



EPIDEMIOLOGY

## WHAT ABOUT THERAPEUTIC OBSERVANCE IN DERMATOLOGY?

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Introduction: Therapeutic compliance is the match between the patient's behavior and the proposed treatment.

Material and methods: This is a prospective cross-sectional study conducted in the Dermatology Department of the University Hospital Center in Marrakesh, over a period, May 2017 to May 2018, including patients followed in consultation for a chronic dermatosis, evolving for at least 6 months. The aim of our study is to evaluate the therapeutic observance via the Girerd test, the non-observance factors have been investigated by means of an interview comprising the sociodemographic, clinical, therapeutic elements of the patient and his entourage.

Results: 520 patients were included in the study; the rate of poor compliance was around 39%. The average age was 41.8 with a sex ratio 0.38. The socioeconomic level was estimated to be average in 56.9%. The notion of medical coverage was found in 77%. Through this study, we noted a predominance of immunological and inflammatory diseases 71% compared to infectious and tumoral. More than 75% of patients rated their dermatosis as an affective, of which 55.4% reported a significant impact of the disease on their quality of life. 45% of our patients stated that they received clear explanations and were well understood in 28.4%. Therapeutically, the medical prescription was found complex in 35.4%. Treatment was considered effective in 40%. The cost of drugs was found to be expensive in 76.4%, the use of traditional treatments was noted in 38.5%.

Discussion: Poor compliance was significantly associated with a low socioeconomic level, long duration of disease progression, complexity of treatment regimen, side effects, and high cost of treatment.

Conclusion: Through the recent study, we were able to shed light on a newly cited non-compliance factor; the use of traditional treatments.

