



Effect of Pharmacotherapy Follow-Up on Treatment Adherence and Virologic and Immune Response in Patients with Human Immunodeficiency Virus

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SUMMARY. The aim of this study was to carry out pharmacotherapy follow-up in human immunodeficiency virus positive patients undergoing anti-retroviral treatment, to assess their adherence to treatment, and to quantify the effect of pharmacotherapy follow-up on adherence and virologic and immune response. A prospective, randomised and comparative study of pharmacotherapy follow-up with one intervention group and one control group was carried out. The monitoring period lasted 6 months. A total of 188 patients were included, 95 in the intervention group and 93 in the control group. Based on dispensing records data, the adherence rate was 95.2% in the intervention group and 92.38% in the control group. The adherence rate obtained in the second interview in the intervention group using the Simplified Medication Adherence Questionnaire method was slightly higher than in the first (98.71% vs. 97.17%). Viral load and CD4 lymphocyte counts improved more in the intervention group, with the best results in the last test carried out. The adherence rate calculated during the second interview with the intervention group was higher than during the first one, which could be due to pharmacotherapy follow-up carried out. The effectiveness of treatment, assessed by VL and CD4 count, appeared to increase during the study in the intervention group.

KEY WORDS: Adherence, Anti-retroviral treatment, Pharmacotherapy follow-up.

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