ADHERENCE TO TREATMENT AND ITS RELATED FACTORS AMONG A SAMPLE OF EGYPTIAN MIGRAINEURS

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Introduction

Poor adhrence has long been identified as a considerable cause of treatment suboptimal response and disease progression among different health conditions including migraine[1]. Migraine is prevalent in Egypt[2-3]. However, there is a lack of data about adherence to treatment and adherence related factors among migraineurs in Egypt.

Objectives

The objective of this research was to explore the compliance to treatment and its realted factors among a sample of Egyptian migraineurs.

Methodology

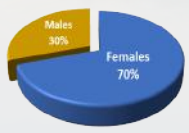
This was cross-sectional study was conducted on seventy migraineurs attending an outpatient neurology clinic in Alexandria, Egypt.

A translated and validated Arabic form of the Brief Adherence Rating Scale (BARS) was distributed among patients for self-reporting[4], and they were asked about possible aetiologies for poor compliance to prophylactic therapy during the past two months.

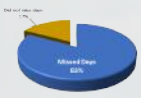
Results

Demographics:

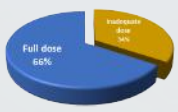
Seventy patients, with a mean age of 30.31±7.25 years, participated in this study. Of the recruited sample, 85.7% (n=60) have chronic migraine and 22.9% are on polytherapy.



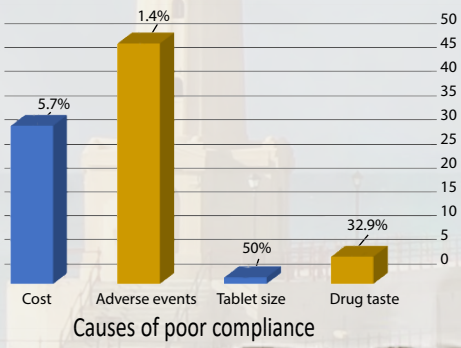
Adherence to treatment:



Only 17% of participants reported that they did not miss the drug any day during the past 2 months.



About 34% reported that they missed doses during the past 2 months



Factors affecting compliance:

Table (1): Correlation between days without treatment and days with inadequate dosage with different parameters (n = 70)

	Days without treatment		Days with inadequate dosage	
	r_s	p	r_s	p
How many times per day	0.635*	<0.001	0.429*	<0.001
Educated by physician	0.436*	<0.001	-0.697*	<0.001
Level of education	-0.681*	<0.001	-0.201	0.096
Drug Taste	-0.124	0.306	0.141	0.244
Tablet size	0.058	0.635	-0.508*	<0.001
Side effects	-0.551*	<0.001	0.528*	<0.001
Is prophylactic treatment effective	0.468*	<0.001	-0.411*	<0.001
Drug cost	-0.505*	<0.001	0.626*	<0.001

rs: Spearman coefficient, *: Statistically significant at $p \leq 0.05$

Conclusion

Poor adherence is common among Egyptian migraines. Drug adverse events, cost, dosing regimen, and level of education are the main causes of poor adherence. Patient education about their illness can contribute significantly to improving compliance.

References:
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