

European Respiratory Society Annual Congress 2013

Abstract Number: 2694

Publication Number: P963

Abstract Group: 6.1. Epidemiology

Keyword 1: Asthma - management **Keyword 2:** Chronic disease **Keyword 3:** No keyword

Title: What are reasons for non-adherence in patients with asthma? A 24 weeks prospective telephone follow-up research

Dr. Qianli 7928 Ma cqmq@163.com¹, Prof. Dr Changzheng 7929 Wang czwang@netease.com MD² and Dr. Qiao 7930 Zhang zhangqiao@gmail.com MD³.¹ Xinqiao Hospital of the Third Military Medical University, Institute of Respiration, Chongqing, China, 400037 .

Body: Introduction: The low treatment adherence of patients with Asthma is one of the biggest challenge in Asthma management. Although there are lot of research performed, most of them were designed to assessment the adherence and corresponding to influence factors in current. This is a research designed for assessing the reasons for non-adherence patients who had received treatment based on guideline, in current and next 24 weeks, by telephone follow-up. Methods: This is a 24 weeks, prospective, multicenter, telephone follow-up study performed in 12 hospitals from February to October in 2012. The interviewing and administering questionnaires have been performed by the telephone follow-up. (Registration No: ChiCTR-OCH-12002744) Results: A total of 1278 adults and 310 adolescents with asthma were enrolled in this study. The majority of patients were female(56.3%) with a mean age of 46.9±12.5 years in adults. There were 53.9% female and the mean age of 6.8±2.8 years in adolescents. After 24 weeks follow-up, 37.6% adults with asthma complied with treatment and 54.8% adolescents complied. The major reasons for non-adherence were "My symptoms has get control, I am no need to adherence treatment."(50.5%), "I feels the treatment is useless." (16.8%) and "Too expensive" (10.5%) in adults and with similar results in adolescents. There were 68.0% adults withdrawal treatment, and 40.4% adolescents withdrawal treatment. Conclusions: In CHINA, the inadequate understanding of the asthma treatment target is the most important reason for non-adherence rather than the economic burden. Disease education should be pay more attention in chronic management.