Adherence to treatment in Korean hemophilia patients

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Introduction and Objective: Prophylactic treatment is now considered as a standard management for severe hemophilia patients. Regarding good quality of life and the cost-effectiveness, a patient's adherence to prophylactic treatment is one of the most important factors to desired outcomes. The aims of this study are to know the present adherence of the patients in Korea and to develop the educational interventions to enhance adherence on the basis of the results.

Materials and Methods: We used the VERITAS-Pro as a measuring method for adherence to prophylactic treatment and VERITAS-Prn for episodic infusion treatment with permission to use from the authors of the VERITAS-Pro/Prn. We calculated individual scores of adherence and the average scores of six subscales of the patients who participated in this study.

Results: One hundred and twenty seven eligible patients were recruited for participation from five hemophilia treatment centers. Ninety five were included in VERITAS-Pro group and 32 in VERITAS-Prn. Of the ninety five patients with prophylactic treatment, eighty two patients were hemophilia A and thirteen patients were hemophilia B. Of the 32 patients with episodic infusion treatment group, twenty six patients were hemophilia A and six were hemophilia B. The mean age of the VERITAS-Pro and VERITAS-Prn were 20.9 years (range: 1-63) and 30.4 years (range: 1-73), respectively. The mean total VERITAS-Pro score was 40.4 (range: 24-75), and the mean total VERITAS-Prn score was 53.2 (range: 31-76). Subscale mean scores ranged from 5.99 (Remember) to 8.43 (Time) in VERITAS-Pro, while those ranged from 7.06 (Remember) to 11.97 (Communicate) in VERITAS-Prn.

VERITAS-Pro	Scores (mean ± standard deviation)
Timing	8.43 ± 3.40 : worst adherence
Dosing	6.12 ± 2.33
Planning	6.43 ± 2.48
Remembering	5.99 ± 2.32 : best adherence
Skipping	6.22 ± 2.76
Communicating	7.23 ± 2.92

VERITAS-Prn	Scores (mean ± standard deviation)
Treating	8.16 ± 3.27
Timing	9.75 ± 2.87
Dosing	7.56 ± 3.06
Planning	8.72 ± 3.19
Remembering	7.06 ± 2.90 : best adherence
Communicating	11.97 ± 4.61 : worst adherence

Conclusions: In this study we evaluated the present level of adherence to the prophylactic treatment and episodic infusion treatment in Korean hemophilia patients. We also recognized the need for education programmes focused on the proper time of the regular administration of clotting factor concentrates to the patients in prophylactic treatment group, while focusing on more communicable relationship between hemophilia treatment center and patients in episodic infusion treatment group. From the base of this study, we will develop the education interventions to enhance adherence in patients with hemophilia in Korea.