

Self-reported Adherence to Antiretroviral Therapy as an Adherence Assessment Tool in Clinical Practice

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Protocol Synopsis

Background

Patient reported adherence is a simple method for assessing adherence and has been shown to be predictive of virologic outcomes alone (1-3), and in combination with other methods of adherence assessments (4). Strict adherence, defined as more than 95%, is required for optimal virologic responses; however, as regimens are becoming increasingly complex, requirements for adherence are increasingly complex (5). Traditional assessments of adherence in the clinical setting usually consist of patient interview (6). Recently, self-reported adherence to antiretrovirals was found to substantially overestimate adherence by more objective measures (7). In addition, many pharmacologic factors are critical in ensuring adequate drug exposure, beyond simply taking the correct number of medications (8). Factors such as dosing intervals and food/beverage co-administration may impact drug activity and thus, efficacy.

Objectives

The objectives of this tool are

- i) to demonstrate whether or not concordance exists between patient report of adherence and provider assessment of true adherence.
- ii) to assess the impact of having an HIV pharmacist evaluating adherence to assess whether what patients feel is "adherence" is what is truly required for optimal drug exposure.

References

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Pharmacist Adherence Assessment Tool

Patient identifier# _____ Date: _____ Pharm.D. _____

Most recent HIV RNA _____ (date: _____); CD4ct _____ (date: _____)

Antiretroviral Therapy

<p>Nucleoside Rverse Transcriptase Inhibitors</p> <p><input type="checkbox"/> AZT _____</p> <p><input type="checkbox"/> DDI _____</p> <p><input type="checkbox"/> D4T _____</p> <p><input type="checkbox"/> 3TC _____</p> <p><input type="checkbox"/> DDC _____</p> <p><input type="checkbox"/> ABC _____</p>	<p>Non- Nucleoside Rverse Transcriptase Inhibitors</p> <p><input type="checkbox"/> Delavirdine _____</p> <p><input type="checkbox"/> Nevirapine _____</p> <p><input type="checkbox"/> Efavirenz _____</p>
<p>Protease Inhibitors</p> <p><input type="checkbox"/> IDV _____</p> <p><input type="checkbox"/> RTV _____</p> <p><input type="checkbox"/> SQV _____</p> <p><input type="checkbox"/> NFV _____</p> <p><input type="checkbox"/> APV _____</p>	<p>Adjuvant Therapy</p> <p><input type="checkbox"/> Hydroxyurea _____</p> <p>Expanded Access Drugs</p> <p><input type="checkbox"/> Adefovir _____</p> <p><input type="checkbox"/> ABT-378 _____</p>

Patient-Rated Adherence. Indicate patient responses to the following questions:

1. Are you compliant with your medications? Yes / No
2. Do you take your medications exactly as you are supposed to? Yes / No
3. Do you always take the correct number of pills? Yes / No
4. Do you always take them at the right time? Yes / No
5. Do you always take them with the appropriate food? Yes / No
6. You take your medication exactly as instructed:

a)	all the time
b)	most of the time
c)	sometimes
d)	rarely
e)	never
7. What percentage of your medications do you think you take?

a)	<70%
b)	70-80%
c)	80-90%
d)	90-95%
e)	>95%

