



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

PATIENT COMPLIANCE IN ACNE VULGARIS

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Background: Acne vulgaris, one of the most common dermatologic diseases, affects the vast majority of adolescents and young adults. The success of the treatment depends considerably on the patient compliance, as concerns the degree to which the patient follows the medical advice, the redeeming of the prescriptions, the application of the medications, and the presence at the control visits.

The main objectives of our study were to investigate the therapeutic compliance of patients with acne vulgaris, to explore the factors in the background of a reduced level of compliance, and to assess the medicine-taking habits of the patients.

Patients and Method: After the examination of the children with acne vulgaris treated at the Paediatric Dermatology Outpatient Clinic at the Department of Dermatology and Allergology at the University of Szeged, they were interviewed with a structured, standardized questionnaire consisting of 32 questions.

Results: 370 children and young adults were included in this prospective study (mean age: 15.3 years). The mean time before they had turned to the doctor was 1.77 years. A significant number of the patients did not follow the dosing and medicine-taking instructions recommended by the doctor. 67.3 % of them applied the local products less frequently, and 50.6 % of them took the medicines less often, than recommended. Due to side-effects, it was necessary to terminate the medication in 7 % of the cases. 44 % of the patients did not return to at least one control visit. 7.6 % of the patients did not redeem the prescription for financial reasons.

Discussion: Examination and exploration of the factors leading to inappropriate patient compliance can provide important help for the creation of appropriate therapeutic compliance and the development of an efficiently working acne-caring system, and it can result in the achievement of more successful treatment.

