

EP20.07

Systematic review evaluating patients' adherence to life-style modifications, disease prevention and management

M Kozlovska(1), Liga Kozlovska(1), S Gintere(2), G Ticmane(1), R Vintere(2)

(1) The Rural Family Doctors' Association of Latvia, Riga, Latvia

(2) Riga Stradin's University, Department of Family Medicine, Riga, Latvia

Corresponding author: Dr Liga Kozlovska, The Rural Family Doctors' Association of Latvia, Salaspils, Latvia. E-mail: liga_kozlovska@inbox.lv

Background & Aim: Prevention and treatment of chronic diseases requires strong motivation and will-power from patients to succeed over illness or unhealthy styles of living. The aim of the study was to evaluate available information about various aspects of patients' adherence in case of various health conditions.

Methods: All available research data were gathered and analyzed in a systematic review from PubMed and Cochrane Databases, publicized in the time period from 2012 to 2015. Words like 'patients' adherence', 'patients' compliance', 'compliance' and 'adherence' were entered in the search window of databases, thereafter analyzing „full text” studies and their quality. Systematic review was carried out according to PRISMA guidelines. The data were analyzed by two, independent researchers. No conflicts of interest.

Results: 26 studies about adherence complied with the aim. In the research analyses four cohort studies, two meta-analyses, eight review reports, four systematic reviews and eight systematic reviews with meta-analyses were analyzed, whereof, 75 randomized controlled trials and 1459 non-randomized controlled trials were evaluated [n=2263822]. Data about the number of participants were not provided in 18 studies. 22 studies, mainly concerning chronic conditions, showed low patients' adherence in life-style modification, disease prevention, management and health promotion. Four studies, including meta-analyses and three systematic reviews, approved that adherence results can be improved by providing safe environment for the patient, higher level of education, coordinated care of nurses and necessity and concern beliefs about medicines.

Conclusions: Overall prevalence of patients' adherence to life-style modifications, disease prevention, management and health promotion is low, however, four indicators have been found to improve it. More research is needed to find the ways, how to maintain and strengthen patients' motivation in bettering their quality of life and treatment, especially, while having chronic disease.