



Improvement of medication adherence of asthma patients in North Macedonia

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Introduction

Asthma, as a chronic respiratory disease, is usually treated with inhalation therapy. Asthma patients' adherence to prescribed therapy depends on the type of medication and inhalation technique and is crucial to controlling the disease and improving quality of life.

Methods

Literature research was performed through:

- ✓ PubMed search

(keywords: asthma patients, medication adherence, guidelines)

- ✓ BiblioPRO International

Analysis of questionnaires for measuring adherence in asthma patients (English and Macedonian language)

- ✓ General principles of Gina main report

Compared with the guideline for long-term treatment of asthma in North Macedonia.

Data on medication adherence, inhalation technique, and personalized care framework were extracted.

Aim

To identify questionnaires available for use in North Macedonia and evaluate the need of updating asthma guidelines to improve medication adherence.

Results and discussion

The guideline in North Macedonia provides only basic information for long-term asthma treatment.

- ! This guideline does not present any recommendations or guidelines for monitoring patient adherence!

Our research has shown that there are no questionnaires for measuring medication adherence in Macedonian language.

Conclusion

The conducted research has indeed confirmed that it is extremely important to:

Update the guideline in North Macedonia

Introducing questionnaires

Performing translation

Performing cultural adaptation

Better asthma control and increase of the awareness of medication adherence among patients with asthma