

SAVINGS ASSOCIATED WITH THE OPTIMIZATION OF PHARMACOLOGICAL THERAPY IN PATIENTS WITH CHRONIC RESPIRATORY PATHOLOGIES







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Chronic respiratory diseases, such as asthma and COPD, often require long-term pharmacological treatment, which can be costly and challenging to manage. Optimization of drug therapy, through comprehensive care programs, can improve clinical outcomes while reducing healthcare costs. This study describes the economic savings achieved through the optimization of pharmacological treatments in patients with chronic respiratory conditions enrolled in helPharma's Complex Pulmonary Pathologies Care Program during 2023.

Objective

To describe the savings generated by a comprehensive healthcare program for patients with chronic respiratory pathologies.

Method

Descriptive, cross-sectional, retrospective study in patients with a diagnosis of asthma and COPD belonging to helPharma's Complex Pulmonary Pathologies Care Program.

The health economic results obtained from the optimization strategy of pharmacological treatment during the period January - December 2023 were evaluated. The patients were evaluated by a multidisciplinary group formed by a pulmonologist, nurse, pharmacist, and respiratory therapist, who, according to the clinical evolution of the patient, adjusted the pharmacological therapy ensuring adequate effectiveness and safety, with a rational use of health resources.

The statistical package R Core Team Version 4.2 (2022) was used.

Results

During the period evaluated, drug therapy optimization strategies were established in 124 patients with a mean age of 52 years (SD= 19), 60.9% women, 75.8% with a diagnosis of severe asthma, and 24.2% COPD.

These optimization strategies generated a total According to the clinical evolution, the savings of USD 217,584.75, distributed as follows: optimization strategies used were:









Conclusion

The continuous monitoring and care of patients allow the establishment of strategies for the optimization of pharmacological therapies, impacting the clinical outcomes of patients and the reduction of health costs.

Conflict of interest: none.