

# The Relationship between Socio-demographic Factors, Adherence, and Clinical Outcomes in Patients with Inflammatory Bowel Disease

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## BACKGROUND

- Inflammatory bowel disease (IBD) is comprised of ulcerative colitis (UC) and Crohn's disease (CD), characterized by chronic inflammation of the gastrointestinal tract.
- Medications such as TNF inhibitors, infliximab, and adalimumab are cornerstone therapies for IBD.<sup>1</sup>
- Specialty pharmacies are attuned to obstacles to initiating therapy and maintaining adherence, given the high cost of many specialty drugs and the potentially catastrophic consequences of non-compliance or non-adherence for their complex patients.
- While medication cost is a foremost barrier for many patients, other factors may propagate disparities in medication adherence.
- Research has shown that poor medication adherence results in worse clinical outcomes – including increased disease activity, flares, and increased hospitalizations – leading to great health care expenditures.<sup>1,2</sup>

## OBJECTIVES

- To determine patient characteristics related to whether a patient with IBD is enrolled in therapy management or not
- To examine if there is a difference in adherence between patients who use therapy management and those who do not
- Investigate differences in clinical outcomes between both groups with respect to sociodemographic characteristics

## METHODS

In a population-based inflammatory bowel disease (IBD) cohort, we aimed to conduct a retrospective analysis by comparing clinical outcomes and sociodemographic characteristics in two patient groups between September 1, 2016, and August 31, 2021.

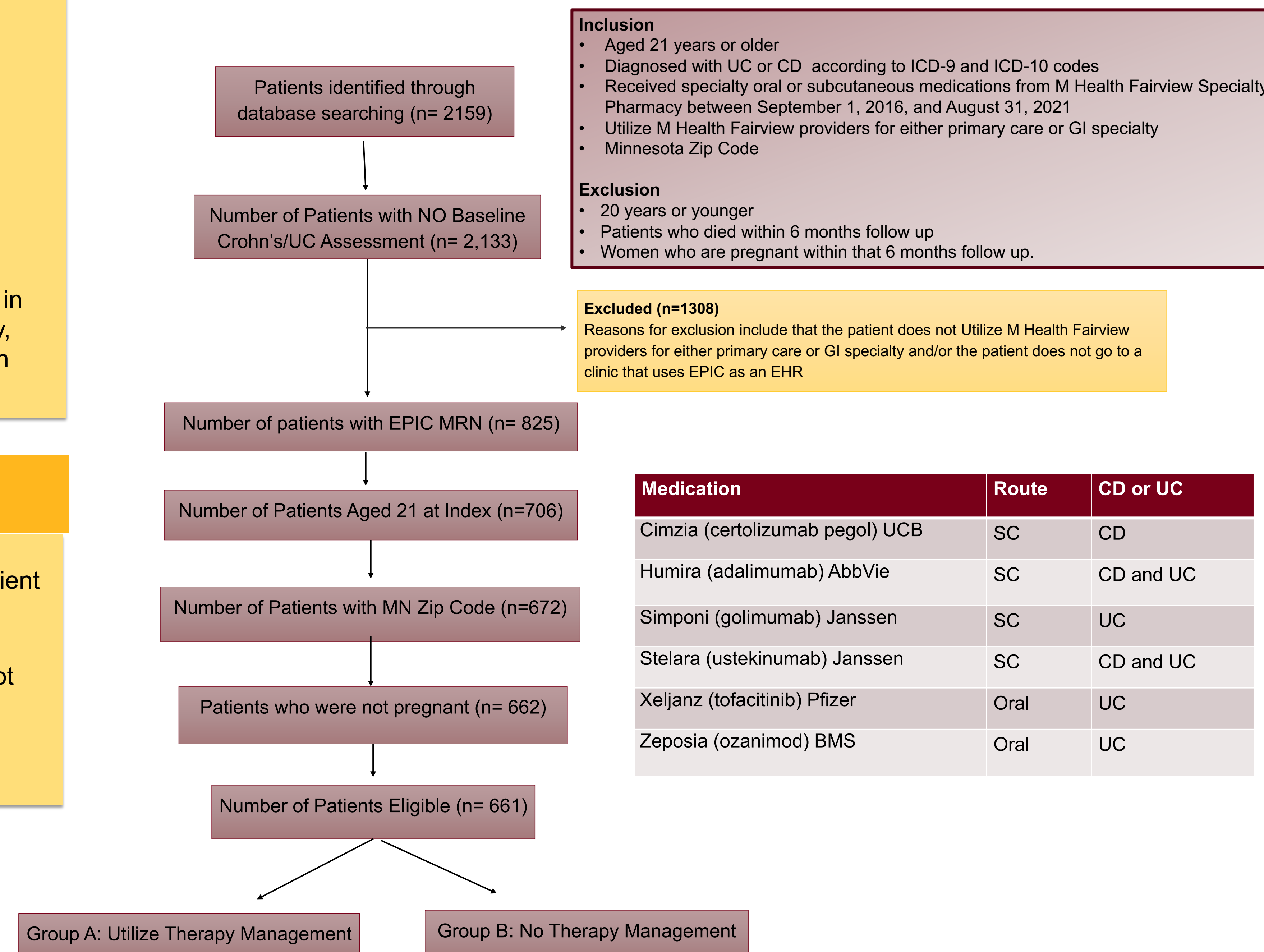


TABLE 1: Sociodemographic Characteristics

English/non-English language
Sex (Male, Female)
Race/Ethnicity
Insurance Type
Patient Zip code
Tobacco Use

TABLE 2: Clinical Variables

Chronic Comorbidities
Colorectal Surgery
New Corticosteroid Rx
Medication Change
Fairview IBD Modified Assessment

TABLE 3: Outcomes Variables

Adherence to IBD Medications
Number of Emergency Department Visits in 6 months
Number of Inpatient Visits in 6 months

## FUTURE DIRECTION AND GOALS

- We hope to determine if there are disparities based on sociodemographic data
- Initiate systematic discussion on areas of opportunity to acutely capture patients who would benefit from therapy management
- Design interventions that address the needs of the most vulnerable populations in our communities
- As providers and payers do more to incorporate the social determinants of health into their care management plans, there has been an increased interest in determining the populations at risk and in need

## REFERENCES

- Bernstein CN, Walld R, Marrie RA. Social determinants of outcomes in inflammatory bowel disease. Am J Gastroenterol 2020;115(12):2036–46.
- Thakur, Kshitij MD1,2; Barrett, Terrance A. MD2 Social Determinants of Health in Inflammatory Bowel Diseases: Barriers and Opportunities, The American Journal of Gastroenterology: October 2021 - Volume 116 - Issue 10 - p 2146. doi: 10.14309/ajg.0000000000001321