Patients Perception of Self-Administered Medication In The Treatment of Hereditary Angioedema (HAE)
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Introduction
• Early therapy of HAE reduces morbidity, improves outcomes, reduces absenteeism, and possibly mortality.
• This can be accomplished best with self-therapy.
• Previously we have examined barriers to self-therapy from the perspective of the nurse and physician.
• Our aim was to identify major barriers to self-administered therapy from a patient perspective.

Methods
• A 26 question survey was administered to 59 HAE patients.
• The survey focused on the patient’s perception of their treatment regimen.
• The questions focused on their views on the barriers to either switching to or currently using self-administered therapy, along with the potential and actual benefits of self-administered therapy.
• The patients were asked to describe their levels of anxiety and depression related to self-administered therapy.

Results
• Of 59 patients, 42 were currently using self-administered therapy.
• The mean age for the self-administered therapy group was 40 years while the non-self-administered therapy group was 23 years.
• Satisfaction with treatment regimen was high within both groups, while the self-administered group felt more comfortable with administering medications IV or subQ.
• All of the self-administered group were comfortable in their ability to administer their medications while in a plane, car, at work, or on vacation, while only 58.82% (n=10, p=0.001) of the non-self-administered group felt confident.
• The greatest barrier for the non-self-administered group was “learning the technique”, while the self-administered group cited “performance.”
• The greatest worry among both groups was not being able to treat oneself when needed.
• Less worry about ones condition was the most desirable benefit among both groups.
• While the non-self-administered group reported less depression and anxiety, 78.05% of the self-administered group reported a reduction in depression or anxiety.

Conclusion
• Patients who self-administer their HAE therapy are more comfortable in administering their therapy in varying circumstances and settings.
• Self-administered therapy may provide a reduction in depression and anxiety associated with the condition.
• Research on the barriers, concerns, and benefits from the patient’s point of view is needed when discussing the self-administered treatment of HAE.

References