

### **Adherence to adjuvant hormonal therapy and associated factor among women with breast cancer attending the Tikur Anbessa Specialized Hospital, oncology unit, Addis Ababa, Ethiopia, 2019**

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**Background:** In breast cancer patients, adherence to adjuvant hormone therapy (AHT) is uncertain. Seven of them were hormone receptor positive in every 10 patients and adjuvant hormone therapy (AHT) is prescribed for 5-10 years for a woman with breast cancer. Therefore, this research aims to examine adherence to adjuvant hormone therapy and related factors among women with breast cancer attending the Tikur Anbessa Specialized Hospital oncology center.

**Method:** Institutional based cross-sectional study was conducted from March -April, 2019. Systematic random sampling technique was used to select participants. A semi-structured questionnaire was used. Medication possession ratio (MPR) was used where score  $\geq 80\%$  was adherence. Data were entered in EpiData version 4.4.2.1 and transferred to SPSS version 25, and analyzed using binary logistic regression.

**Result:** Out of 216, 209 women with breast cancer participated in the study with response rate of 97%. The overall adherence in this study was 77.5%. Getting social support (OR=3.959, CI (1.570-9.980)), being on Anastrozole (OR=0.139, CI (0.040-0.485)), Getting a thorough therapeutic communication about treatment (OR=4.590, CI (1.061-19.863)), undergoing mastectomy (OR=0.215, CI (0.059-0.788)), having side effect (OR=0.210, CI (0.085-0.517)), were found to be significantly associated with adherence to AHT.

**Conclusion:** In general, the overall adherence to AHT was 77.5 percent for women with breast cancer. Factors such as types of adjuvant hormone therapy, lack of side effects, mastectomy, getting social support, and thorough therapeutic communication were strongly linked with adherence to them.

### **Biography**

Zerko Wako is from Anbessa Specialized Hospital from Ethiopia.