

## WHAT AFFECTS THE ADHERENCE OF COPD PATIENTS? - META-ANALYSIS

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**Introduction.** Adherence to inhaled medication is poor and ranging from 20% to over 60%. Researchers are constantly looking for new factors affecting the adherence of COPD patients.

**Aim of the study** was to determine the factors affecting adherence of patients' with COPD.

**Material and methods.** Meta-analysis of research articles in PubMed for the period 2010-2020.

**Results.** 49 articles were analyzed. Predictors of adherence to inhaled therapies were highly variable and dependent on the medication being examined. Sociodemographic and clinical factors had a significant impact on adherence. Different factors, including age, gender, education, race, number of concomitant treatments, disease severity and smoking status, have been described as being associated with adherence. There are also a few specific variables associated with treatment adherence in COPD - satisfaction with the inhaler, type of inhaler device, number of inhalers, satisfaction with drug efficacy, satisfaction with clinician expertise, socioeconomic factors, social/familial support, dose regimen, specific comorbidities and health literacy. In most studies concerns about inhaled medications has been shown to be independently associated with non-adherence in COPD.

**Conclusions.** The most important predictors are age, gender, number of comorbidities, the total number of drug classes prescribed and health literacy.

**Key words:** adherence, COPD, factors, treatment