

# Pharmacological treatment compliance and a description of its associated factors in patients with myasthenia gravis

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**REVISTA DE NEUROLOGIA**

**Volumen:** 66

**Número:** 1

**Páginas:** 15-20

**Fecha de publicación:** JAN 1 2018

**Tipo de documento:** Article

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## Resumen

Introduction. Medication adherence is a public health problem and this has not been previously studied in myasthenia gravis patients

Aim. To determine if patients with myasthenia gravis are adherent to treatment and to describe the clinical factors of patients who are non-adherent to treatment.

Patients and methods. Cross-sectional study of patients with myasthenia gravis followed at Padre Hurtado Hospital, Santiago de Chile, who received their medication through the hospital and therefore were on the pharmacy's list. Patients' participation was voluntary and anonymous. Medication adherence was assessed with the Morisky-Green-Levine survey (4 items). Patients were assessed for myasthenia gravis severity with the Manual Muscle Test, and myasthenia gravis-related quality of life with the MG-QOL15. Finally, patients were screened for depression with the 12-Item General Health Questionnaire.

Results. 26 patients were enrolled and 15 (57.7%) were women. Only 10 (38.5%) of patients were adherent to treatment. Patients who were not adherent to medication had more weakness ( $p = 0.06$ ), worse quality of life ( $p = 0.008$ ), were taking a greater number of myasthenia gravis drugs ( $p = 0.003$ ) and had a higher risk of depression ( $p = 0.03$ ).

Conclusions. In this cohort of myasthenia gravis patients, three out of five patients were not adherent to treatment. These patients tended to have more weakness, worse quality of life and higher risk of depression. Medication adherence should be assessed routinely in patients with myasthenia gravis.

**Palabras clave**

**Palabras clave de autor:**[Chronic disease](#); [Depression](#); [Medication adherence](#); [Myasthenia gravis](#); [Patient compliance](#); [Quality of life](#)

**KeyWords Plus:**[QUALITY-OF-LIFE](#); [ANTIHYPERTENSIVE MEDICATION ADHERENCE](#); [PARKINSONS-DISEASE](#); [OLDER-ADULTS](#); [DEPRESSION](#); [MANAGEMENT](#); [CARE](#)

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### Información de la revista

- **Impact Factor:** [Journal Citation Reports](#)

### Categorías / Clasificación

**Áreas de investigación:**Neurosciences & Neurology

**Categorías de Web of Science:**Clinical Neurology

### Información del documento

**Idioma:**Spanish

**Número de acceso:** **WOS:000422906300003**

**ISSN:** 0210-0010

**eISSN:** 1576-6578