

Adherence to Phosphate binder Treatment

Multidose Drug Dispensing; Aid or Obstacle?

A case report

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Background and objectives

Drug treatment with phosphate binders is indicated in most chronic dialysis patients, but adherence is often poor (1). Dialysis patients using Multidose Drug Dispensing (MDD) receive their phosphate binders either via MDD or dispensed in a box. MDD users report more remoteness of their drugs and less knowledge about the indications for their drugs compared to non-MDD users (2).

A pharmacist-led intervention including personalized counselling was applied in a study investigating adherence to phosphate binder treatment in dialysis patients. Among 53 participants 11 were MDD users. During counselling, various challenges associated with phosphate binder treatment and the use of MDD were revealed:

Phosphate binder
in MDD

- Inability to identify the tablets
- Tablets are not taken with meals

Phosphate binder
not in MDD

- Forget to take the tablets



Conclusions

The patient's lack of knowledge about the indications and his inability to identify the tablets in the MDD, lead the patient to poor adherence and to unintentionally not take the phosphate binders he needed.

Individual counselling of the patient revealed this lack of knowledge and gave the patient the information he needed to make a knowledge-based choice and take the phosphate binders as intended.

References:

1. Karamanidou C, Clatworthy J, Weinman J, Horne R. A systematic review of the prevalence and determinants of non-adherence to phosphate binding medication in patients with end-stage renal disease. BMC Nephrol. 2008;9:2.
2. Kwint H-F, Stolk G, Faber A, Gussekloo J, Bouvy M. Medication adherence and knowledge of older patients *with* and *without* multidose drug dispensing. Age and Ageing. 2013;42(5):620-626.

We share a case report on a participant using MDD in the study performed on dialysis patients at a hospital in Norway:

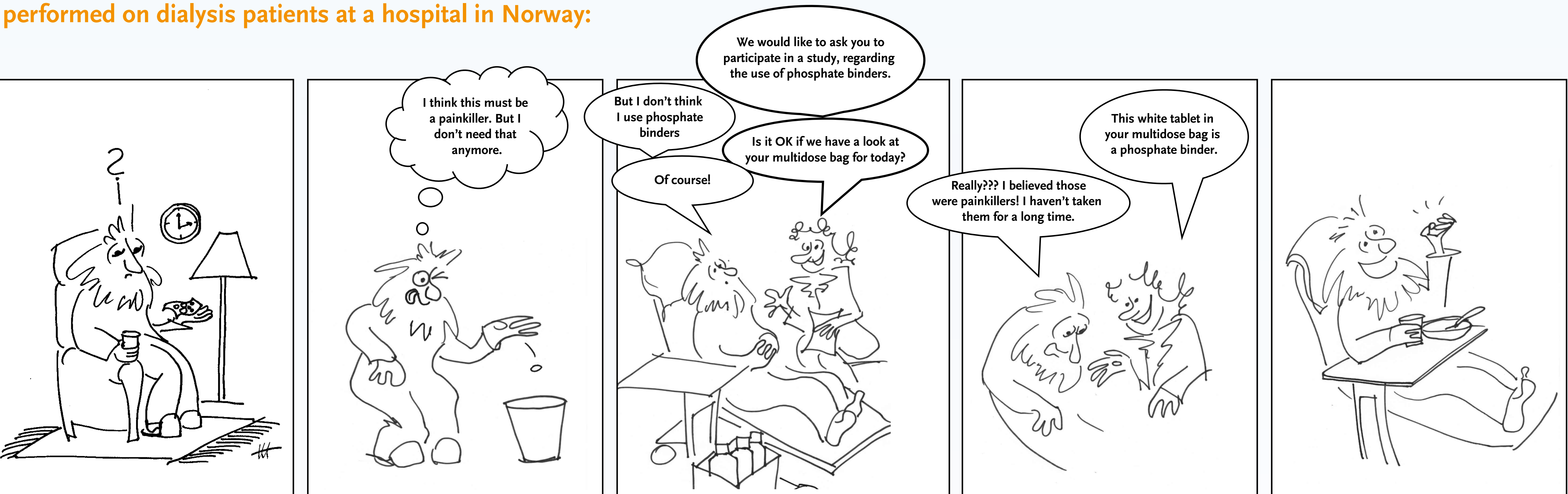


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