



Adherence to opioid therapy in patients with cancer pain: involvement of the health care providers

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BACKGROUND

- Increasing the effectiveness of adherence interventions may have a far greater impact on the health of the population than any improvement in specific medical treatments
- Few studies have provided data on the level of adherence of oncology patients to their pain relief (*Miaskowsky: 48 %*)

ADHERENCE TO LONG-TERM THERAPIES

World Health Organization, 2003



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AIM

- To analyze the degree of adherence to opioid therapy in patients with cancer pain and the factors involved



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METHOD: DESIGN

- Descriptive
- Individual
- Transverse (1 observation)
- Prospective
- Multi-center
- Primary data (questionnaire to patients)



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METHOD: SUBJECTS

- Cancer diagnosis:
 - ICD-9 code: 140-199
- Opioids, oral route (ATC code):
 - N02AA : Morphine, Hydromorphone, Oxycodone, Codeine & their combinations
 - N02AX: Tramadol, Tapentadol & their combinations



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METHOD: SAMPLE

- Outpatients who visit hospital for treatment in:
 - Medical Oncology
 - Radiotherapy
- 6 hospitals (permissions pending) in Valencia (Spain)
- 6 months: july-december 2014
- Estimated: 300 individuals
 - *Updated jan '15:*
 - *currently collecting data in 3 hospitals (IVO, Arnau, Genera*
 - *>50 patients included*



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METHOD: SCHEDULE

- | | | |
|----------------------|------------|-----------|
| • Design | Winter '14 | |
| • Permissions | Spring '14 | ← |
| • Data collection | 6 months | ← Jan '15 |
| • Data analysis | 3 months | |
| • Results discussion | 3 months | |
| • Conclusions | | |



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METHOD: VARIABLES

PATIENT

- Socio-demographical
 - Age
 - Gender
- Type of cancer.
- Karnofsky Performance Status
- Evaluation of the pain Edmonton Classification System for Cancer Pain (ECS-CP)



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METHOD: VARIABLES

TREATMENT

- type of opioid
- duration of treatment
- worries about:
 - adverse events
 - tolerance
 - addiction
 - instructions about how to take the drugs
 - inadequated treatment doses
 - cost



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METHOD: VARIABLES

FACTORS

- Reasons for nonadherence/withdrawal:
 - Forgetfulness
 - Lack of pain
 - Difficulties of administering
 - To avoid adverse effects
 - To avoid tolerance
 - To avoid addiction
 - Others



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METHOD: VARIABLES

HEALTH CARE PROFESSIONALS

- Physician who prescribes it
- Health care provider
 - who gives instructions to follow the treatment
 - who answers when there is a doubt about it
 - with whom the patient would like to discuss doubts
 - Oncologist
 - Primary Care / Family Doctor
 - Nurse
 - Pharmacist
 - Others



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METHOD: VARIABLES

MAIN VARIABLES

- **Morisky-Green's** test on adherence to the treatment:
- Satisfaction with the intervention of the health professionals, according to the **Patient Perception with Pain Management** adapted questionnaire (**PPPM**)



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METHOD: VARIABLES

Morisky-Green

- (1) Have you ever forgotten to take your medicine?
- (2) At times, are you not careful about taking your medicine?
- (3) When you feel better, do you sometimes stop taking your medicine?
- (4) At times, if you feel worse when you take your medicine, do you stop taking them?



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METHOD: VARIABLES

Patient Perception with Pain Management (PPPM)

ANEXO 6. Patient perception with pain management questionnaire (PPPM) adaptado

1. ¿Qué tan a menudo le molestan los efectos secundarios de su medicamento?	
<input type="checkbox"/> Muy a menudo	<input type="checkbox"/> Un poco molesto
<input type="checkbox"/> Bastante	<input type="checkbox"/> Poca molesto
<input type="checkbox"/> Un poco molesto	<input type="checkbox"/> Muy molesto
<input type="checkbox"/> No molesto ni molesto	
2. ¿Qué tan a menudo le molestan los efectos secundarios de su medicamento?	
<input type="checkbox"/> Muy a menudo	<input type="checkbox"/> Un poco molesto
<input type="checkbox"/> Bastante	<input type="checkbox"/> Poca molesto
<input type="checkbox"/> Un poco molesto	<input type="checkbox"/> Muy molesto
<input type="checkbox"/> No molesto ni molesto	
3. ¿Cuánto tiempo se tarda en sentirse mejor con el medicamento que está tomando para el dolor?	
<input type="checkbox"/> Siempre instantáneo	<input type="checkbox"/> Nunca
<input type="checkbox"/> Siempre en minutos	<input type="checkbox"/> Después de los días
<input type="checkbox"/> Después de días	
4. ¿Cuánto tiempo se tarda en sentirse mejor con el medicamento que está tomando para el dolor?	
<input type="checkbox"/> Siempre instantáneo	<input type="checkbox"/> Nunca
<input type="checkbox"/> Siempre en minutos	<input type="checkbox"/> Después de los días
<input type="checkbox"/> Después de días	
5. ¿Qué tan a menudo se le olvidan los medicamentos que debe tomar para el dolor?	
<input type="checkbox"/> Muchísimo del que se le olvide	<input type="checkbox"/> Un poco más del que se le olvide
<input type="checkbox"/> Un poco menos del que se le olvide	<input type="checkbox"/> Nunca más del que se le olvide
<input type="checkbox"/> No se le olvide	<input type="checkbox"/> Muchísimo del que se le olvide



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