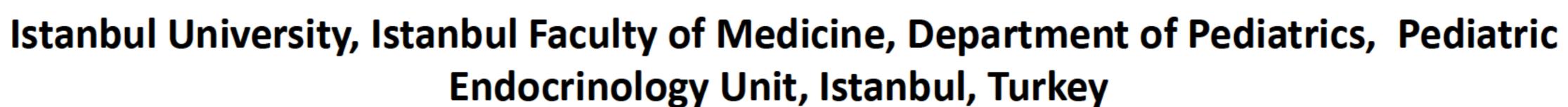


DOES APPLYING REGULAR QUESTIONNAIRE TO PATIENTS ON GROWTH HORMONE INCREASE COMPLIANCE ?

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Introduction: Compliance of patients on growth hormone (GH) treatment is very important for the success of the treatment. In a multicentre study done in Turkey we had shown that compliance decreased at the end of 1st yr of treatment which had an adverse effect on growth rate and IGF-1 levels.

To evaluate whether doing Aim: regular questionnaire to patients on GH has an effect on compliance at long term

Material and method: A questionnaire form was prepared with 14 questions. The patients on GH treatment who were followed from our Unit filled a form at the 3rd and 6th month of their follow-up consecutively. Spectrum of diagnoses were GH deficiency (86.3%), Turner syndrome (5.7%), intrauterine growth retardation (3%) and others (5%).

Results: Three hundred and one patient filled the 1st form and 198 patients filled the 2nd form on follow up. Evaluation of the questionnaires are summarized in Table 1 and 2. Mean age was 11.6±3.5 years and duration of GH treatment was between 0.25-14 years. 98.5% of the children answered the questions regarding technical issues (GH application technique and time, storage conditions etc) correctly. However 56% of the patients stated that, not infrequently, after injection drug spilled back. Sixty two percent of GH injections were done by parents or under parental guidance. Treatment duration was much longer in incompliant patients. Injection by the parents resulted in a higher compliance rate than injection by the patient (79.5% and 68.3%, respectively). After the 2nd questionnaire, compliance rate increased from 74.2% to 80.7%. Compliance of girls was much higher than boys.

Conclusion: Applying regular questionnaire to patients on GH increases the compliance to treatment. More education should be given to boys in this matter.

Table 1: Comparison of the results of the questionnaires 1 and 2

		Questionnaire-1 N=391	Questionnaire-2 N=198	p	
Gender (%)	Girl	45.3	47.5	0.75	
	Boy	54.7	52.5		
Age (year)	Mean ±SD	11.6±3.5	11.3±3.4	0.8	
	(Interval)	(1-18)	(1-18)		
Complete compliance (%)		74.2	80.7	0.235	
Complete com	pliance (%)				
Girl Boy		82.4	83.9	0.585	
		67.5	77.8		
Cause of nonc	ompliance(%)				
Forgetting		22	23.3	0.04	
Su	pplying the drugs	48.1	44	0.84	
Ot	her	29.9	32.7		
Drug proper storage (%)		98	98.9	0.606	
Applied the dr	ug				
Correct technique(%)		98.5	96.5	0.36	
Right time (%)		98.7	99	0.606	
After injection	n drug spilled				
back (%)					
Yes, often		9.5	8.1	0.329	
Y	es , sometimes	46.5	56.6		
No		43.9	35.4		

Table.2 Some of the results of the evaluation of patients with complete and incomplete compliance

	Complete compliance n:280	Incomplete comliance n:96	P
Gender(%) Girl	50.1	39.9	0.001
Boy	49.9	60.1	
GH treatment duration			
Mean±SD	1.8±1.9	2.1±1.6	0.207
Interval	0.25-14	0.25-8.5	
Applying the injection(%)			
Patient	25.9	37.8	0.311
Parents	74.1	62.2	
Drug proper storage (%)	98	98.9	0.393
Applied the drug			
Correct technique(%)	98.5	96,5	0.343
Right time (%)	98.5	97.9	0.025
After injection drug spilled back (%)			
Yes, often	8.9	10.3	
Yes, sometime	40.2	62.1	0.001
No	50.8	27.6	







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