

# 3<sup>rd</sup> International Conference on Nephrology & Therapeutics

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## Adherence medical prescription: What's new?

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**Context:** Typical adherence rates for prescribed medications are about 50% with a range of 0% to more than 100%. Non medication adherence is a phenomenon which is quite complex and hard to evaluate, but certainly leads to significant medical and economic consequences.

**Data Sources:** A search of MEDLINE, CINAHL, PSYCHLIT, SOCIOFILE, IPA, EMBASE, The Cochrane Library databases, and bibliographies.

**Data Synthesis:** There are two types of non medication adherence:

Intentional (motivation, convictions and perception barrier)

Unintentional (aptitude, possibility and practice barrier)

Improving medication adherence requires a radical change in patient's behavior. That's why it is necessary to know the different stages of behavior change (the stages of change - Prochaska model).

### Conclusions:

**Patient education enables better medical adherence provided that it includes:**

- Improving patient's knowledge of the disease and the medical prescription
- Patient's representations
- Health beliefs
- Use psycho pedagogical means so as to motivate the patients and assist them to cope with their disease as well as help them change their behavior

### Biography

A Guerraoui has completed his PhD from Francois Rabelais University Tours, France and postdoctoral studies with a master II diploma in medical engineering, therapeutic education from Pierre et Marie Curie university, Paris 2012. He has been the director of department Patient Education in CALYDIAL, since 2011 (medical education referent since 2011 at CALYDIAL).

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