

The Relationship between Socio-demographic Factors, Adherence, and Clinical Outcomes in Patients with Inflammatory Bowel Disease

Apiew Ojulu, PharmD; Alicia L. Zagel PhD, MPH; Eric Betzold MS; Ann McNamara, PharmD

M Health Fairview, Minneapolis, MN

BACKGROUND

- Inflammatory bowel disease (IBD) is comprised of ulcerative colitis (UC) and Crohn's disease (CD), characterized by chronic inflammation of the gastrointestinal tract.
- Medications such as TNF inhibitors, infliximab, and adalimumab are cornerstone therapies for IBD.¹
- Specialty pharmacies are attuned to obstacles to initiating therapy and maintaining adherence, given the high cost of many specialty drugs and the potentially catastrophic consequences of non-compliance or non-adherence for their complex patients.
- While medication cost is a foremost barrier for many patients, other factors may propagate disparities in medication adherence.
- Research has shown that poor medication adherence results in worse clinical outcomes – including increased disease activity, flares, and increased hospitalizations – leading to great health care expenditures.^{1,2}

OBJECTIVES

- To determine patient characteristics related to whether a patient with IBD is enrolled in therapy management or not
- To examine if there is a difference in adherence between patients who use therapy management and those who do not
- Investigate differences in clinical outcomes between both groups with respect to sociodemographic characteristics

METHODS

In a population-based inflammatory bowel disease (IBD) cohort, we aimed to conduct a retrospective analysis by comparing clinical outcomes and sociodemographic characteristics in two patient groups between September 1, 2016, and August 31, 2021.

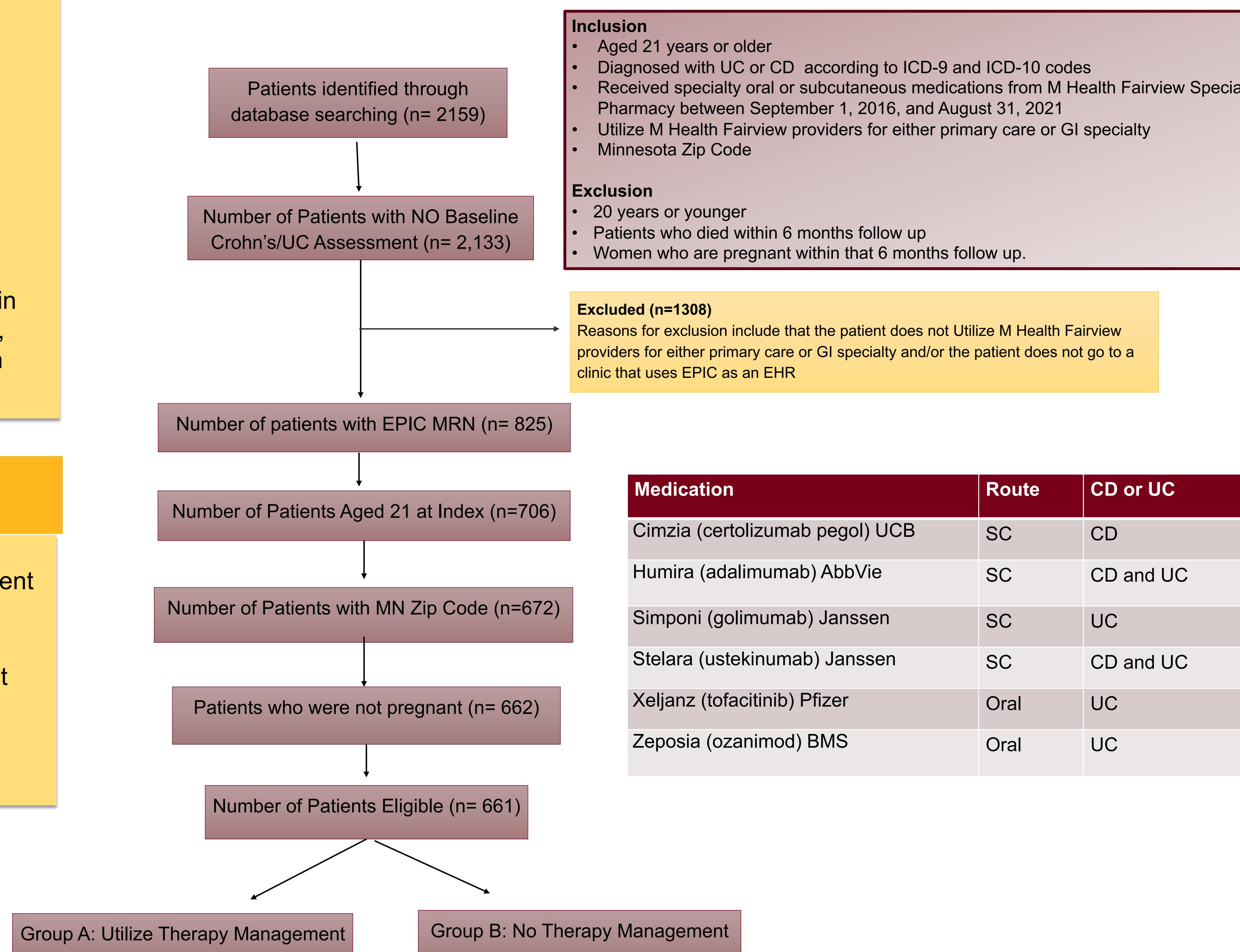


TABLE 1: Sociodemographic Characteristics

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|------------------------------|
| English/non-English language |
| Sex (Male, Female) |
| Race/Ethnicity |
| Insurance Type |
| Patient Zip code |
| Tobacco Use |

TABLE 2: Clinical Variables

| |
|----------------------------------|
| Chronic Comorbidities |
| Colorectal Surgery |
| New Corticosteroid Rx |
| Medication Change |
| Fairview IBD Modified Assessment |

TABLE 3: Outcomes Variables

| |
|---|
| Adherence to IBD Medications |
| Number of Emergency Department Visits in 6 months |
| Number of Inpatient Visits in 6 months |

FUTURE DIRECTION AND GOALS

- We hope to determine if there are disparities based on sociodemographic data
- Initiate systematic discussion on areas of opportunity to acutely capture patients who would benefit from therapy management
- Design interventions that address the needs of the most vulnerable populations in our communities
- As providers and payers do more to incorporate the social determinants of health into their care management plans, there has been an increased interest in determining the populations at risk and in need

REFERENCES

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