

# 13<sup>th</sup> Global Dermatologists Congress

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## **ALIGN—a multi-country, cross-sectional study to determine patient specific and general beliefs towards medication and their treatment adherence to selected systemic therapies in chronic inflammatory diseases (IMID)—results of the Lebanese and Saudi Arabian subgroup**

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**Background:** Knowledge on the association between patient beliefs and their concerns towards systemic medication and treatment adherence in patients with chronic inflammatory diseases (IMID) is limited. Therefore, ALIGN (3D-digital scanning technique) was conducted to provide real-world data in either of the analyzed conditions.

**Methods:** ALIGN was a cross-sectional, multi-country epidemiological study conducted in over 7,300 patients to describe patient's beliefs with various IMID towards systemic medication and correlate patient's beliefs with disease characteristics, adherence levels, or patient perception parameters. Tools used included, the Beliefs about Medicines Questionnaire (BMQ), and the 4-item Morisky Medication Adherence Scale (MMAS-4). This poster displays data on the subgroup of patients documented in Lebanon and Saudi Arabia.

**Results:** 263 patients were analyzed in this country-specific subgroup. Therapy with TNFi (as mono or combination therapy) appeared more effective than conventional therapy, leading to complete response in more than 61% (vs. 30.3%). BMQ concern perception increased with perceived harm of medications, expected illness duration, perceived emotional involvement and risk of depression. BMQ necessity perception increased with age, expected illness duration, perceived treatment control and risk of depression. Necessity was higher in patients taking TNFi compared to those treated with conventional medications alone. In addition, the chance of being highly adherent was positively correlated with the necessity score.

**Conclusions:** Main results of this subgroup of Lebanese and Saudi Arabian patients are largely in concordance with the results of the overall population. Necessity beliefs were highest in patients treated with TNFi and positively correlated with high adherence.

### **Biography**

Iqbal Bukhari is a Professor and Consultant Dermatologist with more than 29 years of experience in many dermatological diseases and their management. His special interests are in laser therapy, phototherapy, dermatopathology, cosmetic dermatology and study of genetic diseases. Has many publications in various international medical journals. He has a certification of added qualification in Cosmetic and Laser Procedures, 2013; King Faisal Fellowship in Dermatological Diseases, College of Medicine, King Faisal University, Dammam, Saudi Arabia, 1994; MBBS, King Faisal University, Dammam, Saudi Arabia, 1989; certificate in Alternative Medicine Therapy from Wagner College in USA, 2004 and certificate in Acupuncture Therapy from Flamel College in USA, 2004.

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