

CENTRO HOSPITALAR  
LISBOA NORTE, EPE



HOSPITAL DE  
SANTAMARIA



Hospital  
PulidoValente



## *TERAPEUTHICAL ADHERENCE*

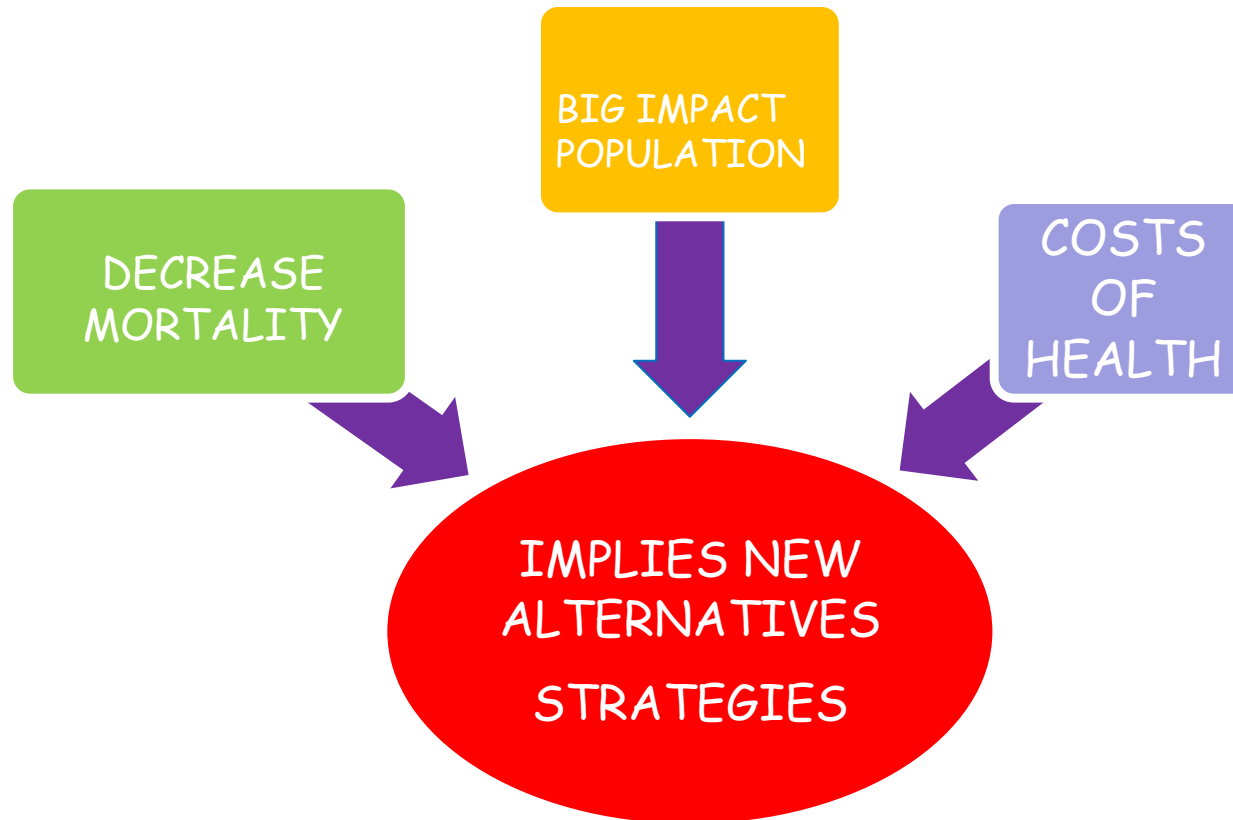
SANTA MARIA UNIVERSITY HOSPITAL  
DEPARTMENT OF DISEASES OF THE CHEST

## CONCEPT "Therapeutic Adherence"

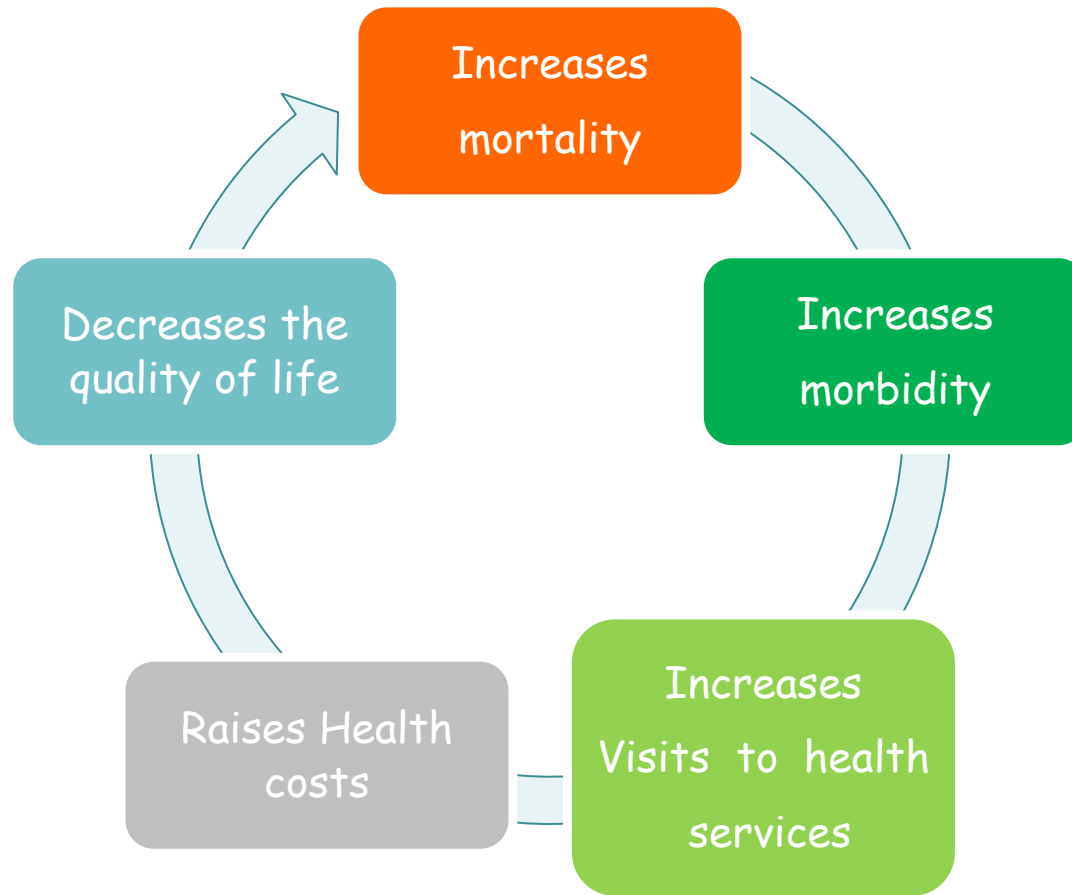
According to The "World Health Organization", (2003) adherence consists on the patient taking the medication, simultaneously with a diet and changes in lifestyle in according to the health care provider's recommendation.

The patient has a collaborative and active role in the planning and the pursuit of the therapy.

## THEAPEUTIC ADHERENCE



## NON COMPLIANCE



## FOLLOWUP OF ADHERENCE

### Direct and indirect Methods

#### INDIRECT

- Patient report
- Physician opinion
- Patients diary
- Controlling medication
- Clinical followup

#### DIRECT

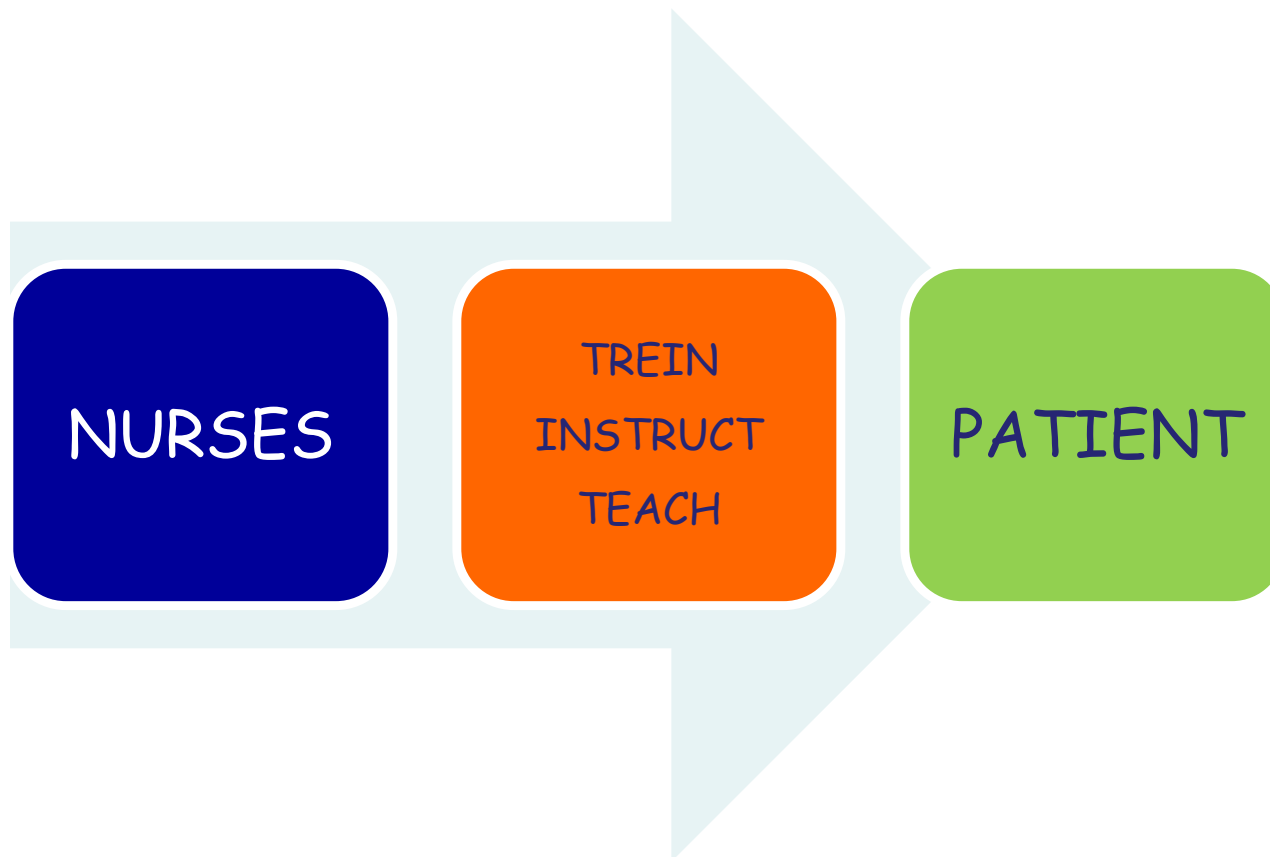
- Serum concentrations
- Concentration of biological markers
- Direct witnessing

## ADHERENCE

### CLOSELY CONNECTED TO:

- Professional health relationship with patient/family
- Clear dialogue between nurse and patient
- Tailored treatment
- Taking in to account the mental status and the personal beliefs of the patient

## THE NURSE IN THE OUT PATIENT CLINIC



## Therapeutical Adherence

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IN THE NURSES APPOINTMENT THE PATIENT REPORTS ALL HIS DAILY TERAPEUTHIC HABITS.



PATIENTS:  
58 CHILDS  
44 ADULTS

ALL  
PATIENTS

58  
PATIENTS

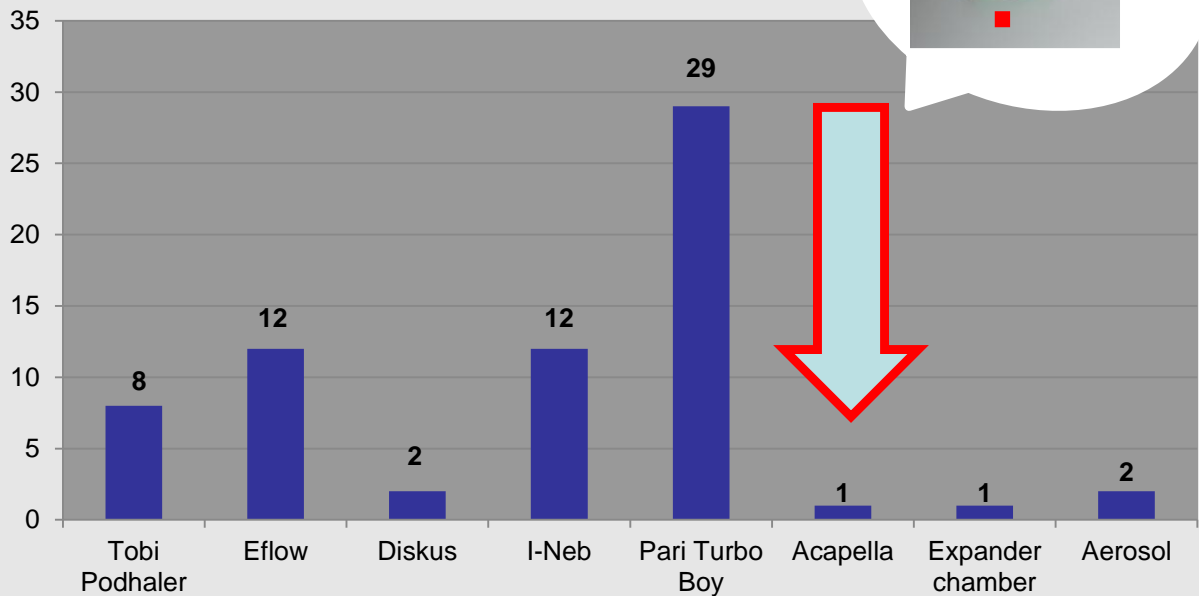


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Device that you use

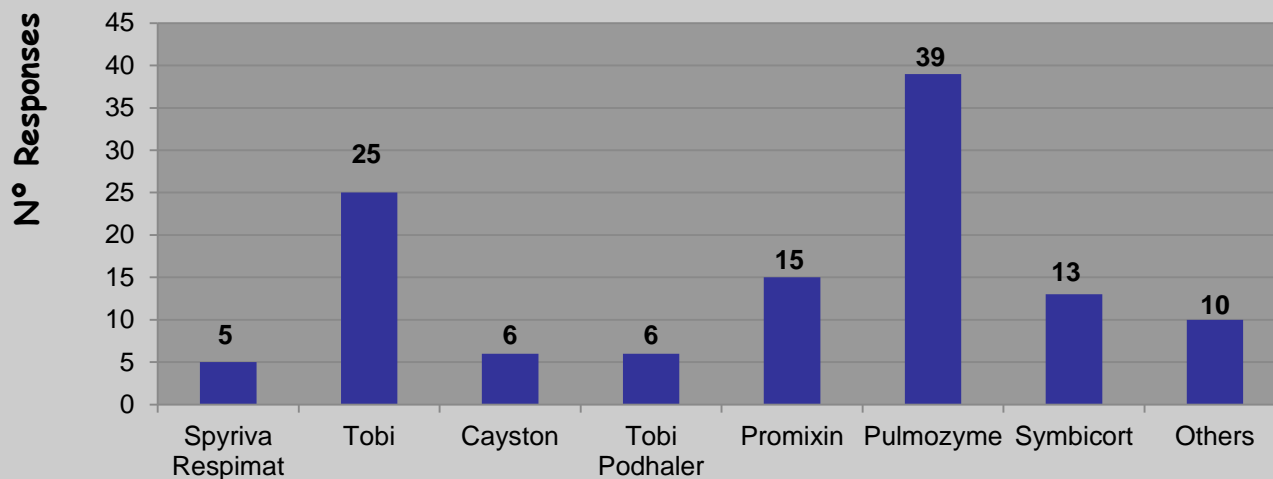
Nº Responses



## Therapeutical Adherence

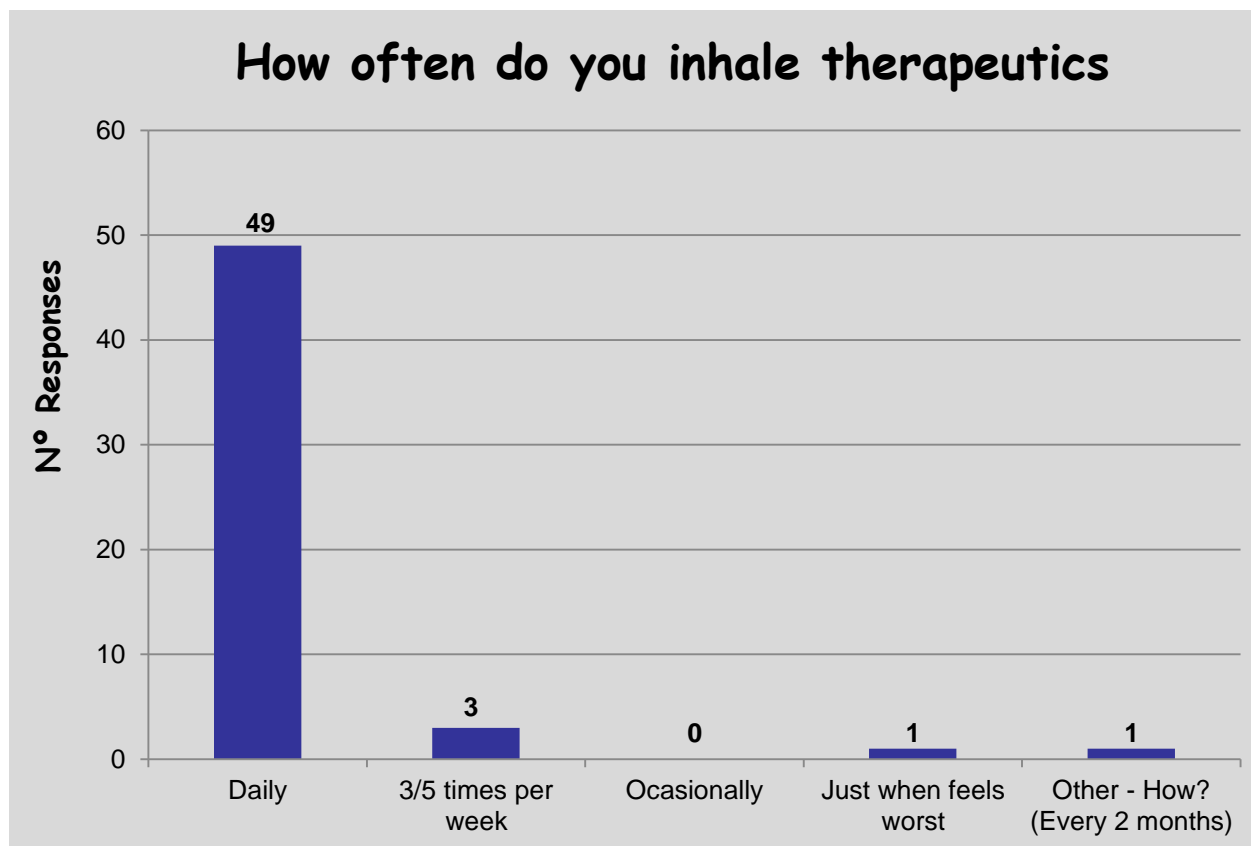
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### Names of medication that are inhaled



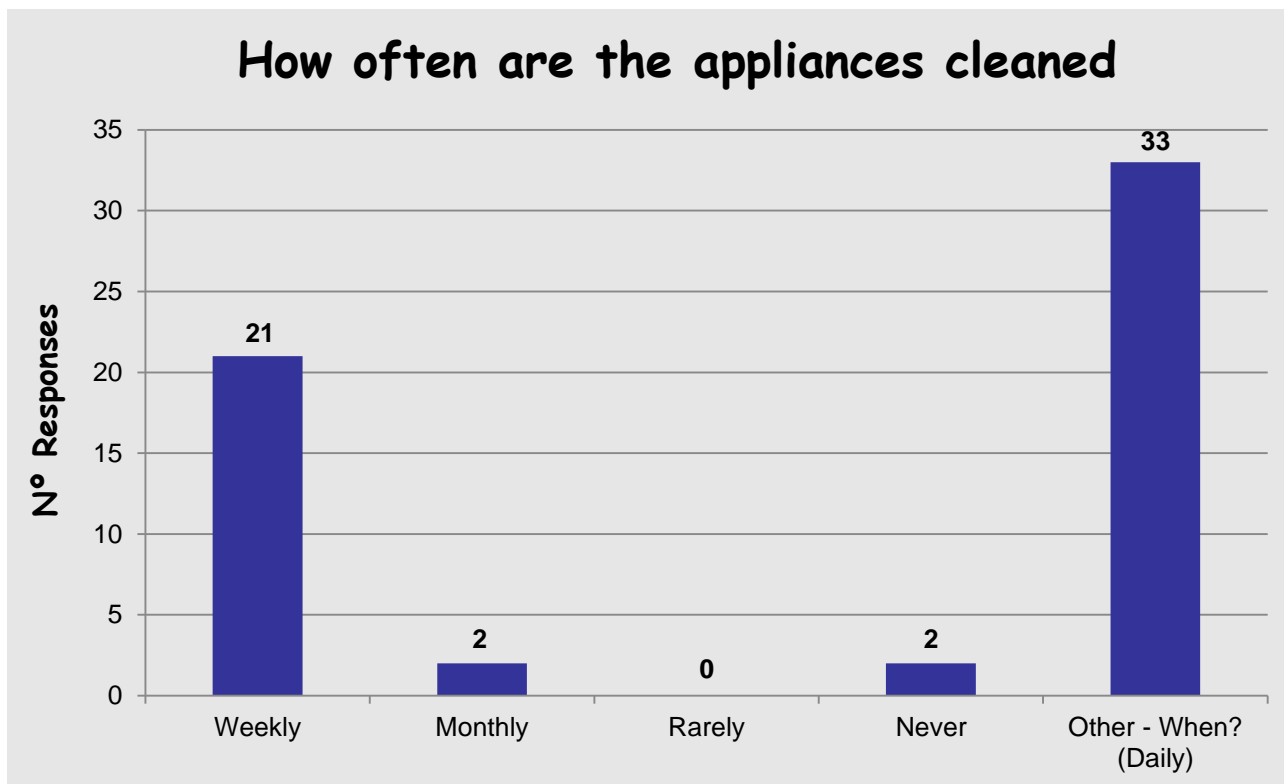
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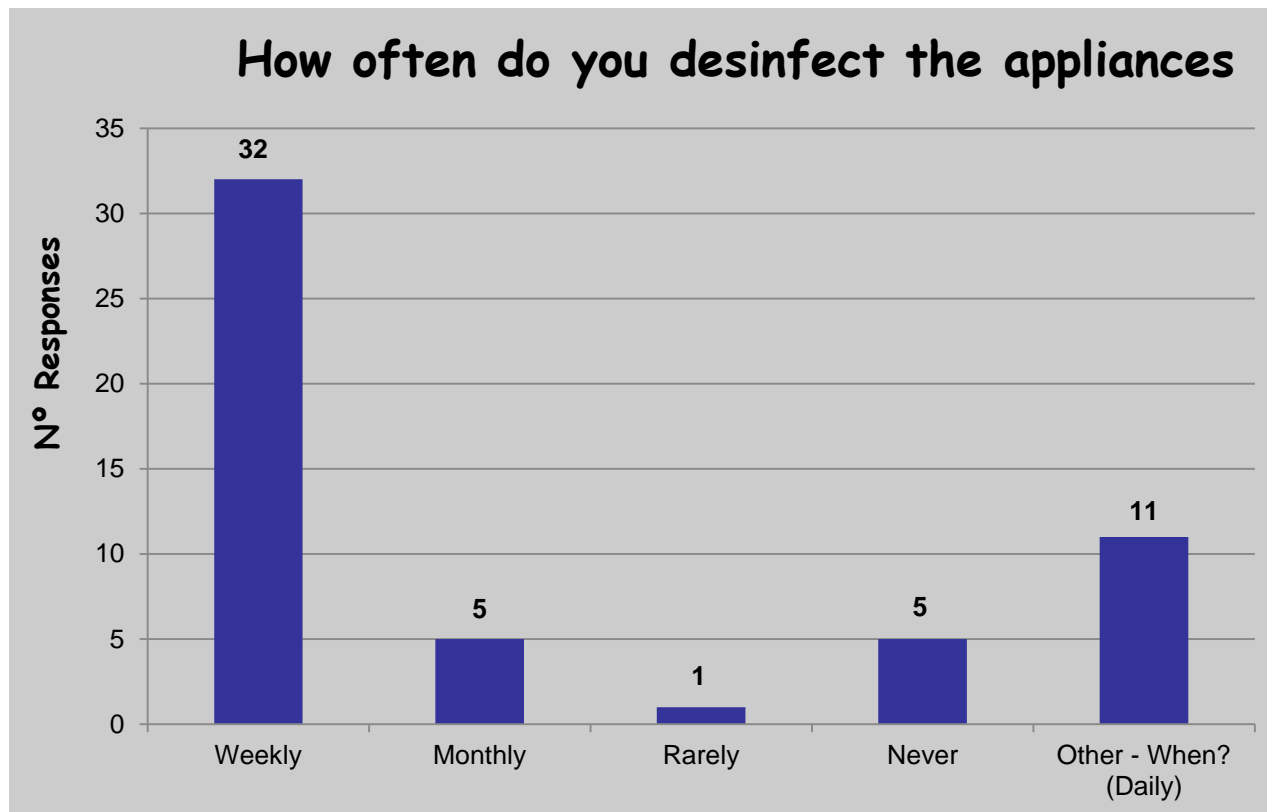
## Therapeutical Adherence

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## Therapeutical Adherence

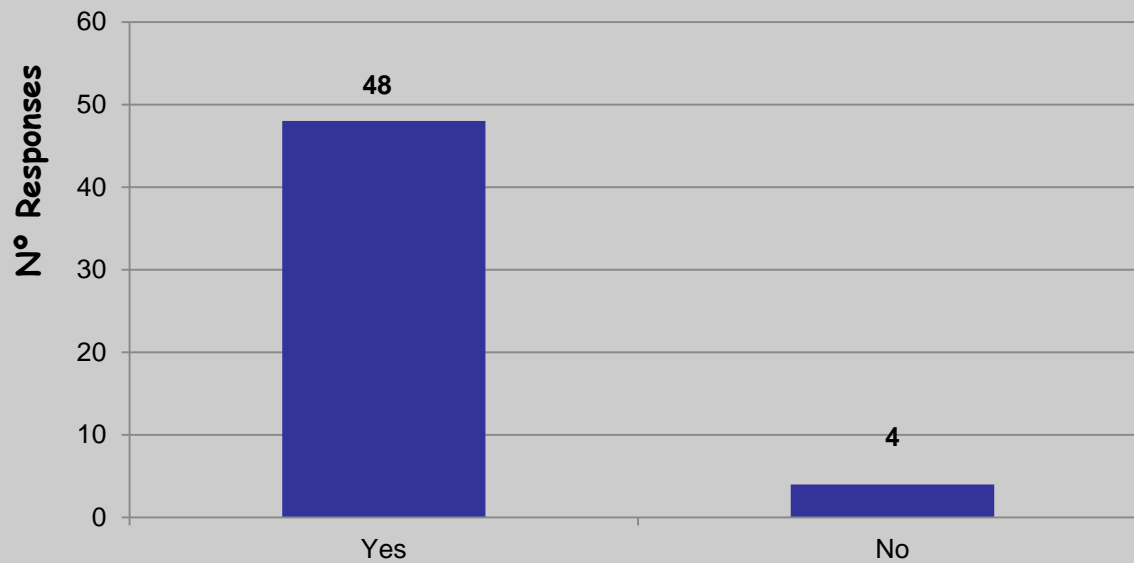
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## Therapeutical Adherence

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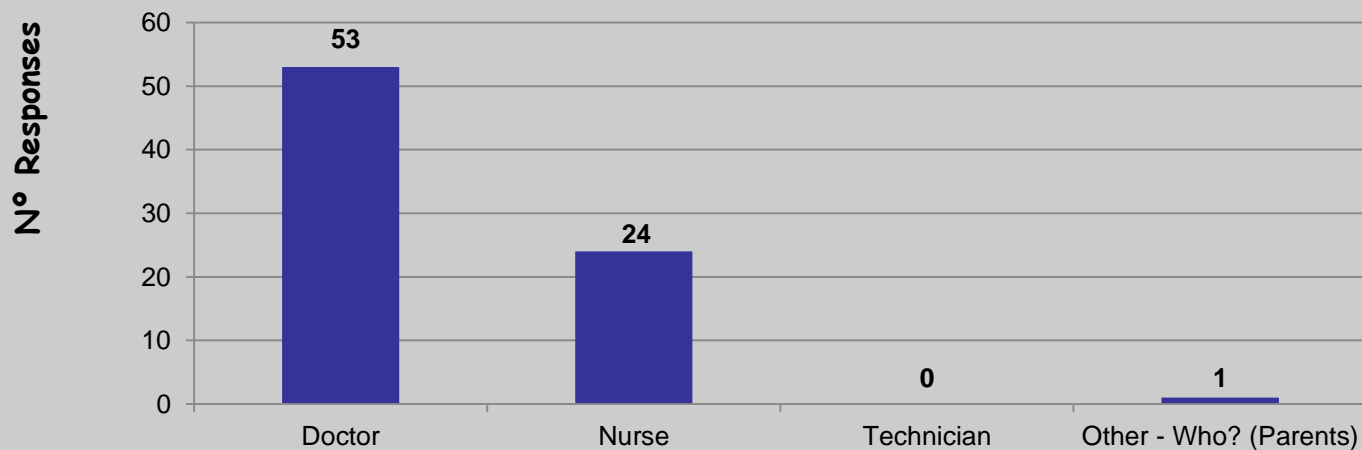
Do you think that washing, disinfecting  
and the maintenance of these  
appliances influence there  
performance?



## Therapeutical Adherence

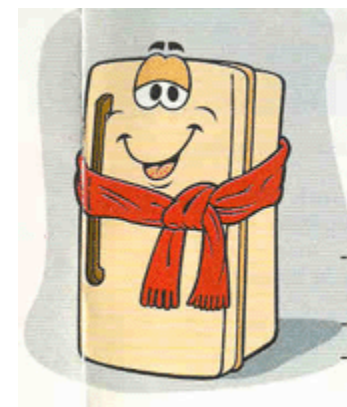
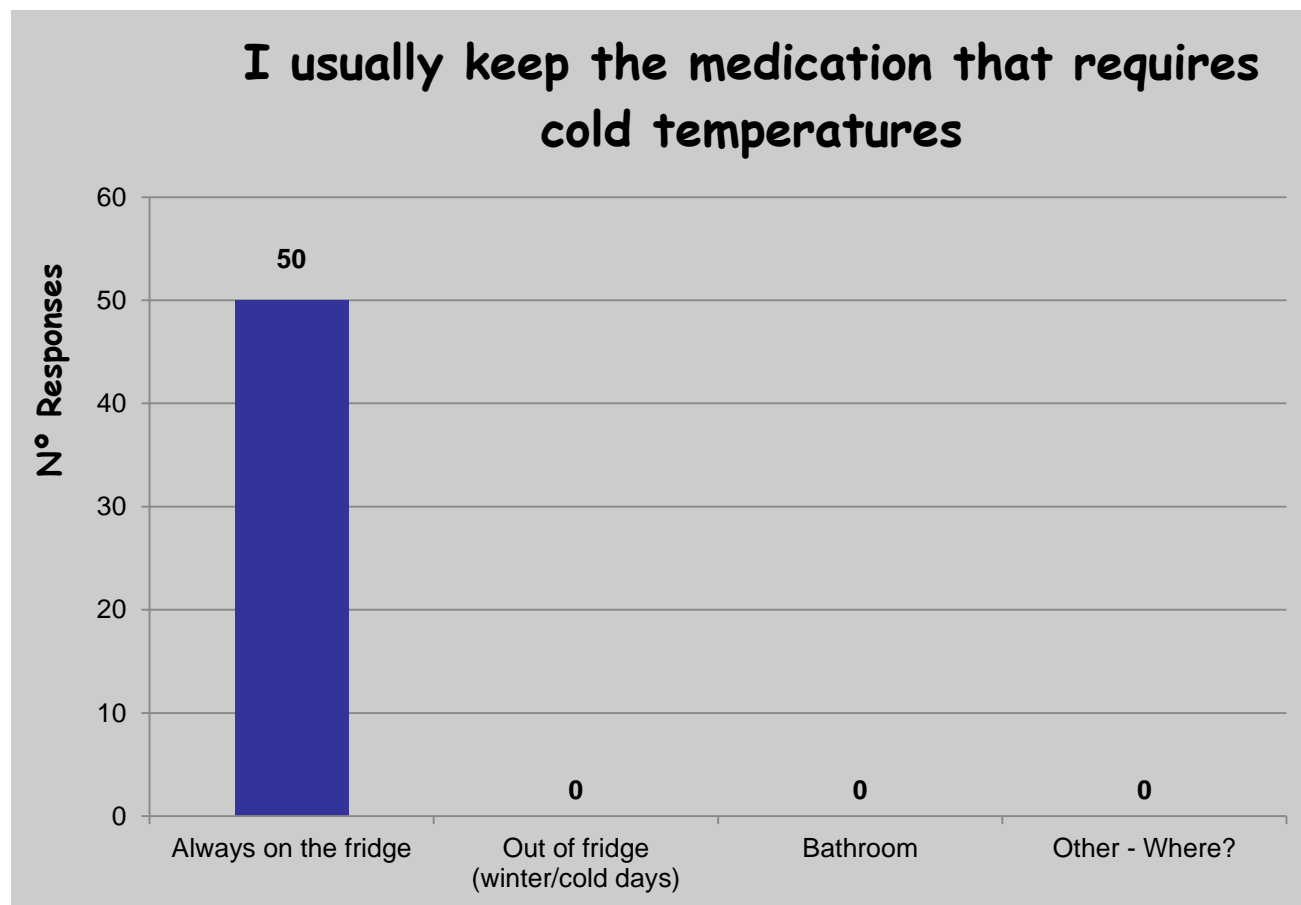
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When I have doubts about the medication  
(dose, prescription, ...) I clarify them with



## Therapeutical Adherence

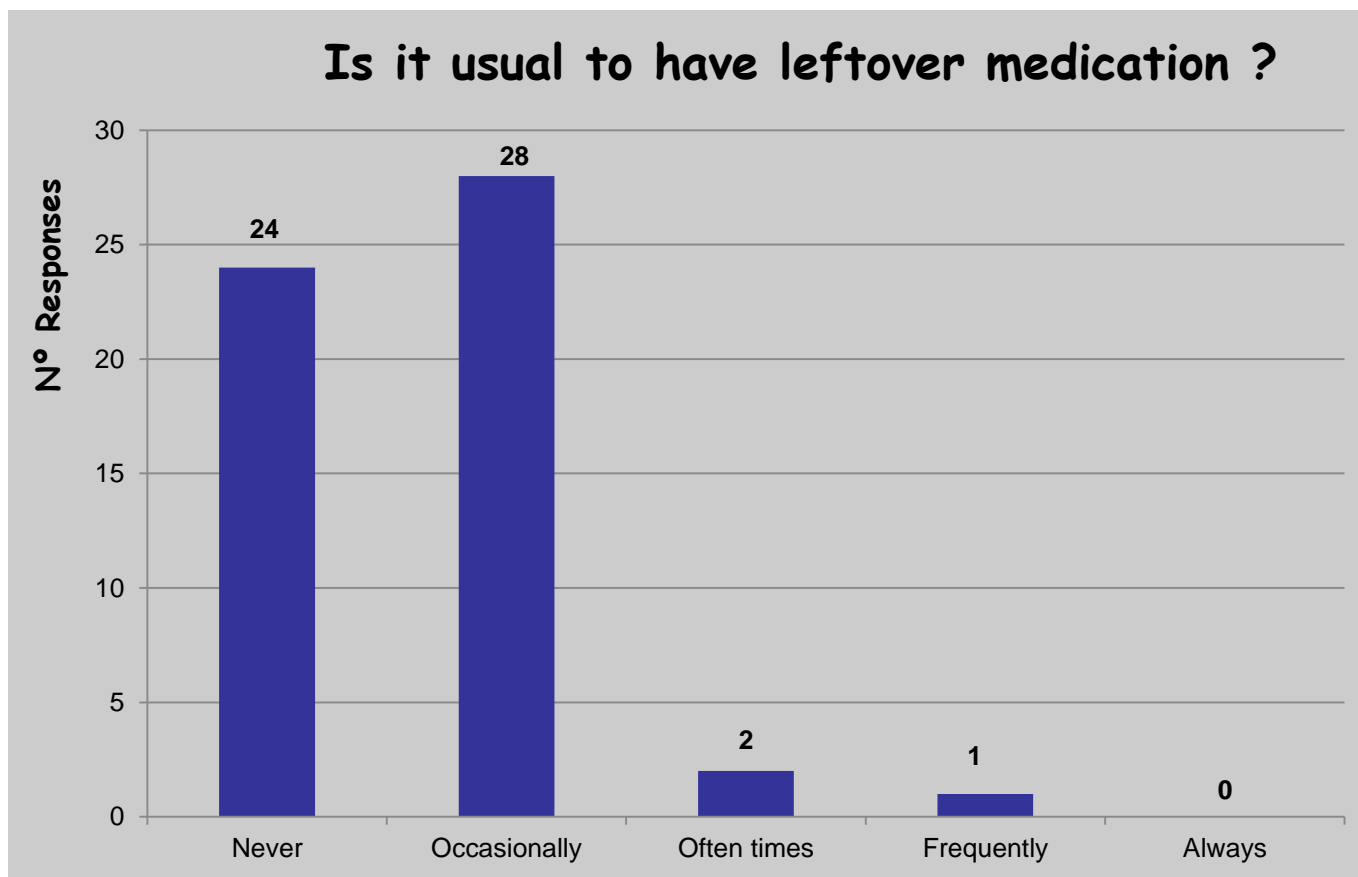
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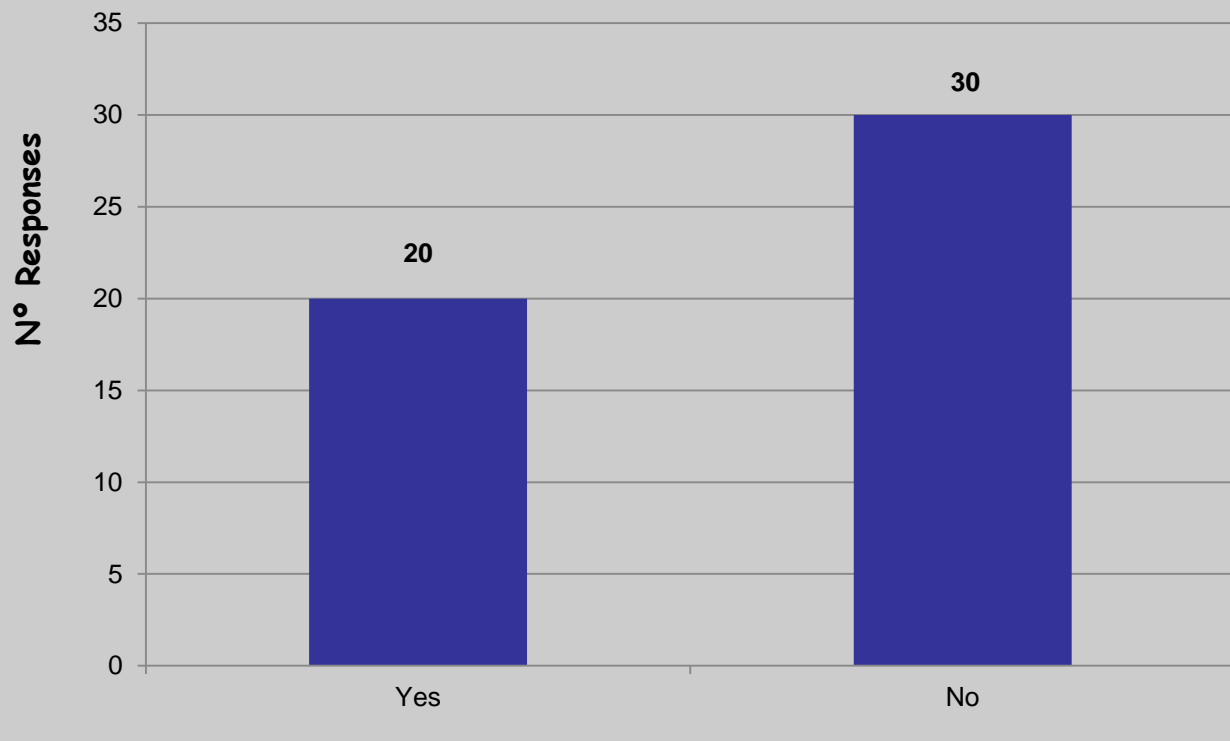
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## Therapeutical Adherence

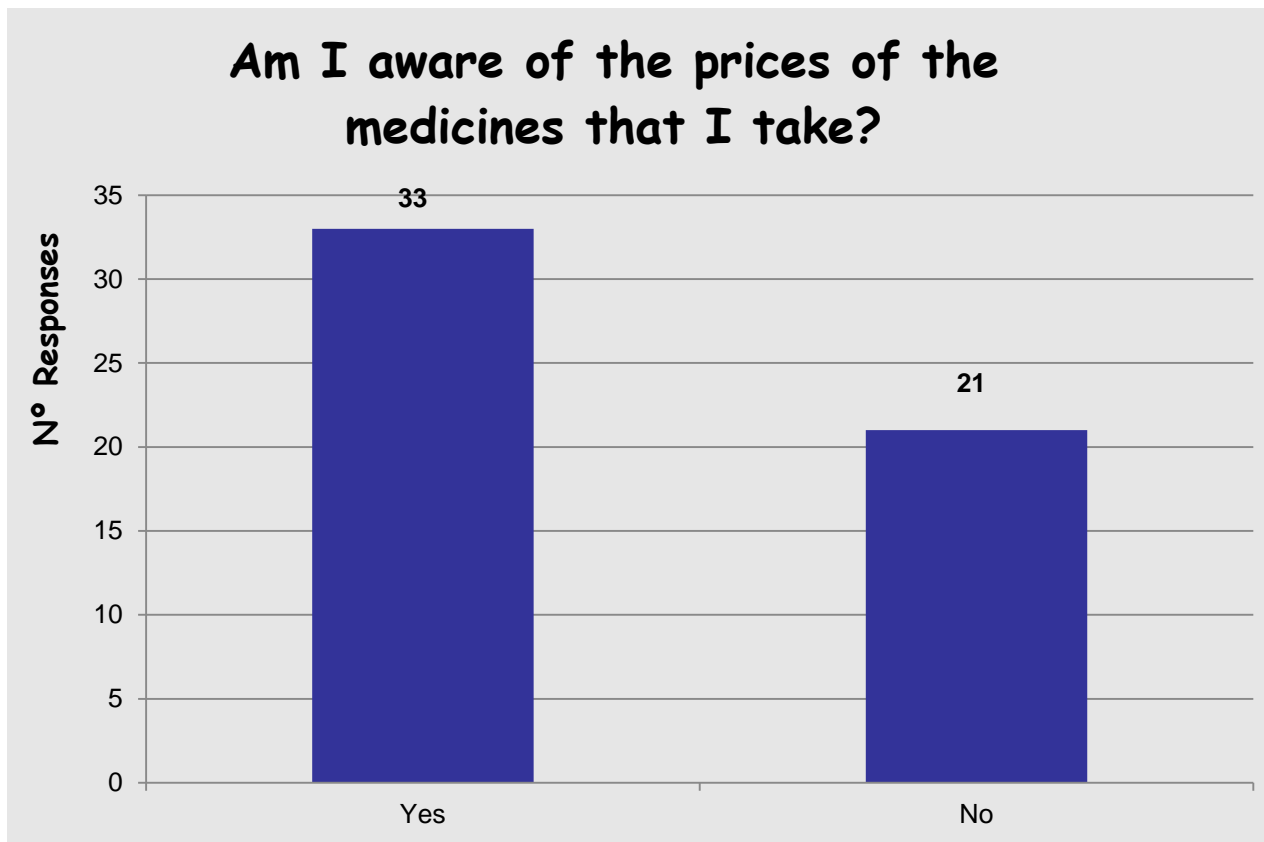
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### I usually return the leftover medication



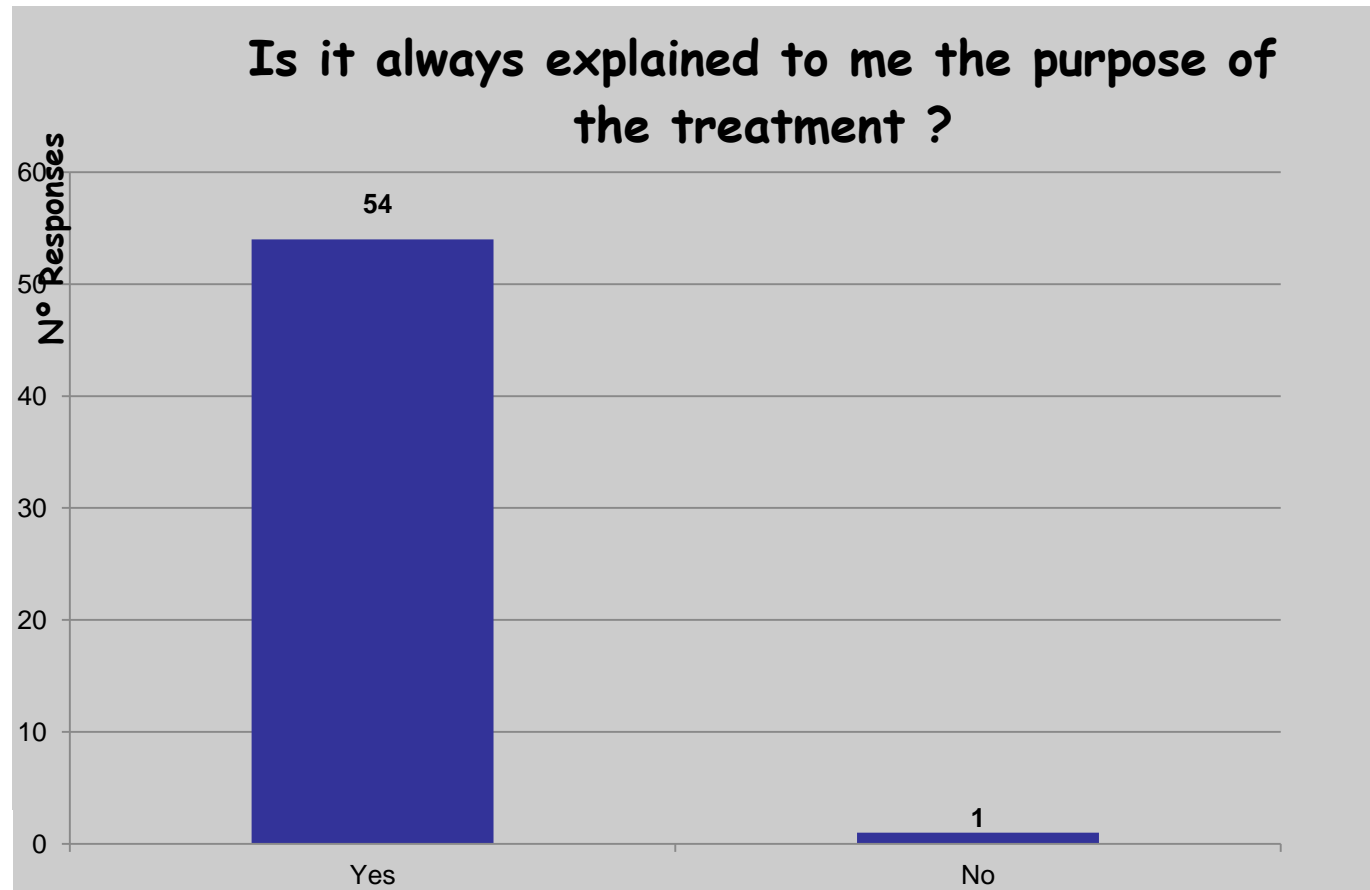
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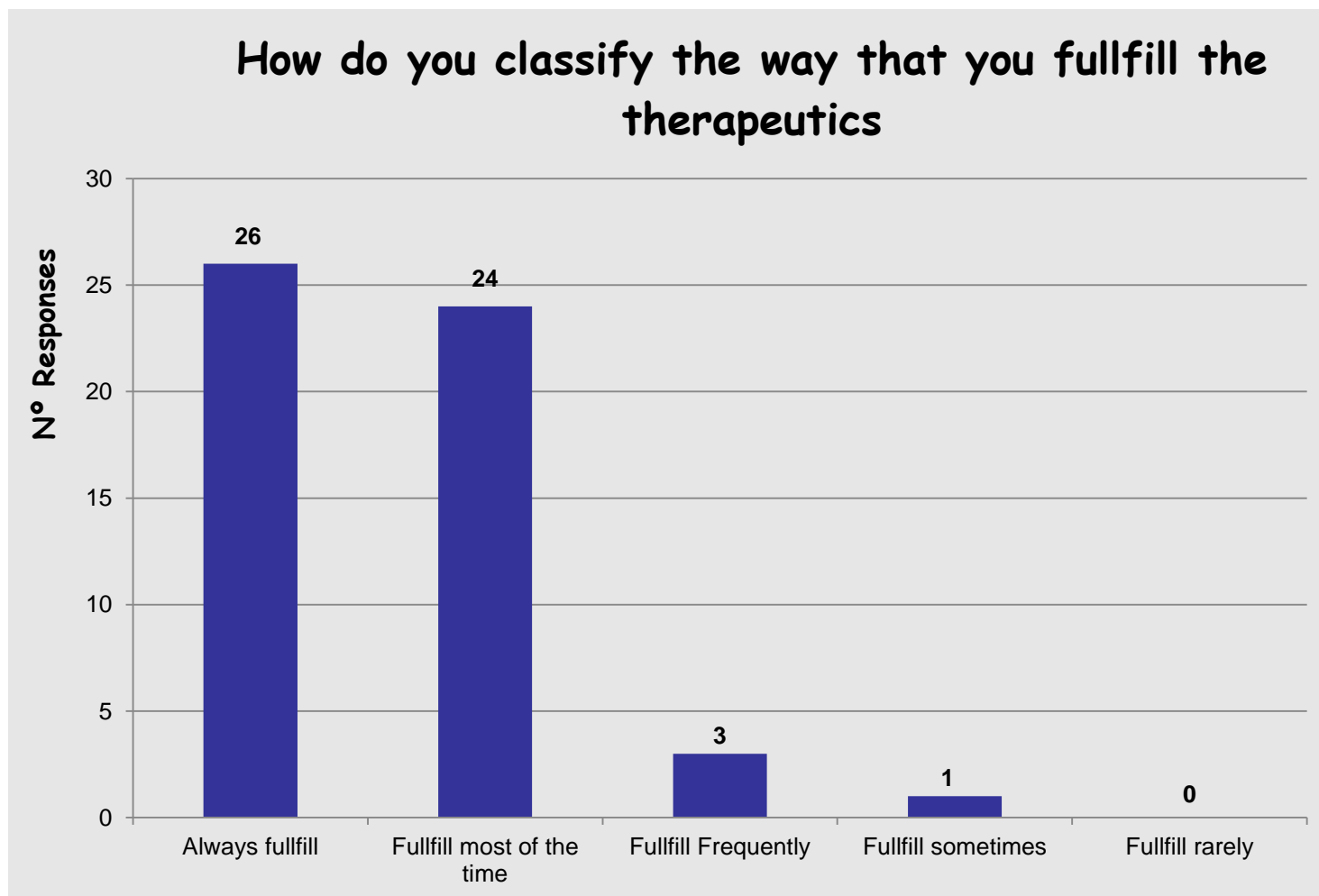
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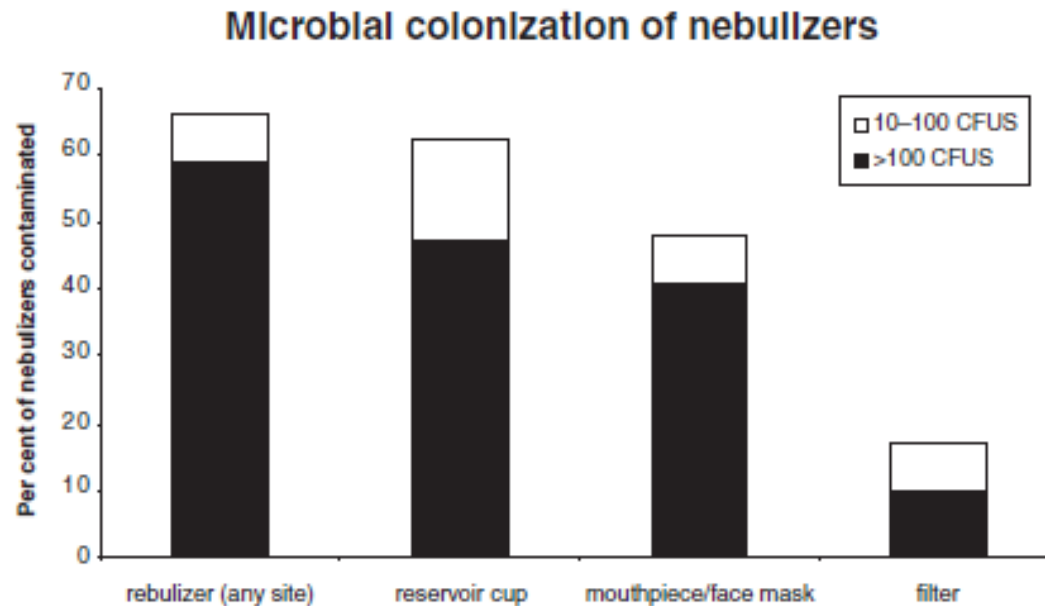
## Therapeutical Adherence

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## Microbial contamination of nebulizers in the home treatment of cystic fibrosis

H. Blau, H. Mussaffi, M. Mei Zahav, D. Prais, M. Livne, B. M. Czitron and H. A. Cohen



**Figure 1.** Microbial colonization of nebulizers. CFUs, colony-forming units.

## FACTORS THAT ENHANCE THE ADHERANCE TO THERAPY

The World Health Organization aggregates the different factors that can interfere with the therapeutica adherence in five groups:

- Socioeconomic and cultural factors
- Factors related to health care structures and personal believes
- Factors related with the disease and complications
- Factors related to therapy
- Factors related to the individual patient

## ATTITUDES OF THE TEAM ENABLING TO ADHERENCE

To promote	To avoid
<ul style="list-style-type: none"><li>-Responsibility of the patient and obtain their approval / understanding the objectives</li><li>-Make sense of the proposed (objectives of the patient and the team)</li><li>-Take into account individual circumstances</li><li>-Working coping strategies</li><li>-Skills development related to health</li></ul>	<ul style="list-style-type: none"><li>- To Ignore beliefs, feelings and conflicts</li><li>-To Impose, threaten and coerce</li><li>-To Propose unrealistic goals</li><li>- To blame</li><li>-Interventions bit too flexible and standardized</li></ul>



## Therapeutical Adherence

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### PSYCHOLOGICAL FACTORS WHO CONDITION THE ADHERENCE

FACTORS THAT CONDITION THE ADHERENCE	HOW TO PREVENT AND INTERVENE
<p><b>Emocional Symptoms:</b></p> <ul style="list-style-type: none"><li>-Depression</li><li>-Anxiety</li><li>-Stress/exhaustion</li><li>- Alteration in the Behavior</li></ul>	<ul style="list-style-type: none"><li>-Incentivate there thoughts and emotions</li><li>-If necessary, refer to a psychologist or psychiatrist</li></ul>
<p><b>Psychosocial factors:</b></p> <ul style="list-style-type: none"><li>-Lack of socio-emotional support</li><li>-Low education</li><li>-Unemployment</li><li>-Social isolation</li></ul>	<ul style="list-style-type: none"><li>-Increase participation / involvement of family members to improve support</li><li>-Promoting social inclusion and interaction with community structures</li><li>-If necessary, refer to social services</li></ul>

# A GOOD FAMILY IS VERY IMPORTANT



## BIBLIOGRAPHY

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**Microbial contamination of nebulizers in the home treatment of cystic fibrosis**  
H. Blau, H. Mussaffi, M. Mei Zahav, D. Prais, M. Livne, B. M. Czitron and H. A. Cohen  
Journal compilation © 2006 Blackwell Publishing Ltd

Silva, N. ; Silva, S. *Manual de Reabilitação Cardíaca* - Sociedade Portuguesa de Cardiologia ,2013, Lisboa 1ª Edição

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My family

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