Factors that Contribute to Patients Non-Compliance

D. Levisianou, N. Bourlecas, I. Syros, E. Panagiotou, Ch. Liapi and J.S. Papadopulos

Dept of Pharmacology, Medical School, University of Athens, M. Asias, 11527 Athens, Greece

OBJECTIVE

To assess the factors that influence patient's non- compliance with medication regimen.

METHOD

354 cases of non-compliance were studied. A questionnaire, which included 14 reasons of non-compliance, was used. 156 patients were males and 198 females. Patients were divided in three groups, according to their age: 1st group: ages 0 - 29 (99 patients), 2nd group: ages 30 - 59 (172 patients), 3rd group: ages 60 + (83 patients).

RESULTS

For the total of patients, the most common factors that contribute to non-compliance are adverse reactions (21%), and recovery before the end of the treatment (19%). Causes related to the relationship between patient and doctor, (lack of confidence to the doctor, insufficient medical instructions and regular alternation to the doctor) follow (13,5%). The sex and the age of the patients influence results. Specifically: the most common causes for non-compliance for males are recovery before the end of the treatment (22%) and adverse reactions (19%). On the contrary, the most usual factor for non-compliance for females is adverse reactions (22%), while recovery before the end of the treatment follows (17%). For the age group 0- 29 results are similar to female's results, with rates 24% and 18% respectively. For the age group 30-59 the most usual cause for non-compliance is recovery before the end of the treatment (26%) and adverse reactions follows (15%). Lastly, the age group of 60+ stops the medication regimen mainly because of adverse reactions (28%) and secondly because of non-satisfactory medical outcomes (17%). Less common factors, (23,5%), related to non-compliance are briefly: extension of the medication regimen on patient's initiative and fear of possible side effects. Medications that present adverse reactions most commonly are non-steroid anti-inflammatory drugs (rate of the total of adverse reactions 29%), antibiotics (rate 29%), and antihyprentesive agens (rate 14%). The most frequent adverse reactions are gastrointestinal side effects (rate 39%) and allergies (rate 32%). Adverse reactions that possibly affect the operation of machines (somnolence, tremor, and arrhythmia) are often too (13,5%).

CONCLUSIONS

Proper prescribing, in order to avoid adverse reactions, as well as improvement in the relationship between doctor and patient, could improve medication compliance.

factors that contribute to non- compliance