Assessment of compliance with cytoreductive and antithrombotic treatments in patients with polycythemia vera or essential thrombocythemia

Patients with polycythemia vera (n=136) or essential thrombocythemia (n=150) receiving cytoreductive drugs for more than 6 months

Group 1  Oral treatment (n=233)

Group 2  Subcutaneous treatment (n=53)

1-year follow-up

One-shot questionnaire to assess treatment adherence

Non-adherence

|                      | Whole cohort | Group 1          | Group 2          | p-value |
|----------------------|--------------|------------------|------------------|---------|
| Cytoreductive drugs  | 22.7% (65/286) | 23.6% (55/233)  | 18.9% (10/53)   | 0.46    |
| Antithrombotic drugs | 16.1% (46/286) | 15.2% (33/233)  | 27.1% (13/53)   | 0.055   |
| Both                 | 9.1% (26/286)  | 9% (21/233)      | 9.4% (5/53)      |         |

Reasons for non-adherence

- Forgetfulness
- Holidays and travels
- Professional reason
- Treatment-related
- Voluntary intake
- Normal FBC
- Other

Le Calloch et al., Haematologica, 2018