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The study of drug adherence in psoriasis patients who referred to Imam Khomeini Hospital during 2014 to 2015

Zahra Azizian¹, Parvin Mansouri², Reza Chalangari³ and Katalin Martits Chalangari³¹Iran University of Medical Sciences, Iran²Tehran University of Medical Sciences, Iran³Mona Lisa Dermatology, USA

Introduction & Aim: Psoriasis is a chronic papulosquamous disorder, which affects about 2% of the population. The aim of this study was to evaluate follow up treatment, pattern of drying use and the main causes of drug discontinuation.

Material & Method: In this cross-sectional study, 115 patients with psoriasis in the period 2014-2013 were referred to Imam Khomeini Hospital, in terms of follow-up treatment were studied.

Results: In this study, 115 patients were assessed, of which, 59 (51%) males and 56 (48%) were female. The mean age of patients was 40±14 years. The hand (70%), legs (59.13%), face and neck (46%), head and hair (44%), nails (39.1%) and trunk (30%) in patients was the places of waste, respectively. 96.52% and 63.47% of patients were treated with topical and systemic treatment, 88% of patients had a history of psoriasis discontinuation. The frequency of discontinuation of treatment in 28 patients was between 2 to 4 times. In 28 patients was (22.34%) more than 4 times and in 26 was (22.06%) once. The number of medication and the difficulty of taking (47%), lack of effect on symptoms (35%) and scarce and expensive drugs (30%) were the most common reasons for discontinuation of medication.

Conclusion: With appropriate treatment options considering the patient condition and lifestyle as well as a full explanation to the patient' course of treatment and possible side effects, the patient can be encouraged to seek treatment to be cured.

Biography

Zahra Azizian has completed her Medical Doctor degree from Islamic Azad University of Medical Sciences. She is currently pursuing Dermatology Residency.

azizian_z@yahoo.com

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