

Effectiveness of the uPatient Platform in Hemophilia Prophylactic Treatment

Poster: 14-MP -W
Topic: Adherence

Rubén Cuesta-Barruso^{1,2,3}, Ana Torres-Ortuño⁴, José Antonio López-Pina⁵, Josefa María Panisello Royo⁶, Glòria Sagarra Valls⁶ and Joaquín Nieto-Munuera⁴

¹Department of Physiotherapy, School of Biomedical and Health Sciences, European University of Madrid, Spain ²Real Fundación Victoria Eugenia, Madrid, Spain ³Federación Española de Hemofilia-Fedhemo, Madrid, Spain ⁴Department of Psychiatry and Social Psychology. Faculty of Medicine, University of Murcia. Spain. ⁵Department of Basic Psychology and Methodology. Faculty of Psychology, University of Murcia. Spain, ⁶Medical department, Medtep Inc.

Introduction and objective

Adherence to prophylaxis treatment is associated with better outcomes in moderate and severe hemophilia compared to episodic treatment. A lack of adherence can affect the patient's quality of life and increases the risk of morbidity and mortality. However, adhering to standard prophylaxis schedules can be challenging. The aim of this one-year study was to assess the improvement in prophylactic adherence by using Medtep's online platform. (Medtep Platform was formerly referred as uPatient at the time of abstract submission).

Materials and methods

We recruited 46 hemophilic patients (44 enrolled) aged 13 years old and above, from different regions of Spain to avoid bias. The effectiveness of the platform was mainly assessed with the Validated Hemophilia Regimen Treatment Adherence Scale-Prophylaxis (VERITAS-Pro), an instrument consisting of six subscales (Timing, Dosing, Planning, Remembering, Skipping and Communicating). Also, a 36-Item Short Form Health Survey (SF-36) and Illness Perceptions Questionnaire-Revision (IPQ-R) were used to evaluate the QoL and illness perception respectively. For statistical analysis, Student's t test and Pearson correlation coefficient were used. Results are considered statistically significant when p-value is equal or less than 5% ($p \leq 0.05$).

About the population:

Mean age was 25.98 years (SD=10.17) Hemophilia A patients (86.7%), Hemophilia B patients (13.3%) Severe phenotype (91.1%), Moderate phenotype (8.9%).

Results

Significant improvement after using Medtep platform was found in different SF-36 components (see table 1), as well as in Consequences and Timeline Cyclical IPQ-R sections (see table 2). There was statistically significant increase in total adherence to prophylactic treatment, especially in Timing, Planning, Remembering and Skipping (see table 3). Also, significant correlations were found between Medtep platform Compliance and QoL in General Health ($\rho=0.299$ and $p=0.046$); and IPQ-R in Identity ($\rho=-0.461$ and $p=0.001$); Consequences ($\rho=-0.0508$ and $p=0.000$).

Table 1: QoL values measured by SF-36 questionnaire after using Medtep platform (mean±SD)

	Baseline	1st month	P Value
Physical Functioning	51.5±8.6	52.8±7.6	0.021
Physical Role	50.6±8.7	52.5±6.5	0.015
Vitality	52.5±7.6	54.1±7.2	0.007
Physical Component Summary	49.0±8.9	50.5±7.5	0.009

Table 2: Perception of disease measured by IPQ-R questionnaire after using Medtep Platform (mean±SD)

	Baseline	1st month	P Value
Consequences	15.9±3.5	16.6±3.6	0.033
Timeline Cyclical	10.6±3.5	11.1±3.6	0.042

Table 3: Adherence to prophylactic treatment measured by VERITAS-Pro questionnaire after using Medtep Platform (mean±SD)

	Baseline	1st month	P Value
Timing	7.3±2.7	6.7±2.1	0.004
Planning	6.3±2.3	5.5±2.3	0.010
Remembering	10.4±4.6	8.9±4.3	0.005
Skipping	6.5±2.9	5.9±2.1	0.002
Total	44.3±10.3	40.2±8.7	0.002

Conclusions

The use of Medtep's online platform helps patients with hemophilia to improve adherence to prophylactic treatment, mostly in Timing and Skipping. These results open new possibilities for the therapeutic and preventive treatments of these patients, especially the young.

About the platform



Medtep Hemophilia plan allows people with congenital coagulopathies to keep track of their treatment habits, self-reported infusions and bleed related occurrences.



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