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Communication and therapeutic adherence

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Statement of the Problem: Non-communicable chronic diseases are responsible for about 60% of the causes of death worldwide and Chronic Kidney Disease (CKD) affects an estimated 14% of adults in sub-Saharan Africa, with lower levels of therapeutic adherence. At present, non-adherence is the main cause for increasing morbidity and mortality, reducing quality of life, increasing health costs, and for overutilization of health services. Regardless of disease, treatment and prognosis, many patients do not continue with their treatment when they return home or do not fully comply with it. The purpose of this study is to describe the relevance of communication in the therapeutic adherence of the CKD patients. Methodology & Theoretical Orientation: A literature review was conducted, the therapeutic adherence models were considered and the model of Levy's cognitive hypothesis of adhesion was a reference. Findings: Therapeutic adherence can be predicted through a combination of client satisfaction with the appointment, understanding of the disease's cause, extension and treatment, and the ability to remember information provided by health professionals. It is possible to improve adherence if the communication between patients and health professionals is also improved with a clear, simple and true message. In order to increase therapeutic adherence, health professionals should establish a relationship with the patient and the family caregiver through active listening, respect and empathic relationship. Thus, effective communication between health professionals and CKD patients is fundamental to encourage them to therapeutic adherence.

Biography

Helena (Maria Guerreiro) José completed her PhD in Nursing by the University of Lisbon in 2009. She is the coordinator of the Multiperfil Polytechnic University, Luanda. She is a Professor at the same Institution. She has published 59 articles in scientific journals and 25 papers in events proceedings, has 3 book chapters and 5 books published. She has directed 25 master's and Doctoral thesis in Social Sciences and Health Sciences. She is researcher in Health Sciences with emphasis on Communication Sciences. In her professional activities she interacted with 156 collaborators in co-authorship of scientific works and the most frequent terms in her contextualization of scientific, technological and artistic-cultural production are: humor, nursing, health, nurses, patients, active aging, adherence, child, children, community health nursing, community nursing, content validation and elderly people.

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