



Adherence - The Patient's Perspective

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The New Environment

- Increasing focus on patients' perspectives in the EU
- Several new initiatives in the Parliament, too
- Intensified relations with patients in research
- Ongoing debate on distribution of drugs
- New emerging relationship also between pharmacists and patients, the medical profession and pharmacists
- Setting a good example also today!
- Political implications of the issue
- Changing healthcare systems around Europe
- Cross-border healthcare directive

Adherence and HIV

- Hardly any other disease area where adherence is as important
- Lack of adherence - resistance - disease progression
- It is a decision for a lifetime, yet little attention devoted to all the implications
- 95% adherence rates expected and recommended
- External factors important - stigma, social factors, e.g. costs
- Psychological and social consequences of medication
- Side effects - often even unknown
- Adherence for injecting drug users poses a particular problem

Recommendations / Points to consider

- Adherence is key - so make it your friend
- Treatment should suit the patient not vice versa
- "Forgiveness" should be built in - research and development for better drugs
- Not the ideal but the real patient should be respected
- Explain the importance of adherence to patients - doctors
- HIV/AIDS community's role in supporting adherence - tips and tricks
- Pregnant women's special issues
- There is no one size fits all solution - depends on disease area as well, also country specific
- Be realistic - no one is perfect

What can we do together?

- Education is paramount for patients, doctors and the society in general
- People living with HIV/AIDS live longer lives, work and pay taxes if they stay healthy
- Involvement and information of all stakeholders will ease the burden for all, and mitigate discrimination problems, too
- Often the pharmacist knows the patient best - use this relationship capital for better adherence

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