

## Thinking About Your Patients With B-Cell Malignancies, Here Are Some Factors That Influence Adherence to Oral Anti-Cancer Medications<sup>1-3</sup>

While oral medications provide patients a convenient form of medication administration, there are several factors that contribute to non-adherence to oral therapies

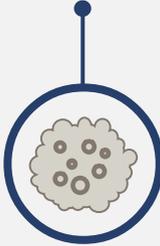
### Patient Related

- ◆ Positive belief in treatment benefit and QoL
- ◆ Forgetfulness & self-efficacy
- ◆ Depressive symptoms
- ◆ Change in patient's routine
- ◆ Health literacy



### Disease Related

- ◆ Comorbidities
- ◆ Disease burden



### Healthcare System Related

- ◆ Relationship with Health Care Providers
- ◆ Lack of patient involvement in decision making
- ◆ Side effects that were not warned about



### Therapy-related

- ◆ Side effects
- ◆ Polypharmacy
- ◆ Duration and variations of therapy
- ◆ Pill burden



### Social and Economic

- ◆ Age
- ◆ Insurance coverage/Higher out-of-pocket expenses
- ◆ Lower income and education level
- ◆ Employment status
- ◆ Marital Status
- ◆ Racial disparities



**Studies have shown that patient-physician relationships and a patient's positive beliefs about their therapies are modifiable factors for adherent patient behaviors**

Abbreviation: QoL=Quality of Life.

References:

1. Zackon AYL, Ayers AA, Yeager KA, Somma ML, Friedberg JW, Flowers CR, Nastoupil LJ. Maximizing the effectiveness of oral therapies in lymphoid cancers: research gaps and unmet need. *Leuk Lymphoma*. 2019;60(10):2356-2364. 2. Kvarnström K, Westerholm A, Airaksinen M, Liira H. Factors contributing to medication adherence in patients with a chronic condition: a scoping review of qualitative research. *Pharmaceutics* 2021;13(7):1100. doi:10.3390/pharmaceutics13071100. 3. Puts MTE, Tu HA, Tourangeau A, et al. Factors influencing adherence to cancer treatment in older adults with cancer: a systematic review. *Ann Oncol*. 2014;25(3):564-577.