inhabitants in Stockholm
- 654 CF patients
- 4 CF centers



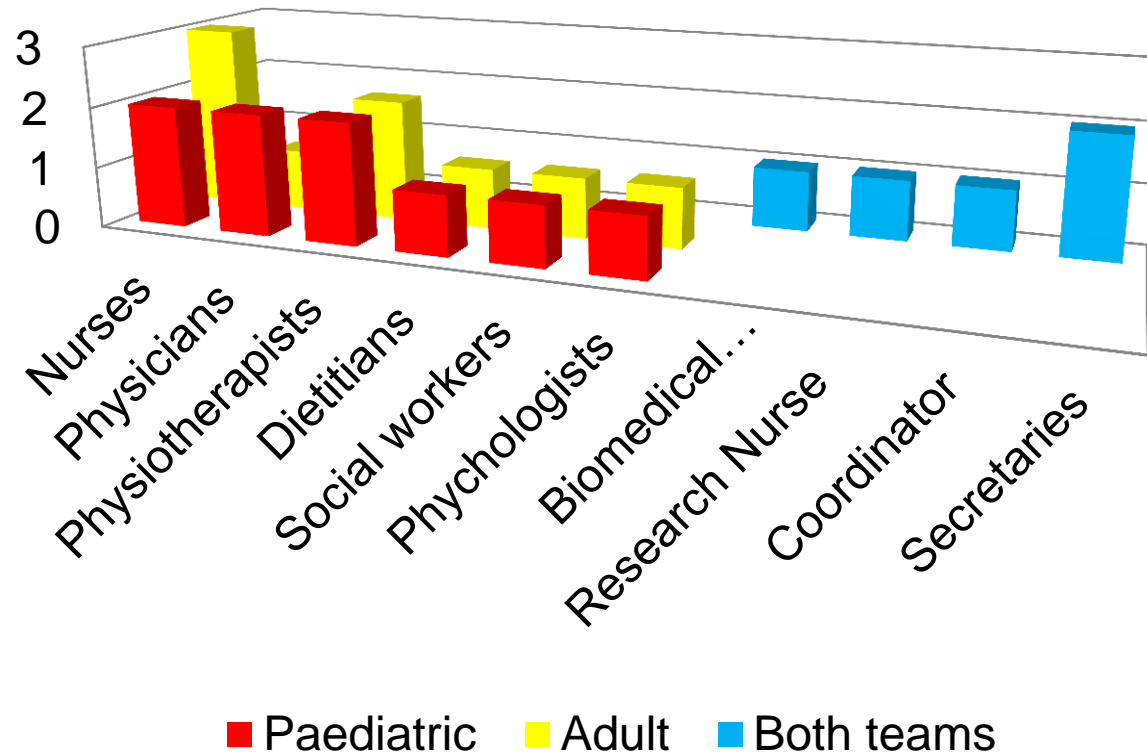
Karolinska University Hospital Solna and Huddinge

- 15 250 employees
- 1.5 million visits/year
- 1 600 beds

Stockholm CF center Huddinge →



Our team members



Patients

- 260 Patients
- 168 patients from Stockholm County
 - 99 adults
 - 69 children
- 92 patients from northern and eastern Sweden
 - 60 adults
 - 32 children

Transplantation

- Lund and Gothenburg: transplantation centers.
- In Sweden 96 CF patients lung transplanted between 1990-2013.
- 36 CF patients lung transplanted between 1991 – 2013 (Stockholm CF center).
- 15 lung transplanted patients are followed at our center.

Background

- During the past three years 4 CF patients have died from chronic rejection.
- It is known that if the patients do not follow their anti- rejection treatment, the risk for rejection increases.

Background

How to evaluate adherence?

- Medicine concentration
- Patient records
- Patient surveys

Aim of study

- To verify the adherence of lung transplanted patients to medication, and whether we as nurses can increase the adherence of the patients, by using a questionnaire called Transplant 360.

Patients

- 14 lung transplanted patients mean age 39 years (range 19-53)
- 8 males and 6 females.

Lack of adherence to anti-rejection medication

- Taking
- Timing
- Dosing
- Skipping/ drug holiday

Method

The Transplant 360 questionnaires, used in nursing consultation

- BAASIS (Basel Assessment of Adherence scale for Immunosuppressive).
- TAQ (Transplant Adherence Questionnaire).
- IMAB (Identifying Medication Adherence Barriers).

Questionnaire

- BAASIS and TAQ face-to face interview.
- IMAB is a self report questionnaire.

Frequency of patients visits

Outpatients clinic

- 1-2 visits/weekly up to three 3 months
- 2 visits/month up to 6 month
- Once monthly after 6 month

TAQ

E. Some people find that they forget to take their pills at the weekend. Did you miss any of your anti-rejection medications last weekend – last Saturday **or** Sunday?

Yes

No



7/4/2014

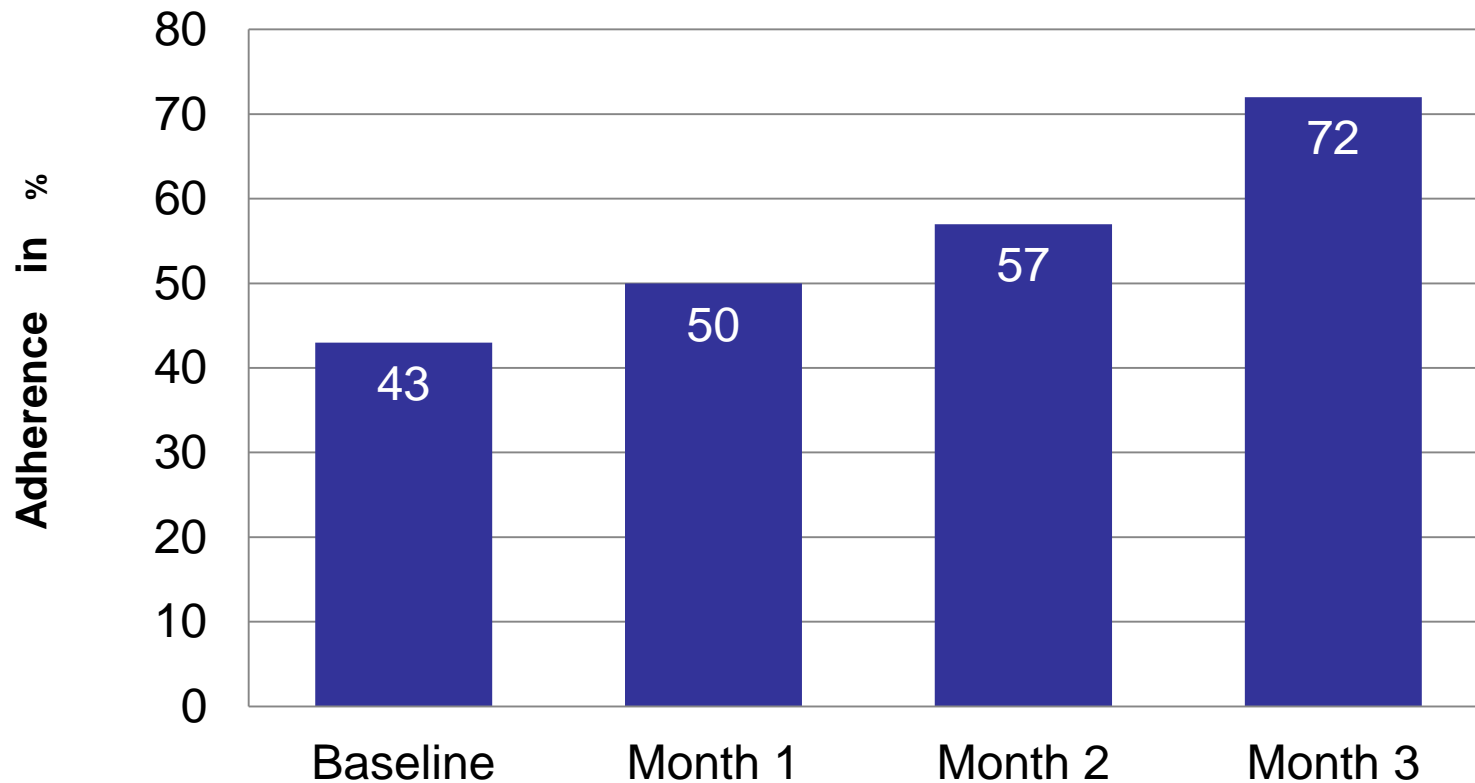
IMAB

Please read each statement and then tick which response most applies to you. Please only tick one response per question.

1) I find it hard to take my anti-rejection medication because I forget	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input checked="" type="checkbox"/> Often <input type="checkbox"/> Always
2) I find it hard to get refills on time, so I run out of my anti-rejection medication	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input checked="" type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
3) I find it hard to take my anti-rejection medication several times a day	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input checked="" type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always

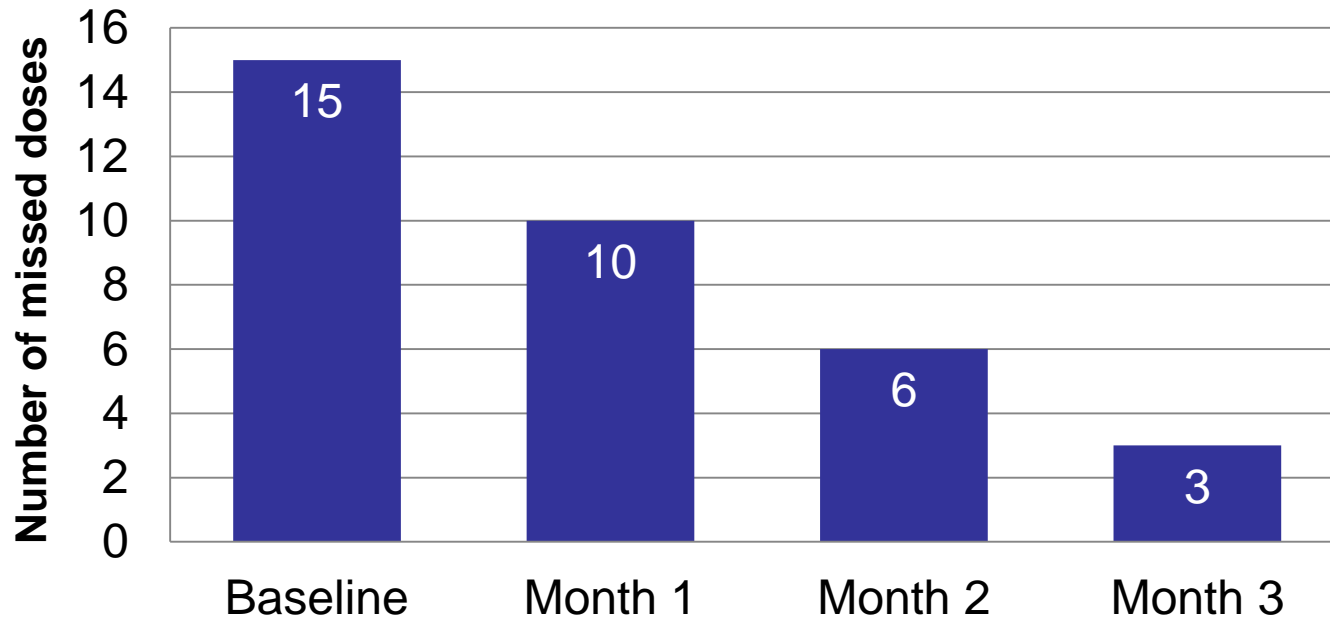
Results

Adherence taking, timing and dosage



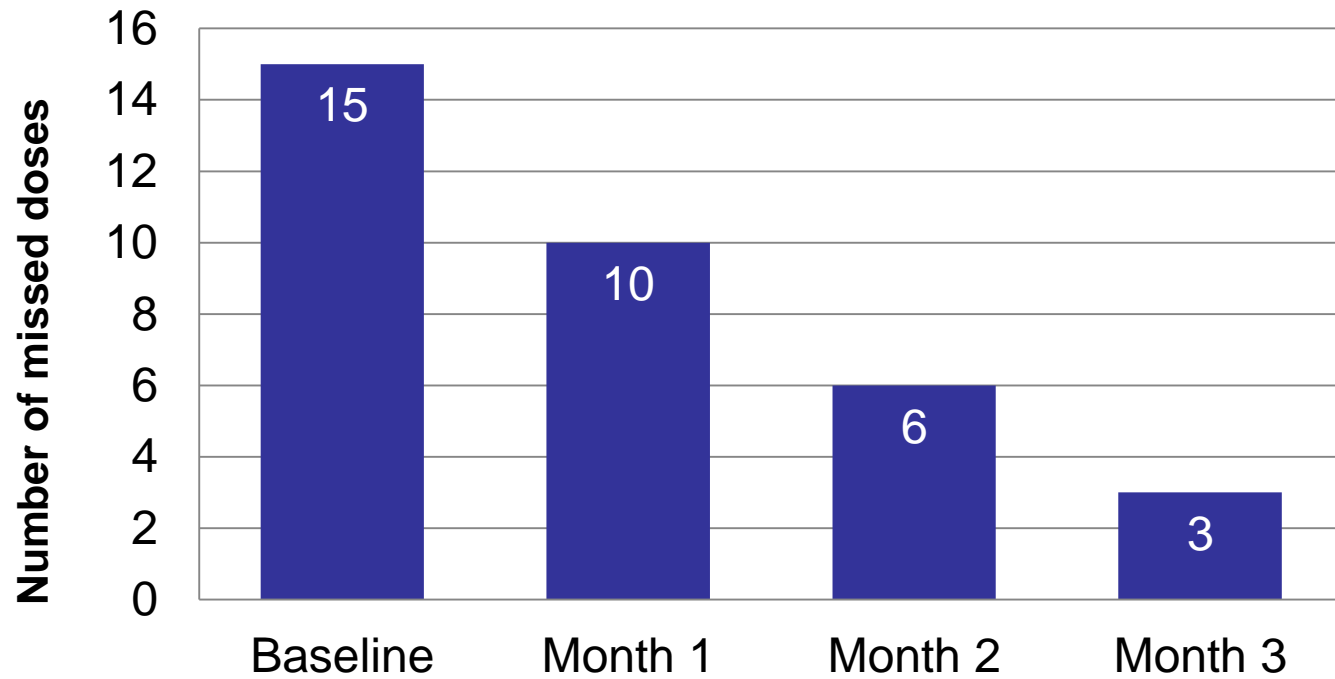
Results

Non adherence in taking medication



Results

Non adherence in taking medication



Number of patients

5

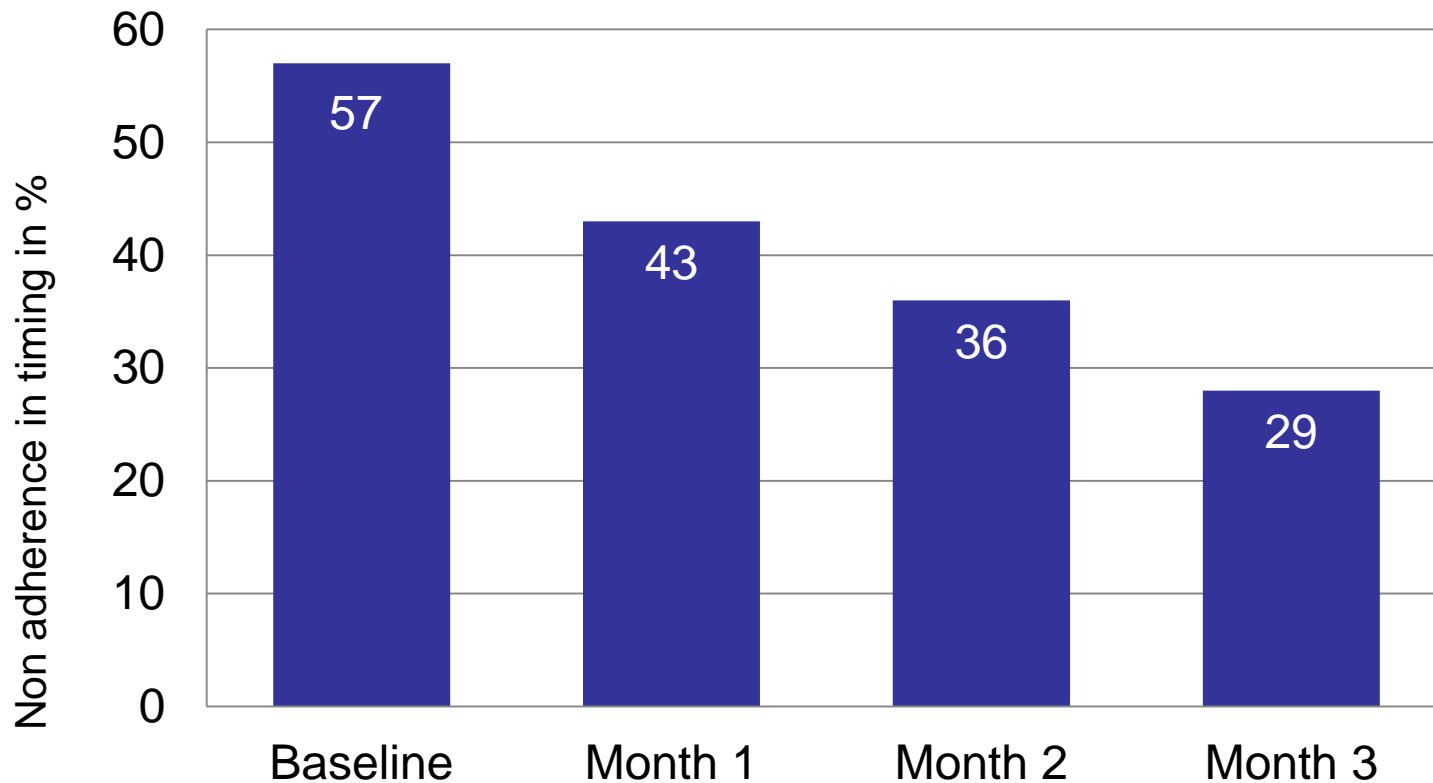
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Results

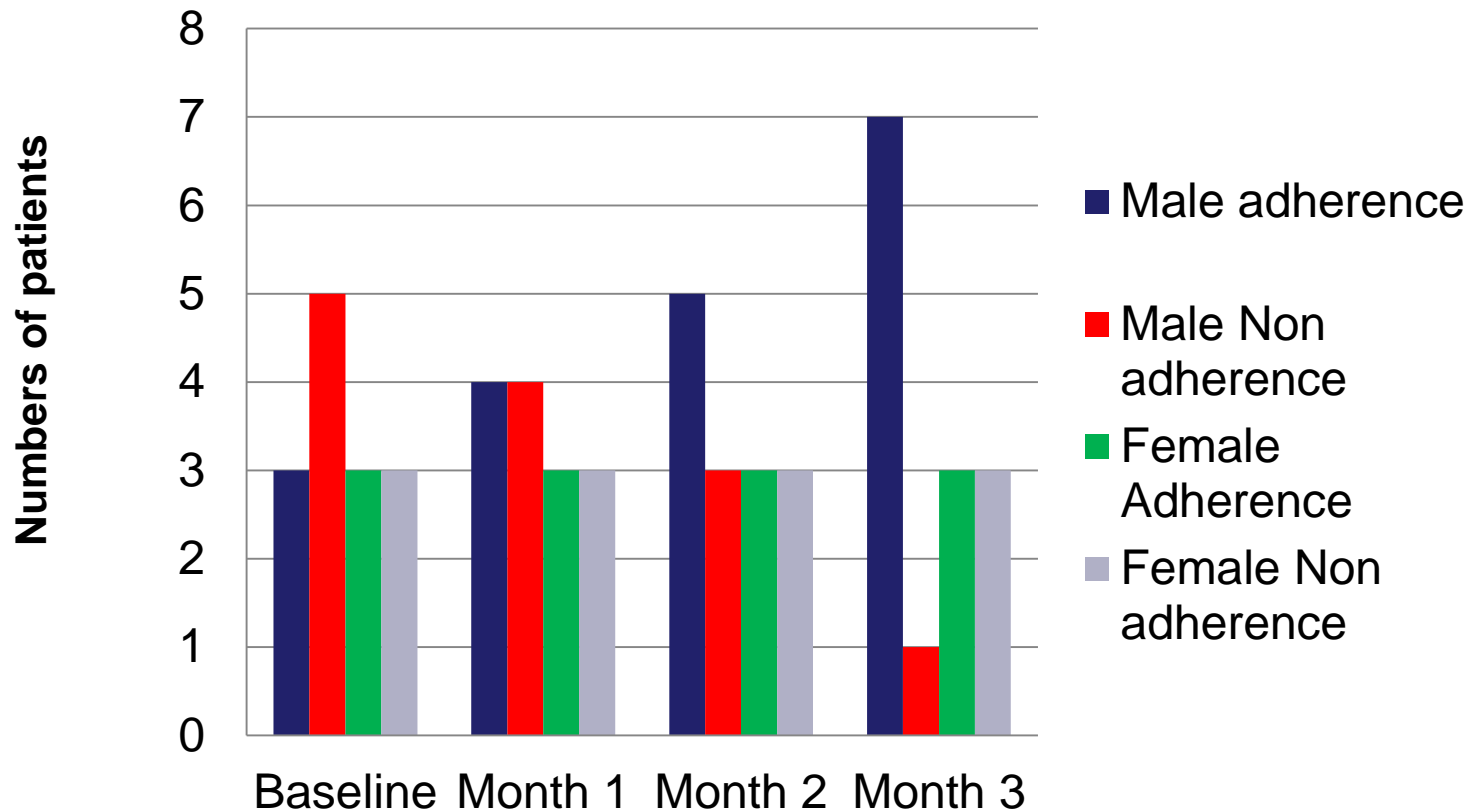
Timing > 2 hours from prescribed time



Most frequent barriers

- Forgetfulness
- Asleep or oversleep
- Getting refills on time

Adherence and Non Adherence Male- Female (total)



Conclusion

- Using Transplant 360 has increased the patients adherence to medication and timing.
- Nurses can have a significant role in the patients improved adherence.

Patient's experience

"I am forced to think differently since the questions made me become more aware of how I handled myself in the past month".

"I felt that together we could improve my values. It was not me against the healthcare".

Reflection

- Through careful and systematic issues, it seems we get more reliable answers.
- Will we get the same results if we continue with the same issues? Is there a risk that patients begin to respond automatically without thinking.
- It is important to give the information in a language and in a way the patient understand.

Reflection

“Someone said: Of all the people I meet there is only one person I can change, and that is myself, and everyone else who tried it know that it is not easy to even change yourself”



THANK YOU!