WEB CALCULATOR TO ASSESS AND PROMOTE MEDICATION ADHERENCE

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Introduction

Therapeutic adherence is fundamental for the effectiveness of health treatments, but its low incidence is a global public health problem, affecting outcomes and increasing costs [1, 2]. Indirect methods, such as the Morisky Test, are validated tools for measuring adherence to pharmacotherapy due to their simplicity and low cost [3, 4]. Considering the growing use of Information and Communication Technologies (ICT) in health and the benefits it can provide, this project aims to develop a digital application to promote adherence to pharmacotherapy, using these technologies.

Material and Methods

This is an experimental development project [5] that starts from a review of the literature and the team's experience to select technologies and develop a strategy to promote adherence to pharmacotherapy through information and communication technologies, which was developed as a high school scientific initiation project supported by the UFF/FAPERJ23 notice.

Results and Discussion

From a bibliographic review on therapeutic adherence, the Morisky Test was selected as the basis for a "web adherence calculator", due to its effectiveness and simplicity. The application allows the user to answer 'yes' or 'no' to 4 questions, receiving immediate feedback on their degree of adherence and the option to schedule a specialized appointment. The technical development involved programming a questionnaire in HTML, PHP and Python, integrated with an SQLite database for storing answers. The initial prototypes were successfully tested in a development environment, and a second version of the application was developed as a "plug in" compatible with the Wordpress platform, used by UFF (Universidade Federal Fluminense), to be made available on the saudavel.uff.br website, linked to the Saudável.UFF outreach project. The final text of the feedback will be defined later by the Saudável.UFF team.

Conclusion

The project achieved its objectives, resulting in a tool ready to be made available to the public. In addition, it provided the high school scientific initiation researcher with autonomy and learning in new areas, such as therapeutic adherence and programming, also fulfilling the objective of scientific initiation. The application has the potential to contribute significantly to improving adherence to pharmacotherapy, and future usability tests are planned, pending ethics committee approval.

Bibliographic References

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