Evaluation of patient adherence in inhaler treatment using the TAI-test in community pharmacy

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Background Inhalers are the pillars in the management of respiratory diseases such as COPD and their proper use requires continuous training, with the level of education being the most important factor related to the correct use of the inhalation technique. A poor inhalation technique is associated with decreased disease control. For this reason it is recommended to test the inhalation technique to improve the efficiency of drug administration, and to educate in the maintenance and cleaning of inhalation devices. A low adhesion to inhalers in patients with asthma or COPD in seamless care is associated with an increase in morbidity and mortality, so it is important to detect a lack of adhesion and it is recommended to use questionnaires validated in daily clinical practice. In addition, if we know the type of non-compliance, we can collaborate with the rest of the health team to improve this situation.

Purpose Main objective: Assess patients’ adherence to chronic inhaler therapy using the TAI test at the community pharmacy. Secondary objectives: Assess the applicability of the TAI test (inhaler adhesion test) at the community pharmacy in patients undergoing inhaler therapy. Quantification and categorisation of the patients who have been offered the TAI test from the community pharmacy.

Method Descriptive observational and transversal study. All patients who meet the study requirements are offered until a sample size of 10 patients per pharmacy who have taken the test, counting the total number of patients offered in a total of 20 community pharmacies between October and November 2017. Using the TAI test, a validated questionnaire to identify the patient with low adherence, establish the intensity of adhesion and provide guidance on the type or pattern of non-compliance of the patient. On patients over 18 years of age in chronic treatment with inhalers for COPD or asthma who come to the community pharmacy between October and November 2017.

Findings It’s an on-going study. We expect to have the data for the PCNE Working Symposium. October-November 2017 data collection. December-January data study.

Conclusion The TAI test can be useful in the community pharmacy to quickly detect the non-compliant patient. The community pharmacist is an accessible healthcare professional and the patient regularly goes to community pharmacies to withdraw his or her medication. This allows the pharmacist to detect adherence and perform early intervention, improving disease control, patient quality of life, and savings for the national health system.