

# COMPLIANCE AIDS IN ELDERLY MEDICATION PACKAGING: COMPARATIVE STUDY OF PORTUGAL AND FRANCE

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## 1. INTRODUCTION

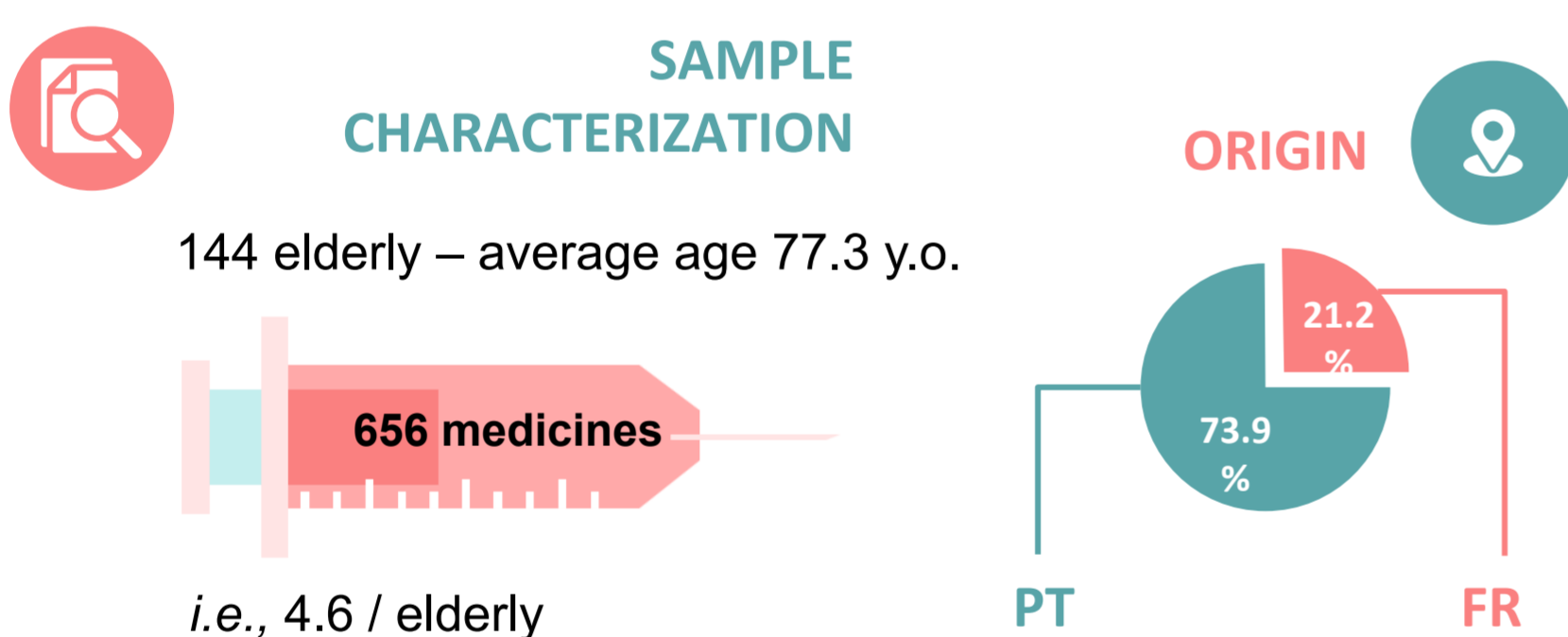
Primary and secondary packaging artwork, including pictograms (PIC) and calendars (CAL), is critical to improving patient compliance and ensuring drug safety and efficacy [1].

PIC simplify instructions and highlight critical information, while CAL help track dosing schedules. Older patients, who are often polymedicated, visually or cognitively impaired, and/or have low literacy levels, particularly benefit from such aids to manage multiple medications [2].

## 2. OBJECTIVE

This study aims to identify medication adherence strategies (AS) in packaging and compare their incidence in Portugal (PT) and France (FR) using a convenience sample, examining correlations between selected parameters.

## 4. RESULTS & DISCUSSION



Statistical analysis showed a significant association between AS on the packaging and the ROA ( $p < 0.001$ ), type of drug ( $p = 0.019$ ), dispensing regime ( $p = 0.043$ ), and country of origin ( $p < 0.001$ ).

Medicines intended for the oral route stand out for the lack of AS on the packaging (71.5%); when present, these are mostly PIC (15.1%) and CAL (11.6%).

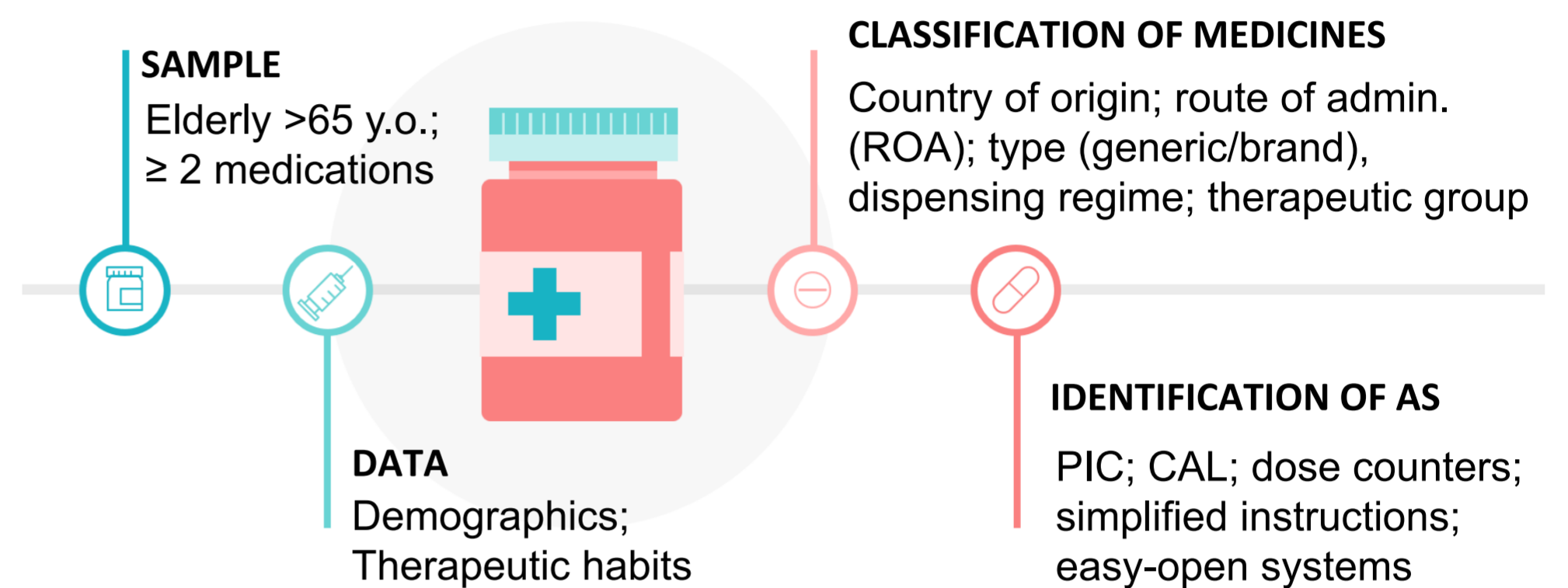
The parenteral route is notable for the prevalence of other forms of adherence, such as dose counters (30.8%).

## 5. CONCLUSIONS

The majority (98.8%) of the medications that utilize AS are meant for chronic conditions, reflecting the need for strict adherence in managing these diseases.

## 3. METHODOLOGY

DATA COLLECTION by 3rd-year pharmacy students



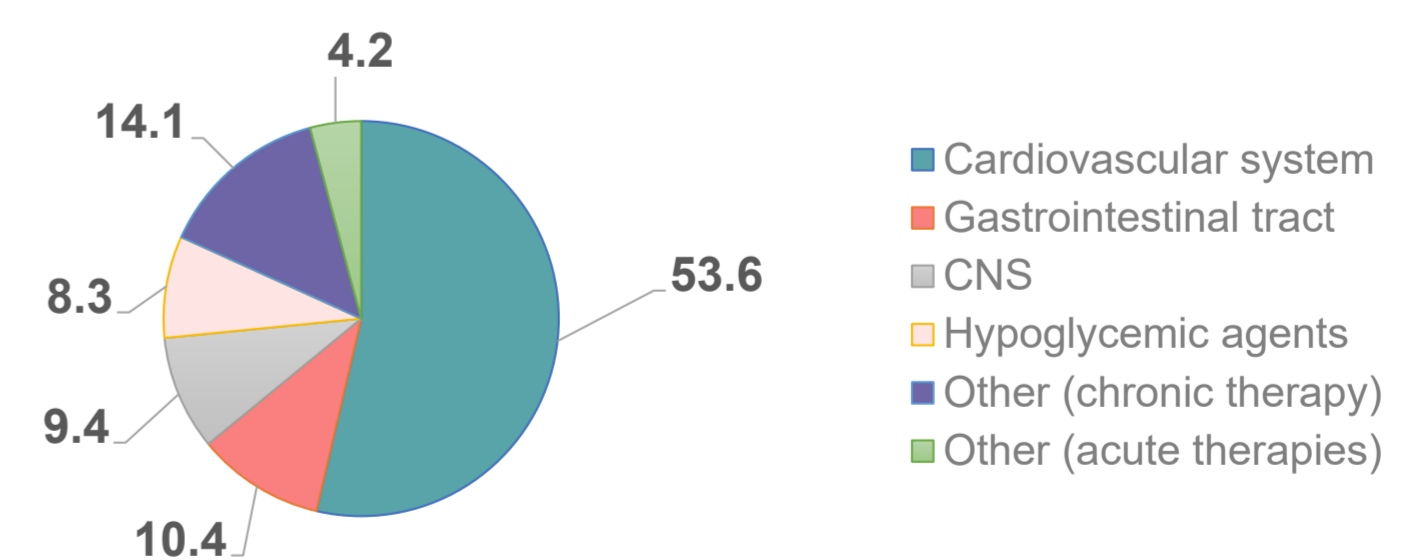
Descriptive statistics compared results between PT and FR; associations between variables established using the chi-square test of independence (5% level of significance; IBM SPSS 20).

Study approved by Egas Moniz Ethics Committee (file no. 12/30, 25/5/2023).

Prevalence of PIC is significantly higher in generic (18.8%) and non-prescription drugs (32.3%), while CAL are more prevalent in brand (13.7%) and prescription drugs (12.2%).

Results also indicate that FR exhibits a higher prevalence of these AS compared to PT, suggesting a more robust adoption of patient-friendly packaging.

Medications intended for cardiovascular use (e.g., antidiabetic, antihypertensive, and antithrombotic drugs) account for 53.6% of the medicines with AS, followed by the GI tract (10.4%) and CNS (9.4%).



DISTRIBUTION OF ADHERENCE STRATEGIES BY THERAPEUTIC GROUP (%)

Further studies with larger and diverse samples are recommended to validate and expand upon these findings.

## REFERÊNCIAS

[1] Sletvold H, Sagmo LAB, Torheim EA. Impact of pictograms on medication adherence: A systematic literature review. Patient Education and Counseling. 2020; 103(6): 1095-1103. <https://doi.org/10.1016/j.pec.2019.12.018>

[2] Tandy C, Bamford L. Medication compliance aids. European Geriatric Medicine. 2010; 1(5): 314-316. <https://doi.org/10.1016/j.eurger.2010.07.013>

## AGRADECIMENTOS

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