OBJECTIVES: The main objective of assessing the level of compliance was to evaluate the level of zoledronic acid infusion adherence at 1, 2 and 3 year periods, in a cohort of osteoporotic patients on discharge from Bégin hospital, following treatment for fracture caused by low-energy trauma. The first infusion was prescribed by rheumatologists, with the following infusions to be prescribed by general practitioners.

Methods: We performed a retrospective observational study initially conducted by written and telephone questionnaires on a population of patients hospitalized in the rheumatology department of HIA Bégin for an osteoporotic fracture. Data was collected between July 2015 and December 2018. A first letter, containing a stamped addressed envelope to the Bégin hospital for ease of reply, was sent to the patients selected for the study. The protocol had to be modified following a very low response rate, unaided by bad quality addresses. We then tried to contact the patients by phone 3 times and, if unable to reach them, we called their general practitioners on 3 occasions.

Results: 94 patients were initially selected. Every year, we retained within the study patients who had followed their annual zoledronic acid infusion protocol. Taking into account all 94 patients, adherence level for the first infusion was 41.4%, down to 29.7% for the second infusion and down to 12.8% for the third infusion. For those who had the first infusion performed, adherence level for the second infusion was 71.8%, down to 30.8% for the third infusion.

Conclusion: The observance and follow-up of zoledronic acid infusion in France by general practitioners is not adequate. Follow-up measures on an annual basis by the rheumatologist could significantly improve adherence.

References:

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