

Glaucoma Compliance Discussion

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Compliance = The degree to which the person's behavior corresponds with the agreed recommendations from a health care provider.

Non-adherence can take a variety of forms, including...

- not having a prescription filled
- taking an incorrect dose
- taking a medication at the wrong time
- forgetting to take doses
- stopping therapy too soon

Statin Adherence as measured by proportion of days covered

- Below 80% PDC was considered suboptimal adherence.
- Within 3 months, mean PDC had fallen to 79%.
- After 3 months, 40% of patients had suboptimal adherence.
- After 12 months, 61% had suboptimal adherence.

Why don't people adhere to their therapy?

- Complex therapies
- Side Effects
- Failure to understand the need for the medication (Health Literacy)
- High out-of-pocket costs

Despite evidence to the contrary, there continues to be a tendency to focus on patient-related factors as the cause of problems with adherence, to the relative neglect of provider and health system-related determinants." WHO Adherence to Long-Term Therapies

There is growing evidence to suggest that because of the alarmingly low rates of adherence, 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

How to improve glaucoma care...

- Glaucoma care systems must be developed to continually focus on adherence
- A major part of each visit should be focused on helping the patient to be a better glaucoma patient
- Clearly discuss the patient's condition, what drops they are taking and why they are taking them
- Ask open ended questions
- Written instructions given with each visit
- Point patient to other resources
- Other ideas – computer reminders, phone reminders, support groups