

Prophylaxis vs. On Demand Treatment in Adults with Severe Hemophilia

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Introduction:

Background: Canadian adults with severe hemophilia A may be prescribed FVIII infusion regimen of regular prophylaxis or on-demand treatment. The World Health Organization has identified poor adherence to treatment recommendations as a significant concern among those with chronic disease.¹

Objectives: To describe treatment regimen and examine adherence to treatment recommendations of a local cohort of adults with severe hemophilia A in 2009.

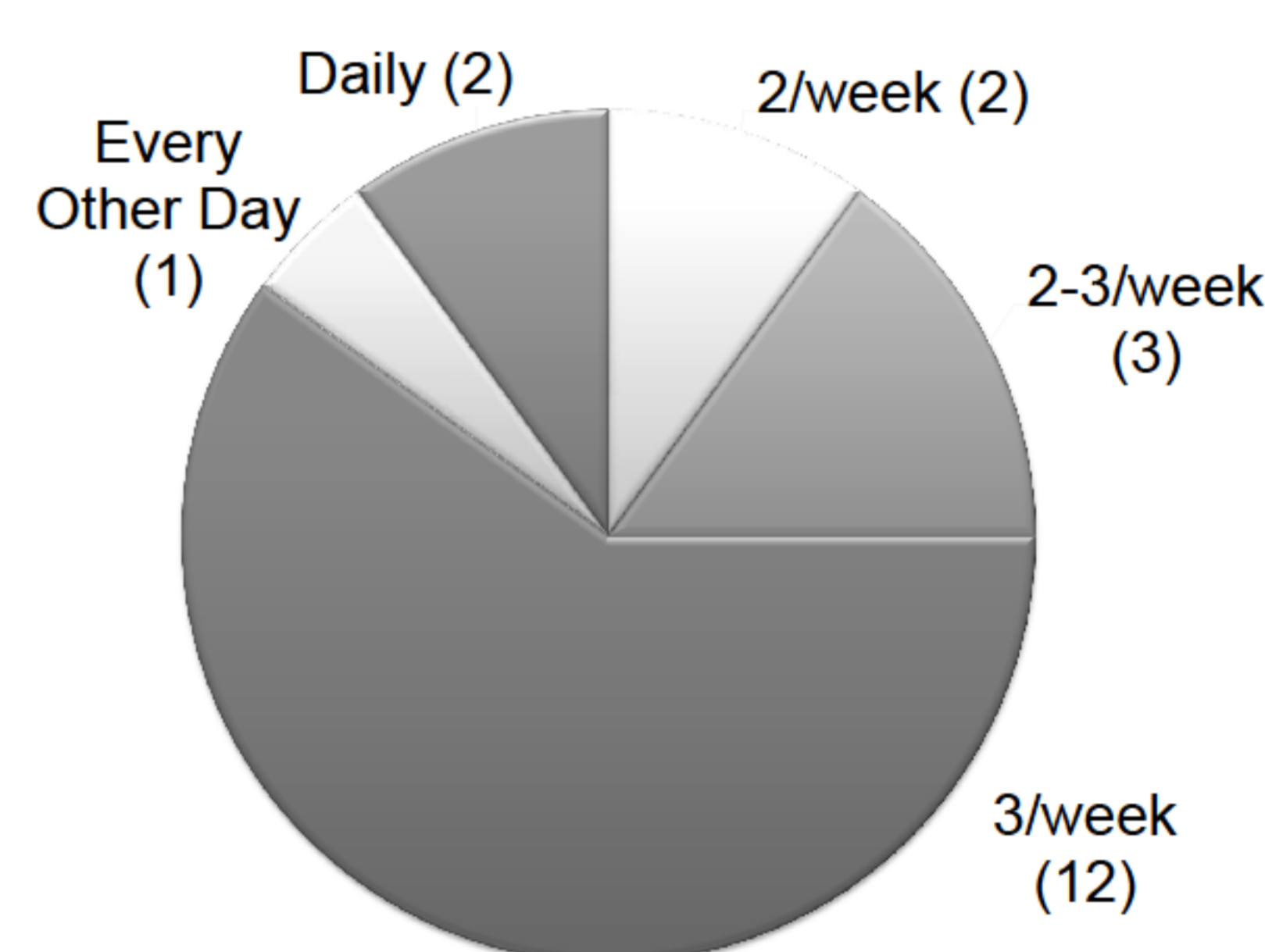
Methods:

Infusion diaries were obtained for patients with severe hemophilia A, ages 19 and over. Patients with inhibitors were excluded.

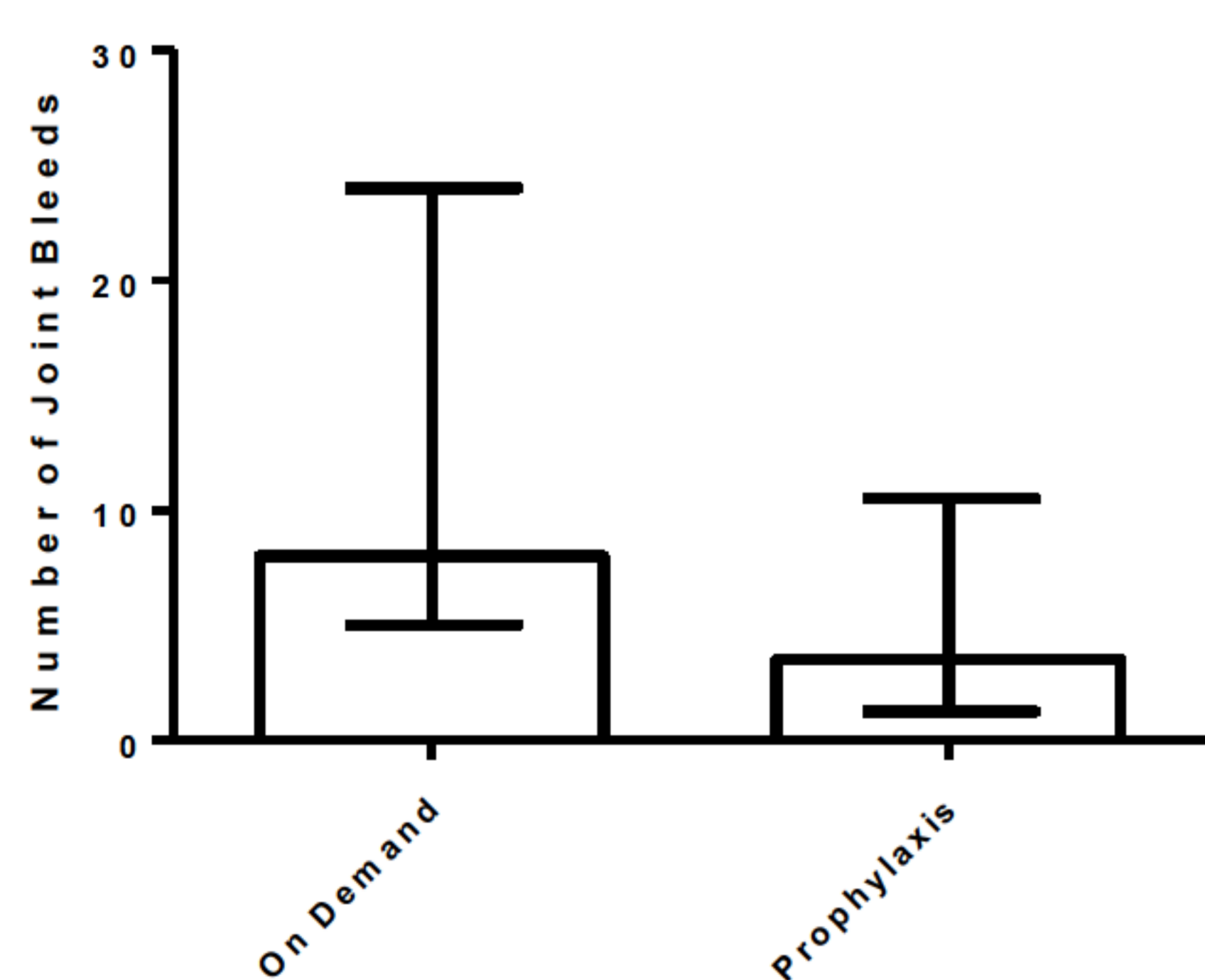
Results:

	Prophylaxis N=20 (Median)	On Demand N=9 (Median)	Total N=29 (Median)
Age	33	35	34
Weight, kg	83.8	78	80
Number of joint bleeds, 2009	3.5	8	5
Dose FVIII severe bleeds, IU/kg	48.8	49.8	49
Dose FVIII mild/moderate bleeds, IU/kg	25.6	27.7	26
FVIII used in 2009, IU/kg	3231.7	1941.9	2988

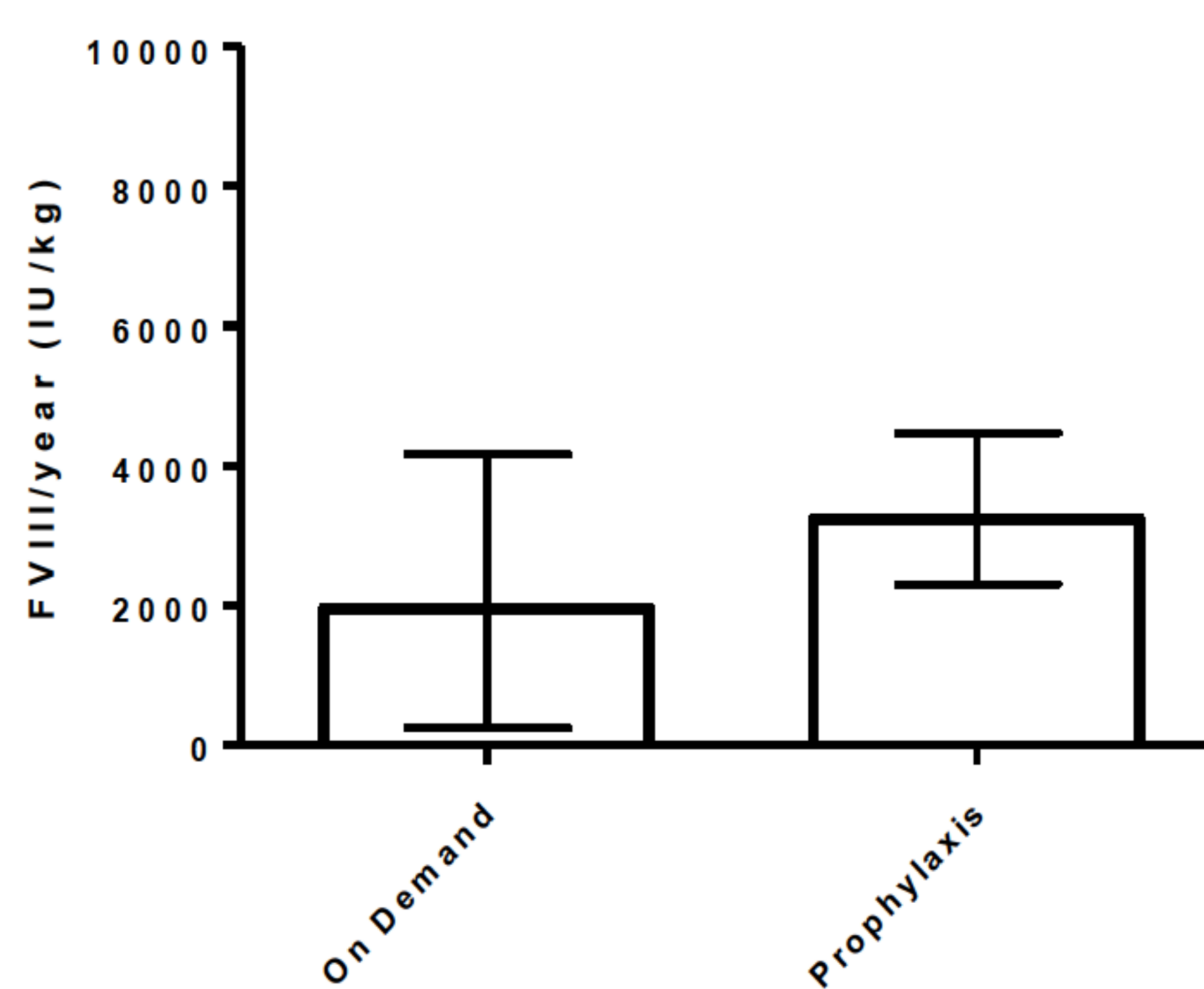
Prophylaxis Schedule for Adults with Severe Hemophilia A



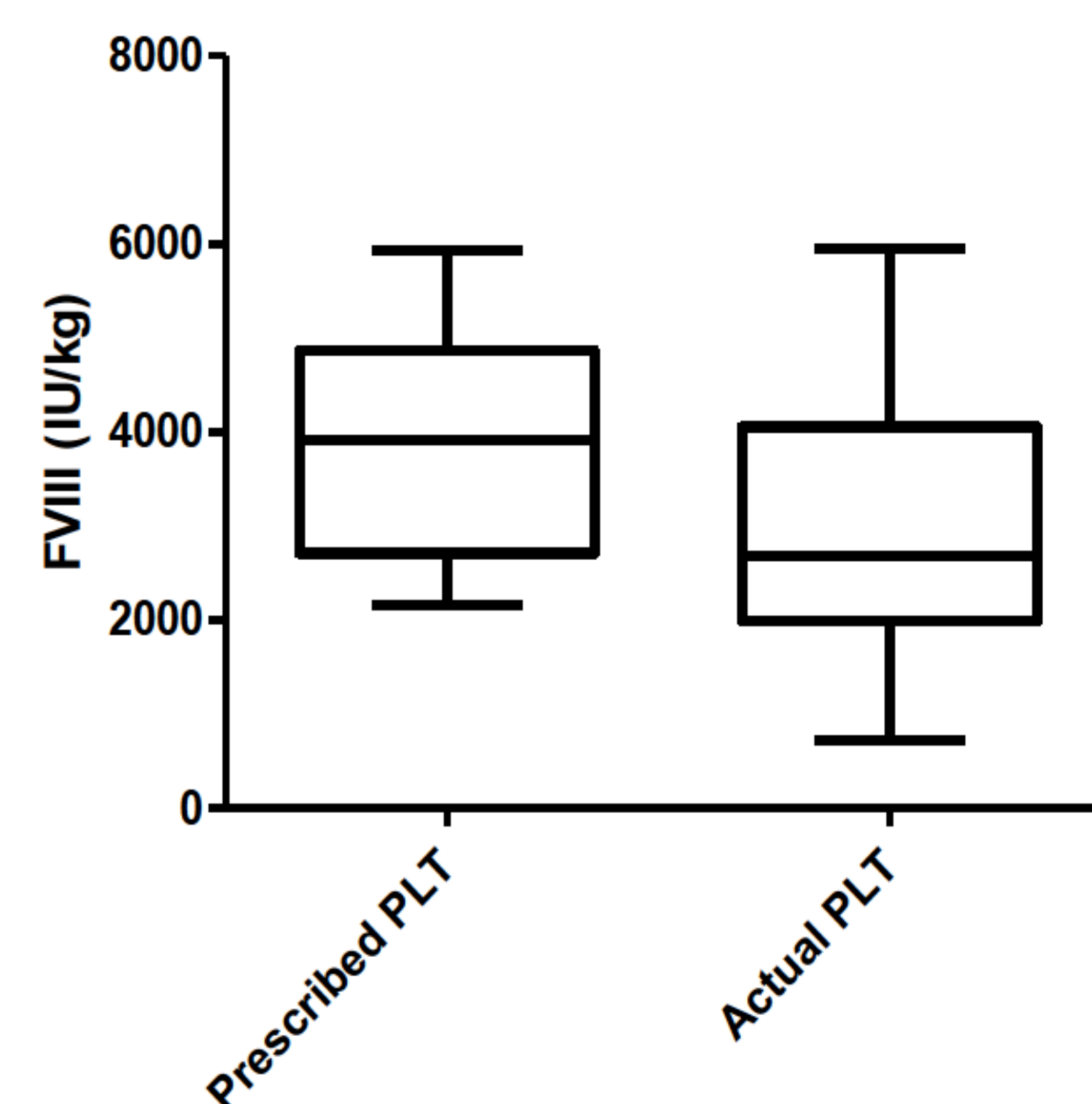
Number of Joint Bleeds / 2009
(Median, Interquartile Range)



F VIII/year
(Median, Interquartile Range)



FVIII Prophylaxis in 2009, Prescribed vs. Actual



Conclusions:

In our local cohort of adults with severe hemophilia A, subjects on prophylaxis regimen had fewer joint bleeds and used a similar amount of FVIII over 2009 compared to those on demand treatment. Subjects on prophylaxis used significantly less FVIII than was prescribed, demonstrating poor adherence to treatment recommendations.

References:

1. Sabate E, ed. Adherence to long-term therapies: evidence for action. Geneva, World Health Organization, 2003..

