

# Health-Related Quality of Life and Medication Adherence of People Living with Epilepsy: A Study from Pakistan

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## Introduction

- Epilepsy is a common chronic neurological disorder affecting 50-70 million people world wide.<sup>1</sup>
- Research on Health-related quality of life (HRQOL) and medication adherence of PLWE in Pakistan is scarce
- Study aims to determine adherence and HRQOL and predictors of HRQOL in PLWE in Pakistan

## Methods

- 219 PLWE on AEDs were enrolled from two tertiary hospitals (PIMS and RMC)
- HRQOL was assessed with Urdu version of Quality of Life in Epilepsy-31 (QOLIE-31)
- Adherence was assessed with Urdu version of Medication Adherence Rating Scale (MARS)
- Forced entry multiple linear models were used to determine relationship of independent variables with HRQOL

## Results

- Study sample mean ( $\pm$ Standard Deviation) age, 34.18 ( $\pm$ 13.71) years
- overall weighted mean HRQoL score was (51.6  $\pm$ 17.1)
- a mean score for adherence was 6.17 ( $\pm$ 2.31)
- a significant association between adherence and HRQoL in PLWE (Pearson's Correlation= 0.820 - 0.930;  $p = <0.0001$ ) was found to exist.
- Multiple linear regression found adherence ( $\beta=16.8$ ;  $p = <0.0001$ ), male gender ( $\beta=10.0$ ;  $p = 0.001$ ), employment status (employed:  $\beta=7.50$ ;  $p = 0.030$ ), level of education (Tertiary:  $\beta=0.910$ ;  $p = 0.010$ ), duration of epilepsy ( $>10$  years:  $\beta= -0.700$ ;  $p = <0.0001$ ), and age ( $\geq 46$  years:  $\beta= -0.680$ ;  $p = <0.0001$ ), and AED therapy (polypharmacy:  $\beta= 0.430$ ;  $p = 0.010$ ) as independent predictors of HRQoL in PLWE from Pakistan

## Conclusion

- The findings suggest that PLWE have suboptimal adherence which affects their HRQoL
- Independent factors such as male gender, employment status and duration of epilepsy are predictors of HRQoL
- During routine clinical consultations, medication adherence should be evaluated and emphasized in order to enhance HRQoL.

## References

1. World Health Organization. WHO Mental Health Global Action Programme ( mhGAP ) Situation Analysis of Primary Healthcare System Pakistan Dec 2016. 2016